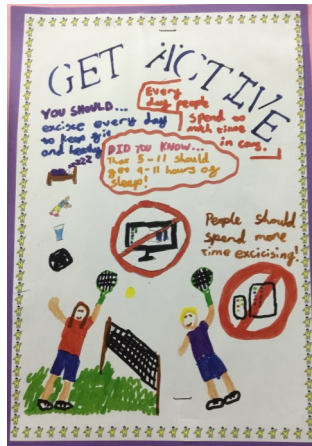


Week 6 Healthy Body



In the week after half term we focused on the importance of having a **Healthy Body** in maintaining our happiness. In class the children discussed the importance of exercise, healthy diet (including drinking lots of water) and the importance of sleep.

Activities included:

Wake and Shake – each morning for **all** in the Junior playground
 Skipping workshops for all classes

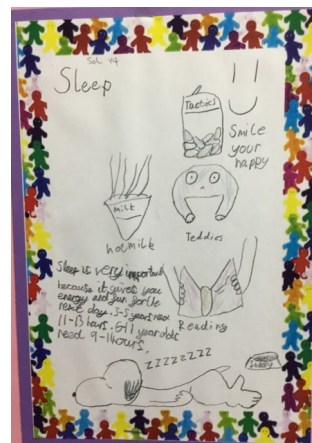


Nutrition assembly and workshops on healthy eating / trying new foods from Caterlink.



Launch of a 'hydration Station' and seasonal vegetables including a competition sponsored by Caterlink.

Class step challenge – each child took home an activity tracker (over 3 weeks) and the information was used for data handling activities in the classroom.



Sharing top tips for getting to sleep.