

PSHE week – February 2020

Keeping healthy and safe

Wake & Shake

Our whole school has participated in wake & shake first thing in the morning, every day this week. We have been particularly enjoying lots of new dances and music to get the day off to a good start. There were even prizes for the class that participated the most!



It was wonderful to see so many parents joining in with wake and shake before they set off for work, too!

Sleep Workshops

Lots of classes learned about how important sleep is for a healthy life style. We also held a parent workshop about 'Sleep for the growing child'.



Healthy Lifestyle

We have learnt this week about how we can develop a healthy lifestyle. These are some of the activities we have completed.



A-Life

Year 2 & 3 had a workshop from A-Life involving lots of stations to explore problems related to healthy living e.g. putting the skeleton back together and completing an Eatwell Plate. A favourite was using the Ipad and a special t-shirt to see the organs inside our body!

