

Health and Wellbeing for children, staff and parents

Each half term we will revisit our themes that will help promote good health and well-being. We will be doing a variety of things in school connected with each theme and would ask for your support and involvement.

Our themes are:

Autumn 1 - Healthy Eating '5 a day'

Autumn 2 - 60 minutes exercise a day

Spring 1 - Digital 5 a day

Spring 2 - Are you drinking enough water?

Summer 1 - Walk to school

Summer 2 - Out and about

