



## Healthy School Week 2017 – 12<sup>th</sup> – 16<sup>th</sup> June



We had great fun and learned all about, how to keep ourselves fit and healthy with fun exercise, finding out about healthy food, gardening and joining in with the music we love. We joined up with different classes to take part in lots of interesting activities across the week.

On Monday, Stacey and Julie from the Community Dental Service told us all about our teeth and how to keep them clean and about going to the dentist. We explored giant teeth and toothbrushes! We were given a toothbrush and toothpaste to take home.

We did some gardening with Steve, the school gardener. We learned how some of our food grows before it gets to the supermarket! Wow!



We had our sports days and our families joined in with some of our races and activities. Some parents were very competitive!

We had a wonderful musical afternoon with Rosie, our music teacher who led us all in a school sing song. We all know that doing things we like makes us feel great. We love music.



On Thursday afternoon three classes joined together in the hall for an amazing YOGA session with Janette, our Yoga teacher.

We joined in some exercise Zumbini sessions with other classes.

At the end the week we went outside with other classes for a picnic, having spent the morning looking at healthy food and making a healthy picnic.

