

# WELLNESS WEEK!

9<sup>th</sup> – 13<sup>th</sup> July



This year we are holding a 'Wellness Week' to encourage the children to become even more active, fit and healthy than they already are! In addition to Sports Day on Thursday 12<sup>th</sup> July, there are a few things going on that we would love the children to join in with 😊

- ✚ **'Travel to school in style'** – if possible, leave the car at home and travel to school in all sorts of fun ways. You could ride your bike/scooter, skip, jump, jog etc. If you don't live in Swanmore, park at the village hall and make the rest of the way here in style! We will be sharing new and inventive ways to travel within our classes and may pick up some cool ideas from our friends.
- ✚ **'Make your plate colourful'** – try out new fruit, salad and vegetables, can you add a splash of colour to every meal that you eat? Take some photographs to share with your class!
- ✚ **'Inspiring sportsmen/sportswomen'** – do you know anybody who has been successful at sports in the past? Have any of your friends or family members won an award or medal? If so, we would love to hear about them. Bring some information into school: the sport they took part in, what they enjoyed or found challenging, competitions they took part in etc.
- ✚ **Blaze-a-trail** – challenge yourself to complete a certain amount of miles within wellness week. If you have a fit bit or step counter, challenge yourself to beat your steps from the previous day! Who can do the most miles or steps in your class?

We will also have visitors from HC3S (our school dinner providers) who will talk about the importance of eating healthy and keeping fit.