



## Healthy Body – Healthy Mind

In the 2021 Summer Term Class 3 are lucky enough to be taking part in some lessons designed to improve our health in a fun and exciting way. The six sessions are based upon the theme of Healthy Body, Healthy Mind. The sessions are run by The West Norfolk School Partnership Programme and are made up of classroom sessions and physical activity sessions.

The lessons include learning all about healthy eating. We learnt what foods were better to eat and what foods we should eating less. We also learnt the importance of drinking to keep our bodies healthy.

