

What do we do to be a healthy School?

High Littleton Primary School

What do we need to be healthy?

- *Healthy food
- *Exercise
- *Healthy mind
- *Rest

What makes us a healthy
school?

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Food

Healthy tuck shop/morning snack.

Choice for our dinners.

Healthy dinners – salad/fruit for pudding/packed lunches.

Water bottles in classrooms.

Faster Food club to teach us how to make healthy food.

Cooking Sacks to help us cook healthy things at home.



Exercise to be healthy!



Exercise

We have loads of good after school clubs like; cross country, judo, cricket, Rugby Tots, football.

In PE we do lots of different, fun things to keep us fit.

Breaktime/lunchtime – equipment to play with.

We do GoNoodle or Take 10 everyday to keep our brains and bodies active!

Lots of sports teams and competitions to do as a team.

We do sports day and sports relief every year which is lots of fun.

Most of us walk or scoot to school. We even have a new scooter rack.

How to have a healthy mind.

Healthy Mind

We have lots of good lessons and learning to keep our minds healthy.

Lots of teams to make sure that we have a say in school. We have school council, e-cadets, e-team and a health and travel team.

In collective worship we reflect on different themes. PSHE circle time and sparkle time give us a chance to share thoughts and feelings.