

## 'Healthy Me' in Upper 1



Our new PSHE topic is 'Healthy Me'. The children have been discussing what sort of things we need to make sure we do in order to keep ourselves healthy. We have been focusing on exercise and diet. The children have really enjoyed completing a range of different activities and exercises in lessons and at play times and engaged in excellent discussions around diet and the nutrients we require.

Well done Upper 1!

Miss Beth Adamson and Ms Kate Stewart

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SCHOOL

