

## Fairfield Healthy Living Challenge

Our jigsaw PSHE puzzle this half term is Healthy Me. In order to further promote a lifelong healthy lifestyle for our children, we invite our Fairfield families to join us in taking part in a 4-week healthy lifestyle challenge.

In assembly this week we have been speaking about ways in which we can stay healthy. They included:

- eating healthy foods
- brushing our teeth and keeping our bodies clean
- going outdoors
- connecting with friends and family
- getting plenty of sleep
- hobbies
- exercise
- drinking plenty of water



We would like the children to record their healthy highlights every week and really support each other in being healthier. This is something that the whole family can get involved with and do together.

Every week in the newsletter and on X (Twitter) we will be offering advice, tips and ideas to help you on your healthy quest. At the end of this half term each class will choose their Healthy Heroes and they will receive a prize for their efforts.

Your child will come home with their Healthy Highlights sheet but feel free to create your own and make it more personal to you.

Please share pictures on X #HealthyFairfield) and Google Classroom.

