



## SCHOOL TRIP INFORMATION SHEET

5<sup>th</sup> September 2022

Dear Parent / Carer,

To start our Healthy Me project, Year 3 will be looking closely at what makes a healthy body and healthy mind. The children will have the opportunity to take part in a fitness class run by Team Spirit, sample some healthy food, try a yoga session and practise the art of mindfulness. The children will then learn how to create their own healthy juice and share the recipe with their buddies.

<b>Event Name</b>	Healthy Me Hook day
<b>Event Organiser</b>	Miss Fearn
<b>Date</b>	Autumn Term 1
<b>Cost</b>	£3 – by cash or cheque (cheques payable to Shirley Junior School) to the school office or online via My Child at School
<b>Medical Information</b>	Please inform us if your child has any known allergies. Please provide any prescribed medicine to the school office and complete a medical form.

Yours sincerely,

Miss Fearn

Year 3 Teacher