



"My class had such a great day. We had a Bollywood dancing lesson, followed by some Giggle Yoga and the children loved it!"

660 children attended a Bollywood lesson from their classrooms!



150 children across our three schools tuned in to a talk from 'Food is Fun' about eating for wellbeing!

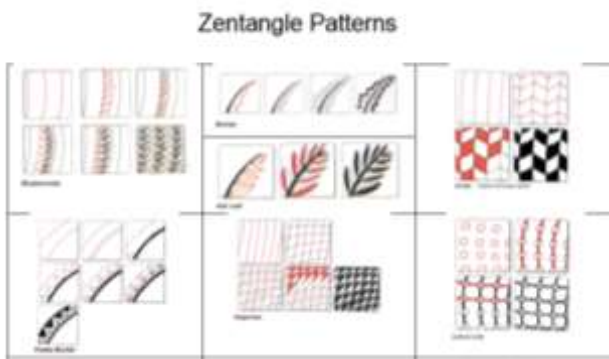
Plymouth Parkour - 180 children across our three schools joined in with a Parkour exercise class from Plymouth Parkour!



There have been 33 views from staff, pupils and our families of a video that 'Making Waves' made for Discovery about the importance of getting outside for your wellbeing.



Wellbeing Day  
1/4/21  
For children,  
families and  
staff!



"I really liked having a picnic lunch on the field, it was so fun!"

"I think having a well-being day is a lovely idea." -  
Parent.



It was such a  
great day-  
staff and  
children loved  
it!

Class teachers (and HOS) shared their wellbeing  
strategies with children across the MAT.

