



HEALTH AND WELLBEING

FESTIVAL

Our Health and Wellbeing Festivals are offered to all Primary Schools across the City. It gives a teacher the chance to target certain pupils who may struggle with their eating habits or aren't particularly confident when partaking in physical activity. The hope is, after learning about healthy foods and trying new sports they will be encouraged to carry this on in the future.

After chatting to the teachers who brought the children to the festival we learnt a bit more about the pupils. Some children were very shy at school and didn't enjoy taking part in PE as they were often over shadowed by the louder more confident children. Some children struggled with their weight and needed to learn about healthy food and developing a healthy lifestyle. The children all arrived very nervous but as the day went on...

Every child who was at the festival had a go at all the activities. Children who struggled with anxiety at school felt more comfortable to join in in a smaller group. They learnt the importance of exercise. Some children enjoyed certain activities so much they were going to go home and ask their parents if they could start an extra curricular sports club! Every child was encouraged to try the smoothies they made. They shocked themselves when they discovered how yummy it was. One boy said: "I want to make these at home, I'm going to ask my dad to buy the ingredients in the shop!"

