








GREAT HOLLANDS

PRIMARY SCHOOL

Headteacher: Richard Ferris – BA (Ed) Hons,
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December 2024

Dear Parents and Carers,

Year 5&6 Wellness Day

This term in Year 5&6 we are learning about the human body. This is being taught over two science units: the circulatory system and diet, lifestyle and exercise. To fully immerse ourselves in the topic, we are holding a Wellness Day on Monday 9th December.

The children will be taking part in a range of activities including meditation, yoga and other exercise. We will also be sampling a range of healthy foods. This will include:

- Feta cheese
- Rye bread
- Dried apricots
- Asparagus
- Watermelon
- Humus
- Carrots

To enable your child to be able to taste these foods, please complete our consent form here: <https://forms.office.com/e/2qz5tNUt5z>

We would like to invite the children to come into school wearing their own sports/exercise clothes so they can actively take part in the day.

Should you have any questions, please speak with your child's class teacher.

Kind regards

Mrs Ajewole, Mrs Pesani and Mrs van der Rest.



Aim High



Be Inclusive



Work Together