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Monday 12th January 2026

RE: Year 2 Healthy Living Topic

Dear Parents and Carers,

As part of our Healthy Living topic this term, Year 2 children will enjoy a special day of activities on Thursday 15th January designed to teach them about the importance of exercise, healthy eating, and good hygiene.

During the day, the children will take part in a carousel of fun, hands-on activities that help them understand how to look after their bodies and make positive choices. After exercising, they will enjoy a healthy snack, which will include:

- Apple slices with yoghurt dip
- Carrot sticks with hummus
- Banana with wholegrain crackers
- Cheese cubes with grapes

If you have any questions or concerns about the snacks, please feel free to contact us.

To build on this learning, we are excited to welcome Alex from KidszLoveFit on Thursday 29th January. Alex will lead a lively workshop all about moving our bodies, making healthy food choices, and taking care of our mental wellbeing. Please make sure your child wears their PE kit to school on this day so they can join in fully.

We're looking forward to a fun and energetic few weeks ahead in Year 2!

Kind regards,

Mrs Vickerman
Year 2 Class Teacher