



Healthy Lifestyle Week

15th – 19th March

Pupil Challenges

Challenge 1 -Healthy selfie

- ▶ Photo challenge!
- ▶ At home, take a photo of yourself doing something healthy. (It doesn't have to be a selfie, just a photo of you)
- ▶ Some ideas:
 1. Eating fruit
 2. Cycling
 3. At the park
 4. Playing outside
 5. Meditating
- ▶ Send your photos to your class teacher by the end of the week. All photos will be made into a slideshow for all classes to watch in school.



Challenge 2 - Cooking Challenge

- ▶ One afternoon/evening this week we would like to challenge you to cook/make a healthy meal or a snack and share a photo of this with us. (This could double up as your Healthy Selfie)
- ▶ Keep an eye out for a few recipe ideas that will be sent home during the week.
- ▶ Again, send any photos to your class teacher.

Challenge 3- The Grove Sponsored Challenge



- ▶ During Lockdown, two of our students Isaac and Matthias decided to set themselves a challenge. They challenged themselves to go on a cycle everyday to raise money for our local Foodbank.
- ▶ We were so encouraged by their willingness to help others, that we want to support them and challenge the whole school to get involved.
- ▶ It is so important to support each other especially during this difficult and uncertain time.

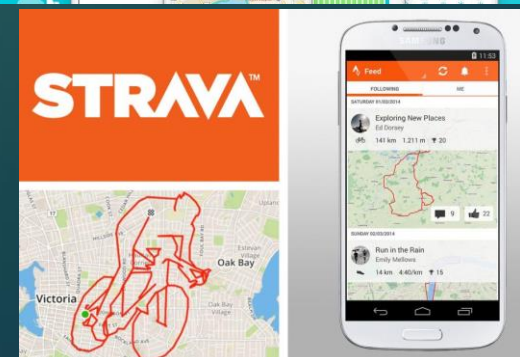
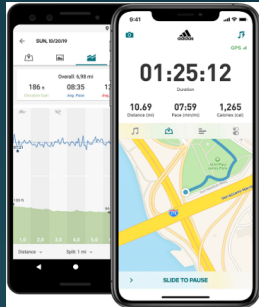
We challenge you to either go on a walk/run/cycle/scoot on as many afternoons this week as you can. Write down the distance you have travelled on each journey and bring it to school the next day for your teacher to record.

- You could; walk to and from school, scoot to the park and back, cycle to the shop and back...
- Here are some apps for iPhones and androids, that will record your distance for you.

Let's see how far can we travel across a map of Cambridge as a school, by the end of the week!

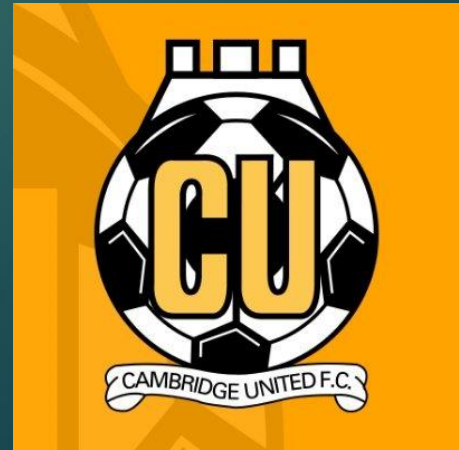
Donations can be made here:


<https://www.justgiving.com/fundraising/thegroveschool>



In school - Cambridge United FC

- ▶ Cambridge United FC have kindly pre-recorded a nutrition and hydration workshop for each Key Stage to take part in this week.
- ▶ These workshops will remind us how to keep our bodies happy and healthy.
- ▶ They will be completed in school during one afternoon this week.





Thank you in advance for your support and if
you have any questions about any of the
challenges, please ask.