

Keep Active



Competition Time: Will you be lucky and win a prize?

Over half-term, we would like to challenge you to take part in our competition by keeping active physically and/or mentally.

Here are some suggestions:

- Create a poster explaining how someone can stay healthy and active.
- Cooking send in a photo of a healthy meal you have created.
- Mindfulness send in a photo of mindfulness activities you carry out (colouring, drawing, modelling).
- Go on a nature walk send in a photo of your walk or the nature you come across.
- Exercising send in a photo of you (and your family) taking part in an exercise activity.



Please send in your entries to: school@bearwood.poole.sch.uk for a chance to win a special prize by Friday 24th February.