

## Wow Days – A healthy lifestyle

On Wednesday 7<sup>th</sup> – Thursday 8<sup>th</sup> February we had Wow days at school! In the morning on Wednesday the Yellow house captains (Holly and Egan) and the Blue house captains (Georgia and I) were against each other making different dishes. Holly and Egan made a curry together and Georgia and I made spaghetti omelette. We only had fifteen minutes to do this. When the time was up Georgia and I tried the omelette, then everyone else came up and tried it too. When everyone was sat back down everyone voted. When the votes had been counted Yellow won with 52 votes, while Blues got 49.

Later, we all split off into our house colours. Blues were with Mrs. Hardie first. With Mrs Hardie we had to do circuits and we were learning about having a healthy body. Everyone was tired, but then we did some stretching.

After this we went to Mr. Wilkins' class where we had to make healthy bars. I loved how everyone was working together in my group. The bars were really nice and fun to make.

The next day the Green house captains (Jess and Poppie) and Red house captains (Isaac and Lilly) went against each other making a different dish. Isaac and Lilly made Spanish Omelette and Poppie and Jess made sweet and sour pork. The Reds won!

The first group we were in today was with Mrs Wilson where we had to solve puzzles to get our minds working and healthy. I liked doing the quest around school, and working out what the clues said. There was also a game that Ronnie and I did where we had to fit the different shaped squares into the 6 by 10 area of small squares to make a full square - it was fun but we never finished it!!!

The last activity we went to was with Mrs. Marshall where we made fruit kebabs. First we designed them then we made and ate them. They were really nice!

I loved all the activities that we did in the Wow days, and I liked how they were showing us how to eat healthier and get fitter, but in a really fun way!

By Laura Y6

We heard many other positive thoughts on the day, here are just a few:

“With Mrs Marshall we made yummy fruit kebabs, with Mrs Shepherd we did some very hard exercises. Everyone had a great time!” Holly PJ

“I really enjoyed Wow days - learning, playing, and exercising my body – a really good Wow day!” Isaac

“I had a lot of fun cooking in the Ready, Steady, Cook.” Poppie