

St Mary's Health Week 2023



Healthy Body, Healthy Mind!

EVERY DAY

DAILY MILE



LUNCHTIME DRINKS

FEELINGS AND WORRIES



WORKOUT

St Mary's Health Week 2023

ST MARY'S LEWISHAM
C of E PRIMARY SCHOOL



FAITH LOVE
COMMUNITY

Healthy Body, Healthy Mind!

MONDAY 3RD JULY

REFLECTION



**KID'S
YOGA**



TUESDAY 4TH JULY

YOGA AND MEDITATION



WEDNESDAY 5TH JULY

SPORTS DAY



THURSDAY 6TH JULY

HEALTHY FRUIT AND VEGETABLES

MAKING SMOOTHIES

