

# Pupil Leadership News

## Health Heroes Keeping fit at Christmas

Last term, the Health Heroes began their pupil leadership roles.

### Our first task

In October, we were given the responsibility of judging the Mental Health competition. We met together to judge the 'Design a Mental Health Badge.' We choose a winner in EYFS, KSI, Lower KS2 and Upper KS2.



### Fitmas- Keeping fit at Christmas planning

In December, we led our classes in the Fitmas challenge. Before the event, we met together to learn and practise the different activities. One of our favourite activities was 'Health with Buddy the Elf.' We liked it so much that we chose this activity as a home challenge too!

### Fitmas 2022

During Fitmas, we were responsible for explaining and demonstrating each activity to our class and then encouraging them to have fun as well as keeping fit and healthy at the same time. Each week, we chose one member of our class to receive a certificate for their healthy attitude.

