

Welcome to MEND in Schools! We're very excited to be coming to your school each week to play fun games and take part in exciting activities that help us become more active and stay healthy.

MEND stands for Mind, Exercise, Nutrition...Do It!

MIND

... We'll help you think about some easy ways to be healthier

EXERCISE

... We'll play fun games and teach you how to be more active

NUTRITION

... Learn all about food and taste some new fruit & veg

...DO IT!

... We'll help you to make healthy changes

Let us introduce ourselves...

My name is Rumaysa and I'm a Nutritionist.

My favourite fruit is pineapple and my favourite vegetable is beetroot.

My favourite game to play is fisherman.



My name is Shaneekqua and I'm a Physical Activity Leader.

My favourite fruit is banana and my favourite vegetable is red pepper.

My favourite game to play is stuck in the mud.

Each week we'll set the whole school two Weekly Challenges. Look out for the MEND Superdudes' top-tips! This week's challenges are...



Physical Activity Challenge

Try to take the stairs instead of the lift.

Casper's Top-tip: Race your family up the stairs to make it more fun!!



Nutrition Challenge

Pick your favourite fruit/veg and find out how it grows.

Suzie's Top-tip: Ask a family member to help!!

We look forward to hearing how you get on!