

# Fridays Programme, January - March 2018

5 - 6pm for school years 3, 4 & 5

<b>Date:</b>	<b>Main activities planned:</b>
January 12 <sup>th</sup>	Welcome Back: What can't you live without and New Games
January 19 <sup>th</sup>	Keeping Healthy? What is Bacteria? Making Slime, Handwashing
January 26 <sup>th</sup>	Healthy Teeth: Guess the sugar content, making a healthy snack
February 2 <sup>nd</sup>	Having a healthy body: Games, Making a healthy breakfast
February 9 <sup>th</sup>	Having a healthy mind: Discussion, Ninja Stress Balls and Ninja Games
February 16 <sup>th</sup>	Chinese New Year, Chopstick Challenge and cooking Chinese Food
February 23 <sup>rd</sup>	Independence: Making a healthy packed lunch
March 2 <sup>nd</sup>	Independence: Thinking about money, making wallets, Game of Life
March 9 <sup>th</sup>	Trip – Jump! - Club closed (need to book space in advance)
March 16 <sup>th</sup>	Relationships: Mother's Day Gifts and team games
March 23 <sup>rd</sup>	End of Term Party

We will then be closed for 2 weeks break: back open April 13<sup>th</sup>