

Hi Ark Paddington Green!

Date: 10/01/2017

This week we are learning about **bones, muscles and body parts**. Did you know an adult has **206 bones** and **700 functioning muscles!**

Can you solve this anagram? This word is a muscle in your body

**ISPBEC**

Can you solve this anagram? This word is a bone in your body

**REMUF**

**You would have also noticed that you have a new MEND Leader.** Holly Gabriel will be your MEND in Schools Nutritionist from now on as Jo is not going to be working on Mondays anymore. Hilal has been on a holiday over Christmas and New Year and is looking forward to coming back to see you all next week!

### Whole school weekly challenge

**Physical activity** – Fine three different places you could go swimming.



**SUPERDUDE TIP-** Did you know that swimming strengthens your bones and muscles?

**Nutrition challenge** – Make sure you eat some calcium rich foods like milk, cheese and yoghurt.



**SUPERDUDE TIP-** Calcium keeps your bones and teeth strong.

### GOOD LUCK!

Let us know how you get on! If you need any support in succeeding in your weekly challenge, we are happy to help!

Holly and Hilal