



Focus on... PSHE

#128

On this day...

In 1981, the largest Jelly (dessert) was made containing 9,246 gallons of watermelon flavour, in Brisbane, Australia.



Did you know...

If you are physically tired, the best thing to do is exercise as it will give you more energy than sitting.

The blood and oxygen flow through the body will give you more energy and improve your mood. The increase in endorphin levels can contribute to a feeling of well-being.



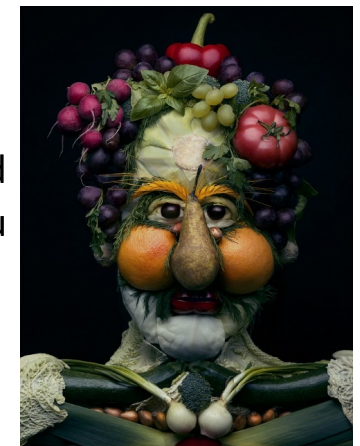
Go explore...

It's impossible to hum whilst you hold your nose.



Picture this...

How many fruits and vegetables can you identify?



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