

## Focus on... PSHE



On this day..

it is World UFO Day! The first World UFO Day was celebrated in 2001 and spread awareness among people to gaze at the heavens scanning for unidentified flying objects.

Did you know..

the word 'nectarine' means sweet like nectar and this is most likely the origin of the name. Studies



have suggested that nectarines, peaches originated in China over 2,000 years ago and were introduced to England in the late 16th or early 17th centuries.

Go explore...



Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bike.

Picture this.



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