



Bishop Wood C of E Junior School

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Mr G Stanley, Headteacher

Tuesday 10th October 2023

Dear Parents and Carers,

Yr 6 Fun, Fit and Fruity week

Healthy living - Science

We will be learning about keeping our bodies healthy through a balanced diet, exercise and the importance of water as part of our Healthy Living topic in science. We will also be talking to the children about alcohol, smoking and drugs. We will discuss the following:

- Smoking – what cigarettes are made of and how they affect the body.
- Alcohol – what it is and how it affects the body.
- Drugs:
 - Legal drugs - which have been prescribed by a doctor for a particular person. How these are used safely.
 - Illegal drugs – where these come from and how they might affect the body.
 - What to do if children come across unknown substances. How to cope with peer pressure.

Many thanks,

Mrs McGhee & Mrs Clark

