

Food, Fitness & Fun: A Healthy Summer at Henllys

Exploring how a healthy lifestyle impacts physical and mental well-being through hands-on experiences, academic skills, and community connection to make Henllys a healthier place.

Building a Healthy Body & Mind



Nutrition for Performance

Students investigate balanced diets and the specific nutritional needs required for top athletes.

Tracking Fitness & Well-being

Pupils maintain active lifestyle logs to recognize how exercise affects their bodies and moods.

Healthy Minds & Friendships

Lessons focus on how positive relationships and emotional resilience contribute to overall health.

Food Science & Global Connections



From Plot to Plate

Children explore growing, local farming and global food origins like cocoa and spices.



Kitchen Chemistry & Maths

Using recipes to master mass, capacity, and the science of how materials change.



Future Careers in Health

Students explore roles as chefs, fitness instructors, and restaurant owners within the community.

Cross-Curricular Approach



Science

Mapping the digestive system and investigating material changes.



Mathematics

Calculating recipe quantities and measuring fitness repetitions.



Literacy

Writing healthy living recipes and non-chronological food reports.