

## Whole School Worship

*This week marks National Growing for well being week which is a celebration of the magic that growing your own produce can do for your wellbeing, both physically and mentally.*

*Approximately 1 in 4 people in the UK will experience mental ill health each year. There is strong evidence highlighting the health benefits of gardening and GYO in particular, including improved confidence, communication, concentration and ultimately self-belief. We are setting your class a challenge to grow the tallest sunflower this term. Your pack will be delivered to your class today. Get growing!*

