



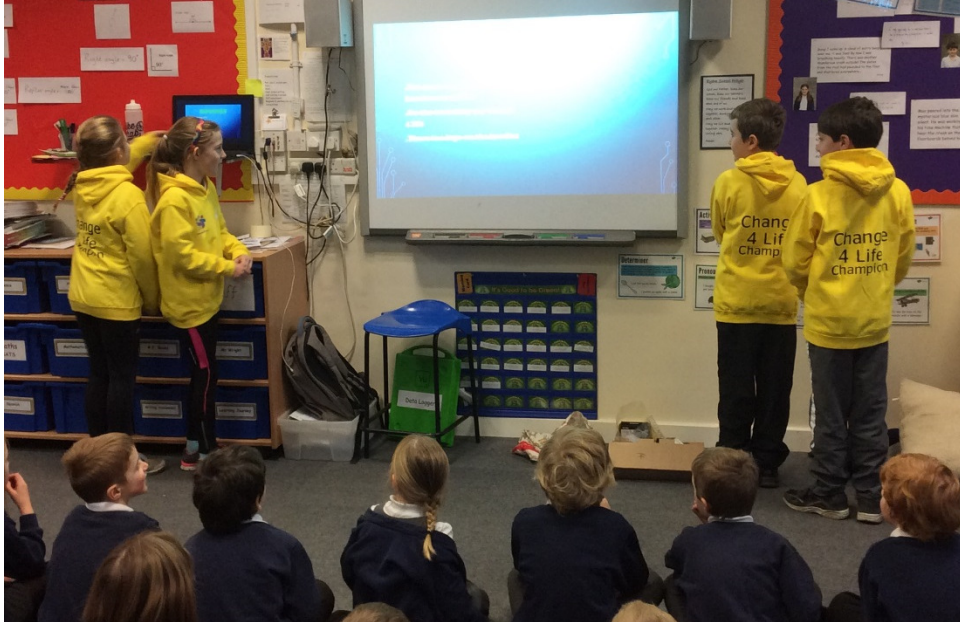
Our Healthy Heros spent a busy day at the Arc in Matlock learning how to bring an important message back to school. Regular exercise can be fun as well as healthy – they took part and learnt lots of new ways to keep fit. Here they are showing us some groovy moves!



They also learnt about eating healthier food how to make a healthy choice. As part of their feedback they introduced the heart beat monitors which will be used to track and measure our fitness! Teachers included!



The team are already underway in setting up a **Change 4 Life club** at lunch time – currently with Y3 and 4 but they hope everyone will be able to have a go. They were very proud of their new kit!



They also were awarded our Silver Sports Award

Congratulations Eyam School!

