

Wednesday 23<sup>rd</sup> April 2025

Dear Parents/Carers

William Byrd Primary School, in collaboration with Hillingdon Healthy Schools, is taking part in a very exclusive lifestyle programme 'Xplore'.

Xplore is a free 8-week healthy lifestyle programme for 5 – 11 year olds, who may be above a healthy weight. The programme is delivered in schools and across the Better Leisure Centres in Hillingdon. It consists of interactive nutrition workshops and fun physical activity sessions tailored to different age groups and aims to support children and their families in adopting healthier habits and becoming more physically active.

If you would like to take part in the programme, please email our school: [enquiries@williambyrd.school](mailto:enquiries@williambyrd.school) or speak to members of our office staff.

To find out more about the programme, please contact the team directly on 01895 541 474 or email: [hillconfed.healthwise@nhs.net](mailto:hillconfed.healthwise@nhs.net)

Yours sincerely  
Ms N Edwards  
**Head of School**