



*"A healthy outside  
starts on the inside"*  
Robert Urich



*"For happy health,  
fuel yourself with  
dreams and greens"*  
Terri Guillemets

# Wellbeing Day

**Friday 9<sup>th</sup> February**

**Coffee Morning**

**9am in the Family Room**

**SUNNYSIDE PRIMARY ACADEMY NEEDS YOU!**

**Bake and donate cakes to help us raise awareness of  
the importance of wellbeing!**

**Please come and join us for coffee, cake and a natter.**

