

Thursday 27th November 2025



Dear Parents/Carers

Following the success of the Xplore Programme last academic year, we are very excited to announce that sign-ups are now open for a new group starting in Spring 2025!

Xplore is a free 8-week healthy lifestyle programme for children aged 5–11 who may be above a healthy weight. The programme is delivered both in schools and at Better Leisure Centres across Hillingdon. It includes interactive nutrition workshops and fun physical activity sessions tailored to different age groups, supporting children and their families in developing healthier habits and becoming more active.

If you would like to take part, please email the school at enquiries@williambyrd.school or speak to Ms Wegrzyn or a member of our Office Staff.

To find out more about the programme, or complete the referral you can contact the team directly on 01895 541 474 or email hillconfed.healthwise@nhs.net

Let us work together to support our children in leading healthier, happier lives.

Yours sincerely
Ms N Edwards
Head of School