



Xplore

Friday 5th September 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 **Autumn 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 Mrs Wegrzyn or a member of our Office Staff.

To find out more about the programme, you can also 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

