

At Wootton Park we believe...

*“Wellbeing...
is a powerful tool to grow our own capabilities, independence, resilience and
realise our own richest potential.”
“We strive to ... solve our own problems, generate our own opportunities and
equip ourselves to thrive in our future.”*

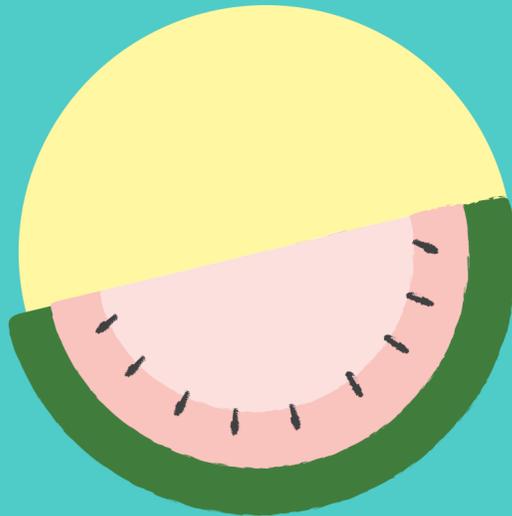


THE BENEFITS OF FRUIT



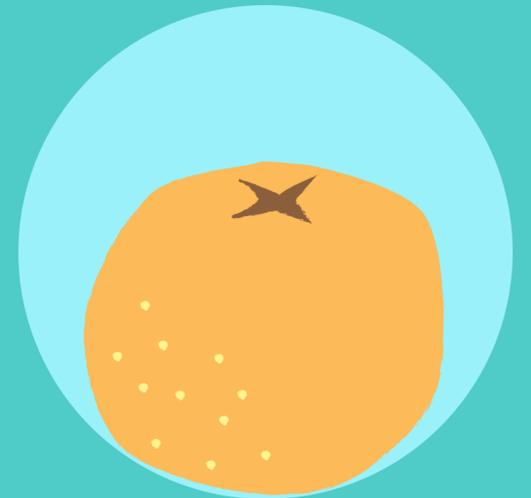
PINEAPPLE

Rich in potassium, calcium, vitamin C, beta carotene, thiamin, B6, as well as soluble and insoluble fiber.



WATERMELON

Helps prevent kidney disorders, high blood pressure, the prevention of cancer, diabetes



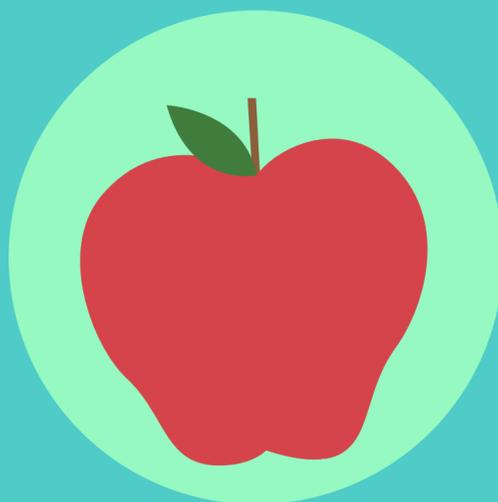
ORANGE

Boosts immune system function, reduce signs of aging, protect against cancer, and boost cellular repair.



LEMON

Has nourishing elements like vitamin C, vitamin B6, vitamin A, vitamin E, folate, niacin thiamin, and riboflavin.



APPLE

Helps improve digestion, prevention of stomach disorders, gallstones, constipation, liver disorders.



KIWI

An excellent source of vitamin C, vitamin A, folate, vitamin E, and vitamin K. Has antioxidant properties.

For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to www.schoolinterviews.co.uk and enter code bky83 to book a call.



**WOOTTON
PARK**

Wootton Park Wellbeing