



Healthy Eating Newsletter

End of Spring Term ~ March 2017

Water Focus

Our pupils took on the challenge of our Water Focus this term with the same enthusiasm as they have all Healthy Schools activities.

We have put various posters up around the school reminding of the importance of drinking enough water and the children had drinking charts. We had a few charts returned showing good results.

The importance of drinking at lunchtime was also stressed and all of the pupils now finish their cup of water with their lunch. This has been so successful that the midday supervisors and our caterer have removed the waste water container as it is no longer needed.

Well Done! to all of our pupils.

Are **you** drinking enough?

The focus for next term is FAT.

You should all have received the Change4Life pack issued this week. Inside you will find the recipe for Carrot and Courgette Muffins. The Cooking Club pupils made these; they are so easy. We also made them for the Healthy Schools Workshop and they were very popular with the adults.

Why not try these with your children during the holidays.
Tip: Don't add the herbs. We also used white flour instead of wholemeal. Enjoy!