



# Healthy Champions

Imagine... Believe... Achieve

February Update



## HEALTH AND WELLBEING IN 2016/17 - OUR UPDATE

We have 24 Healthy Champions in school, one for each class, who were nominated by their class to represent them at the start of the year. Our main priority across the year is looking at what we currently do in the school to keep healthy and what we can do to make improvements. Above all, we want to make a difference and get our classmates thinking about how to stay healthy, both for the body and the mind.

### Introducing the Healthy Champions:

1PC	Daisy Wheeler
1W	Aidan Connon
1H	Florence Straker
1S	Ben Johnson
2C	Georgia Smith
2LC	Oscar Ashton
2AD	Alexander Gartside
2E	Isabella Hawkins
3D	Jennifer Murray
3MW	Millie Fair
3B	Jessica Payne
3L	Emily McDonald-Duffy
4JS	Tom Dudley
4S	Owen Bond
4B	Maddy Lloyd
4MT	Bessie Morgan
5C	Jessica Harrison
5M	Emily Baxter
5K	Amelie Fletcher
5MN	William Jones
6K	Russell Collis
6G	Oliver Barton
6B	Chantelle Locke
6D	Hannah Barclay



Over the year, we will be updating you about the projects that we have been working on and what our plans are for the coming months.

Imagine  
Believe  
Achieve



### HEALTHY MIND

Keeping a healthy mind is really important for everyone as it helps us to think clearly! At Churchtown, we encourage a **POSITIVE ATTITUDE TO LEARNING** through 6 key areas:

Watch out for our  
Mindfulness Colouring  
Lunchtime Club!

COMING SOON

ZEST

RELATIONSHIPS

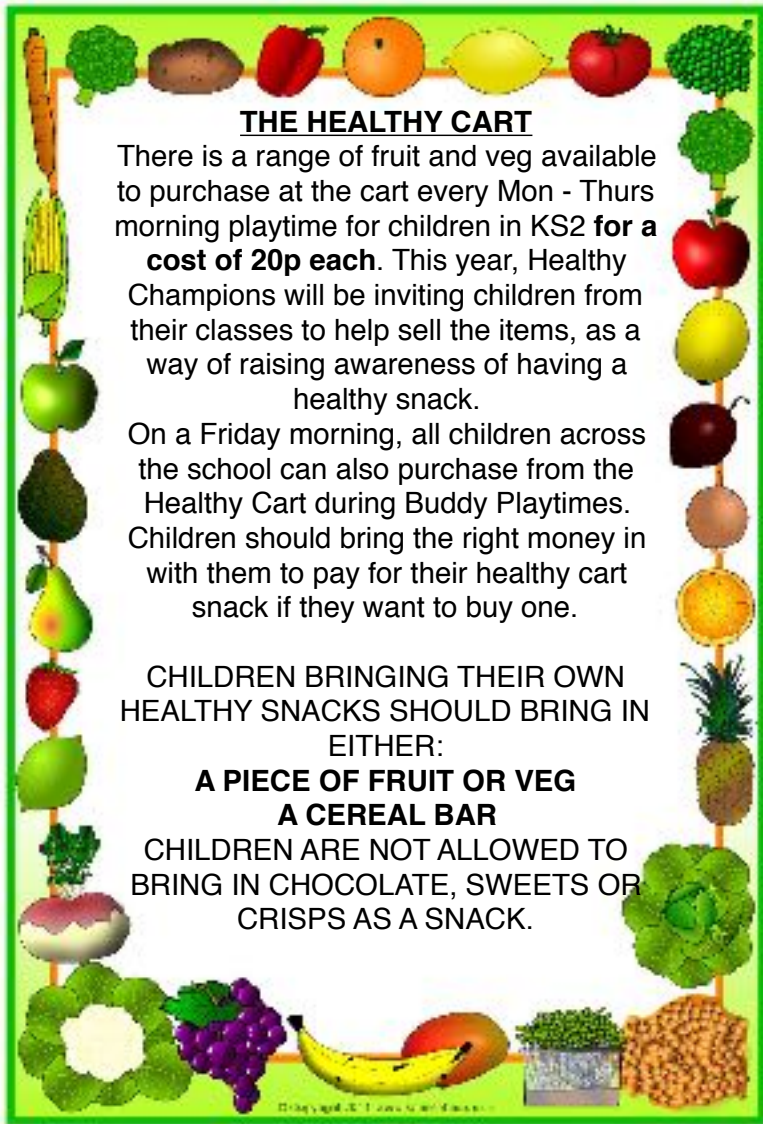
GRIT

OPTIMISM

SELF CONTROL

CURIOSITY /  
IMAGINATION

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### THE HEALTHY CART

There is a range of fruit and veg available to purchase at the cart every Mon - Thurs morning playtime for children in KS2 for a **cost of 20p each**. This year, Healthy Champions will be inviting children from their classes to help sell the items, as a way of raising awareness of having a healthy snack.

On a Friday morning, all children across the school can also purchase from the Healthy Cart during Buddy Playtimes. Children should bring the right money in with them to pay for their healthy cart snack if they want to buy one.

CHILDREN BRINGING THEIR OWN HEALTHY SNACKS SHOULD BRING IN EITHER:

- A PIECE OF FRUIT OR VEG**
- A CEREAL BAR**

CHILDREN ARE NOT ALLOWED TO BRING IN CHOCOLATE, SWEETS OR CRISPS AS A SNACK.

### HEALTHY BODY



To help with getting an energetic start to the day, from after half term we will be starting a 'Wake up Wednesday' session in the Old Hall from 8.30 - 8.40am before children go into classes.

**All ages of children are welcome to join in this fun, enjoyable weekly activity with us.**

In the summer term, Healthy Champions will be designing some new games to play on the playground to keep active!

We have also been working with Mr Pritchard to compose a healthy, lively Churchtown anthem which will be taught to all classes after half term.

### HEALTHY EATING



Before the introduction of any new menus, the Healthy Champions meet with Mr Griffiths, our Catering Manager to discuss meal options. During the discussions, children put forward their ideas for these menus, what their peers enjoy and what goes in to creating a balanced menu over a 3 week cycle.

Tasks this year have included working with their classes to suggest menus for Theme Days, and also coming up with ideas for encouraging children to eat more fruit and vegetables, including the introduction of 'carrot & cucumber pots' which replace the 'fruit pots' once a week on the menu.

All year groups are also having the opportunity to work with Mr Griffiths during a cooking lesson where they learn about the preparation and cooking of fresh vegetables.

