



Healthy Champions

Imagine Believe..... Achieve

June Update



HEALTH AND WELLBEING IN 2016/17 - OUR UPDATE



Over the past few months, we have been looking at food choices that children make in school in line with our Healthy Food Policy, which cover all areas of school life. During lunchtimes, we offer excellent, freshly cooked hot meals in our two restaurants, as well as providing a 'Deli' option encouraging children to eat a range of salad items alongside their made-to-order sandwiches. Fresh fruit and vegetables, yogurts and juices are always on offer to ensure that children have a wide range of food choices.

HEALTHY EATING



Whilst many of our Y3 - Y6 children choose a school dinner, we have children who prefer to have a packed lunch; we have talked to our classes about what should go in to a packed lunch, giving them opportunities to share their excellent ideas for healthy options that contribute towards a balanced diet.

Further to these discussions, we are delighted to introduce our new in-school dinner option 'Lunchbox Pick 'n' Mix' which will give Y3 - Y4 children the chance to still bring in their favourite empty lunchbox (or use a grab bag) and fill it from a range of items that are pre prepared. This will start on Monday 12th June.

All of our dinner options can be prepaid for using Parentpay and cost £2 each.

HEALTHY PACKED LUNCH COMPETITION WINNERS

The following children were selected as winners for the recent competition. The winners will feature in a Healthy Packed Lunch Video alongside the Healthy Champions. The children will also have the opportunity to make their packed lunch ideas with Mr Griffiths. Well done to everyone who took part!

- Year 1: Amelie Kay 1S
- Year 2: Ace Howard 2E
- Year 3: Grace Bowen 3MW
- Year 4: Bessie Morgan 4MT
- Year 5: Evie Dritler 5K
- Year 6: Libby Dawson 6B



On Friday 16th June, we will be putting our new videos, starring our Healthy Champions, on our website. These videos are aimed at giving parents an insight into the catering at Churchtown Primary School and the wide choice of food that is on offer to children daily.



There will be two videos released: one showing dinner options available through our school dinners, and a second video that focuses on Healthy Packed Lunch ideas

If your child hasn't tried a school dinner, why not give it a go!

<http://www.churchtown.org.uk/page/?title=Healthy+Champions&pid=68>



From the 12 - 16 June 2017, it is the British Nutrition Foundation's Healthy Food Week 2017. During the week, classes will be learning about making healthy food choices.

The Healthy Cart will also be out daily at morning playtime, with a wide range of Healthy Snacks for only 20p each!!

Meet the Catering Team



Led by our Catering Manager Mr Griffiths, our team of catering assistants are:
Miss Rimmer, Mrs Clinch, Mrs Green, Miss Slater, Mrs Crolley, Mrs Cockwill, Mrs Booth, Mrs Alderson, Mrs Vertigen, Mrs Mottram, Mrs Frith & Mrs Dandy.

Our Vice Chairperson Jessica Harrison and Secretary William Jones interviewed Mr Griffiths about working at Churchtown Primary School and catering for all of our children:

Q: Do you like your job and what is your favourite part?

Yes, I do like my job and my favourite part is doing the cookery lessons with each class.

Q: What do you like about the lessons?

I like that we use fresh ingredients and showing the children all sorts of new vegetables and things they can cook with them.

Q: What do you like best about the meals at our school?

We're different from other schools: everything is freshly made and is made by our staff on site including the desserts.

Q: Is it difficult to make so many meals each day?

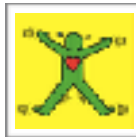
Yes it is - we serve about 620 meals a day and we only have a tiny kitchen.

Q: How do you go about designing the menus?

I think about what you may all like. I then meet with children from each class and discuss with them what they like in school and at home. We then come to a decision about what goes on the menu.

Mr Griffith's favourite meal at the moment is the Steak Slice - our favourite meals are the All Day Breakfast and Tuna Pasta Bake.

HEALTHY BODY



Active kids are happy kids - they like to be running around and having fun. In fact, kids aged five to 16 need to do at least 60 minutes of physical activity that gets their heart beating faster than usual. They need to do it every day to burn off calories and prevent them storing up excess fat in the body. It also keeps bones healthy and encourages muscle strength and flexibility.



Calling all Parents! Come and join your child in a morning wake up session in the main hall from 8.30 - 8.40am every Wednesday morning with Mrs Healy!

Why not search the Change4life site for some ideas to get going every day!

<http://www.nhs.uk/Change4Life/Pages/become-more-active.aspx>

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HEALTHY MIND



Keeping a healthy mind is just as important as keeping your body in shape. At Churchtown Primary School, children are encouraged to have a positive attitude to learning to keep their minds healthy.

During the lead up to SATS, Mrs Robinson, from Relax Kids, delivered sessions to all of our Year 6 children. Sessions were fun, interactive and children were all enthusiastic to take part. They learned how calming breathing, yoga and peer massage can be useful items in their personal toolkits developing skills for life. An after school Relax Kids Club has also run in school, and has been well attended.

**Mindfulness Colouring Club
Starts on Thursday 15th June
12.15 - 12.45 in 3D**

All children from Y1 - Y6 are welcome.