



## St.Vincent's Healthy Eating Newsletter

Autumn Term 2019

Dear Parents,

Welcome to the first Healthy Schools newsletter. This newsletter is produced three times a year and is designed to offer suggestions and ideas about keeping your child and family healthy and also to keep you up-to-date with current practice within the school.

### Healthy Eating Week

Next term we are planning on running our first ever 'Healthy Eating week' where all the children across the school will be learning about keeping healthy, healthy eating and healthy lifestyles.

We have a number of activities planned for the week to get the children excited about healthy eating. We will provide you with more details of this week in the newsletter when we get closer to the planned date asking for a little support from our school community. We hope you will all get involved in the activities we have in store.

You can also look at the Healthy Schools page on our website where you can find links to other websites with suggested recipe ideas and links to keeping fit and healthy at home. This is also where you will be able to find all our Healthy newsletters once they have been published, as well as photos of activities we are doing in school relating to healthy lifestyles.

### World Food Day - Wednesday 16<sup>th</sup> October

On Wednesday 16<sup>th</sup> October St. Vincent's will be hosting its first World Food Day, a celebration of our similarities and differences and sharing food from our countries of origin and cultures. During the day we are asking the children to come to school dressed in traditional clothing or in the colours of their home country and after school we will have a celebration buffet where we are asking our families to bring in a prepared dish from others to try.



Throughout the day the children will learn about how certain foods are popular in different countries and will be looking at where different foods are made in the world. We hope this event will be a real success and will be the first of many annual World Food Days.



## Walk to School

Walking to school is a fantastic way to start the day. Evidence shows that children who are physically active on the way to school burn off some of their excess energy, and are more able to settle down and focus well in their lessons. This reduces stress and increases creativity, both of which will help your child's performance at school. But it's not just walking; you can scoot or ride to school or maybe park a bit further from school and walk part of the way if you live too far to walk all the way to school.

# Exercise challenge

## Tin Can Workout

A tin can work out is a great way to get the children pumping iron without buying lots of expensive equipment.

### What you'll need

- Unopened tin cans (e.g tins of beans, spaghetti, soup etc)



### How to play Tin Can workout

Step 1: Get your tin can and see how many times you can lift the can, one in each hand over your head before your arm gets tired.

Step 2: How many times can you touch the cans together over your head? In front of you? How many times can you touch your toes with the cans?

Step 3: Try this game once a week and see if your numbers can improve.

We would love to see photos of you completing this challenge. Please email any pictures you take of the children completing this to the office for us to post on our website.

# Recipe of the term

## Muffin tray Tortilla Pizzas

Bake a batch of these cute mini tortilla pizzas to keep the children entertained during the week. Start with a simple tortilla base and classic cheese and tomato toppings, and then comes the extra fun part - the children get to add whichever toppings they fancy!

- Serves 12 (makes 12)
- 10 mins to prepare and 10 mins to cook
- 73 calories / serving
- Healthy



## Ingredients

- 4 flour tortilla wraps
- 6 tsp tomato purée
- 100g (4oz) mozzarella

## Method

1. Preheat the oven to gas 6, 200°C, fan 180°C. Grease a 12-hole muffin tin.
2. Using a 7cm (3in) biscuit cutter, stamp out 12 rounds from the flour tortilla wraps. Spread each round with 1/2 tsp tomato purée and pop one in each hole. Cut the mozzarella into cubes and divide between the shells. Add extra fillings, such as veg, olives and sultanas, if you like. Bake for 10 minutes, or until melted and golden.

## Handy Hints

- Use oven gloves when putting food into, and taking food out of the oven. Always get an adult to do this part.
- Use any fillings you fancy, load it with vegetables for a super healthy tortilla pizza.
- Try using different types of cheese.

Remember to take pictures of you making these pizzas and email them to us at school so we can put them on our healthy eating display and add them to our healthy eating page on our website.

# Coming Soon...



## LEAN Beans

After half term we have been lucky enough to get the LEAN beans team to come and run a programme to help support our families to lead a healthier lifestyle. This is a programme which we have run previously at St.Vincent's and we have been offered the chance to run it again for the whole family to enjoy.

There are some great incentives for families taking part including;

- free 12 week family leisure centre membership\*;
- 1 ½ hour healthy cooking and eating sessions
- £20 supermarket voucher to spend on healthy shopping.

The LEAN Beans programme equips families with the knowledge and skills to help lead a healthier lifestyle - making a healthy lifestyle the easy choice! The programme is open to every child and their family in Barking and Dagenham.

It includes a 1 ½ hour session each week over a 6 week period, which is run after school in one of our classrooms and in the hall. All the sessions are family focused, including families sharing their experiences and knowledge with others in the group.

The first 45 minutes is focused on learning about nutrition in a fun, interactive and engaging way. The second 45 minutes focuses on physical activity (suitable for all abilities) and games for the children. During this second session parents are able to meet without the children and take part in group discussions.

If this sounds like something you may be interested in taking part in look out for the LEAN Bean mascots who will be in the playground after half term to speak to.