



St.Vincent's Healthy Eating Newsletter

Spring Term 2020

Dear Parents,

Welcome to the second edition of our Healthy Eating Newsletters. We hope you all had a lovely Christmas and a good New Year. In this edition we will be updating you on what we did last term and some of the things we have planned for the coming term.

World Food Day - Wednesday 16th October

Thank you to all those who took part in our first World Food Day last term, we found it to be a huge success and have already started making some changes to the layout for next year's celebration.



Ideas for a Healthy Packed Lunchbox

In the spring term we are going to be having another look at our packed lunches in school to see if we can make them any healthier. We all know how difficult it can be to come up with different, healthy and fun lunchbox ideas and that's why we end up packing the same lunches repeatedly! To help you (and your children!) avoid packed lunch boredom, we have collected some simple ideas to spice up your child's lunchbox.



Change the bread

Just like adults, children can become bored of sandwiches. Why not try using the same fillings but add excitement by changing the bread. You can try pitta bread, bagels or tortilla wraps. For a real change try packing breadsticks or crackers separately from the filling for your child to assemble their own sandwiches.

Exercise challenge

Jack- Jack's Super Shapes

For this activity you don't need any equipment, just a lot of space to move around.



How to play Jack-Jack's Super Shapes

Step 1: Choose one person to be the leader. Everyone else gets into a line behind them.

Step 2: The leader sets off walking. Every few steps, they shapeshift into a move that everyone in the line must copy, like a star jump, press-up, running on the spot or a dance move. Try to come up with as many different ones as you can!

Step 3: After 10 shapeshifts, the leader goes to the back of the line and the new leader starts shapeshifting.

Step 4: Keep going for 10 minutes!

Recipe of the term

Toaster Pitta Pockets

If your children can't wait until their next meal, these little pittas will keep them going in the meantime



- Serves 1 (can make more by using more pittas)
- 5 minutes plus toasting

Ingredients

- 1 mini pitta bread
- 1 tbsp soft cheese
- 1 tbsp grated cheddar
- Your favourite fillings - ham, tomatoes, sweetcorn, ready-roasted peppers from a jar and tuna are a good combination.

Method

1. Pop the pitta into the toaster for 30 secs- 1 min, until just puffed but not crisp. Meanwhile, mix the cheeses.
2. Slice an opening at one end of the pitta and use a teaspoon or a knife to spread the cheese mixture in. Push in some of your favourite fillings, gently squash the pitta closed between your hands, then put back in the toaster - cut-side up. Toast for 1-2 mins until golden and crisp.

Handy Hints

- Use any fillings you fancy, load it with vegetables for a super healthy pitta.
- Try using different types of cheese.

Remember to take pictures of you making these pitta pockets 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.



The Daily Mile

The Daily Mile is a simple and free way to encourage children to be fit for life and fit for learning. Children are encouraged to walk, jog or run at their own pace for fifteen minutes a day. Most children will average a mile in 15 minutes, with some doing more and some doing less. Promoting physical activities promotes social, emotional and mental health and well-being, as well as the children's fitness. Using the Daily Mile, helps to remove barriers to participation in physical activity as it is fully inclusive and not a competitive way to get the children moving more.

The Daily Mile has been proven to have a beneficial impact on the children who take part; children are happier, stress and anxiety are reduced, fitness and energy levels are improved and studies have found there to be better concentration in class therefore, raising standards. Therefore, we have decided to incorporate this into our school day. We will be monitoring the impact it has on our children over the next term.

