

Health for Life



Dear Parents/Carers

We wish to share with you what is already happening at St Philip's.

October 2015

Launch of St Philip's Passport to a Healthy Lifestyle. This is a new project which we hope will encourage all children to become more active through healthier life styles.

Health for Life at St Philip's Catholic Primary School

The overall aim of this project is to give children a greater awareness and understanding of the benefits of a sustained healthy life style.

This is the first newsletter about our Health for Life project. The overall aim of this project is to give children a greater awareness and understanding of the benefits of sustained healthy lifestyles.

There are four main objectives to encourage and develop sustainable change in the children's healthy lifestyles with a focus on:

1. Healthy eating and cooking
2. Growing food
3. Physical activity
4. Family involvement

We celebrate our launch of our passports to a Healthy Life Style change for all.



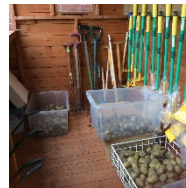
We have just given out our next lot of vegetables that George (Mrs Hinton's Father) over a long period of time has kindly voluntarily attended and assisted St Philips's School. Children celebrated by tasting their cooked vegetables included in their lunchtime meals. This time we thought it would be a celebration for

children to collect the vegetables and take them home to cook and encourage family involvement. George has spent time with each key stage to share his wonderful green hands and knowledge of growing food through planting.



A variety of seeds and bulbs are again being planted individually after our success with our plants previously

The growth of the seeds will be monitored closely and changes will be recorded in various ways to incorporate cross curricular issues such as the Maths Curriculum for data handling in a real life situation, which will have more meaning to the children. During some topics seeds will also be planted and measurements recording indoors before planting outside.



Updates in school

Water Butt



A water butt with a lid is situated in the EYFS/Key Stage playground. We are hoping to catch as much rain water as possible from the shed roof, then use this to water the plants.

Water

We encourage children to be aware that flavoured water contains high amounts of sugar e.g. 1.5 litre bottle of Volvic Touch of Fruit, strawberry water contains a staggering 13% sugar. Plain water is best!

Planting Areas



Please do remember that all children must to be kept off all planting areas before and after school each day. Some areas might look like they have nothing growing but there is a lot of growth happening underground.

Play Time Equipment

We are awaiting delivery a table tennis table! If this proves to be a success we will order a second table. We are in the process of obtaining quotations to improve EYFS and Key Stage 2 playground. Part of the funding from our PE premium will contribute towards this. We are also looking at various equipment to encourage more exercise.



From part of our PE premium funding we have booked Sandwell Leisure to work with St Philip's for the next 12 months. This is a very exciting time when they will work with teachers and children to ensure healthy life styles develop even further. We have also booked two session a week during the lunch time periods. This will again be to encourage children to exercise more, relish a challenge and also for children to clearly identify that they will lead a healthier life when they exercise. Research has also confirmed that children achieve higher results in their studies when they lead healthy active lives.

Sainsbury Vouchers



Please support the school by collecting Sainsbury vouchers which we can contribute towards utensils for cooking later in the year.

Key Stage 1 have previously been involved in a 'sugar swap' activity with their families. Families were challenged to consider healthier options and took part in a boost well project in order to identify healthy life style changes we can get involved with. Children were first weighed and after a 12 week scheme shared their knowledge of fresh understanding about healthy food we put on a plate.

We also had great success with our after school parent and child cooking workshop.

More healthy choices can be found on the Change4Life website. <http://www.nhs.uk/Change4Life/Pages/change-for-life.aspx>. We often send and share recipes with parents. Any healthy recipes please share with the school. Due to this success we will be inviting parents to food taster healthy lifestyle workshop shortly. We wish to collect all your ideas in order to continue with our Healthy Passport to lifestyle changes. We have recently nominated our play leaders and buddies. They will be responsible to encourage children to take part in more daily exercise and enjoy the benefits. Children will be encouraged to think it/feel it/do it. We call this head heart hands. This encourages children to be aware how we benefit from exercise. Each child has a Healthy Life Style Passport. All dinner ladies will be attending another training session in Autumn 2 to encourage and motivate children to compete with others and themselves in order lead more healthy and active lives.

We are working together to ensure that small equipment is easily accessible to the children to enhance play activities during all play times.



The boom blasters music boxes have been a great success in Key Stage 1 and 2. These are also used for cross curriculum activities. For example Year 1 were learning an African song to do with their topic for autumn term. Children have enjoyed dancing and singing in a different language to this at playtime. We also celebrate the success of our after school dance classes. This was after listening to our pupil's voices requesting dance classes. We initially began this after identifying our gifted and talented children. Numbers for both boys and girls are growing from strength to strength.

PE premium has also contributed to Zumba which will begin Autumn 2. Children will be given the opportunity to learn new skills in Zumba. Again encouraging more exercise.

We are very lucky with the after school clubs that give children the opportunity to experience different types of sport. We are booking bike balance bike soon to ensure we include the younger children too.



We also celebrate the success of 'Dan the skipping man' day. This was booked through our PE Sports premium funding. Children have now requested a skipping club at lunch time or after school. This is now in the process as we value our pupil voices to ensure new skills continue. We are also encouraging parents to continue to share any new talents or ideas you may have in order for Healthy Lifestyle to develop further.

Again we celebrate the success of our parents 'Cook Well' workshop we wish to plan more session with families to sustain our continued growth of healthier lifestyles for all. Now that more children are becoming so much more active children are requesting more skipping ropes to be available at break times. We are in the process of placing an order from the PE premium to ensure every child will have access to a skipping rope if they wish at play time. Challenges will be to beat their times each day. Adults will also be joining in.

We will be advising you soon about a coffee healthy lifestyle taster session. The public health team will also join our get together to gather any ideas or suggestions to improve

Thank you for all your continued support.

Mrs Evans

P.E. Coordinator