

Health-Conscious Kids Run Rings Around Healthy School Award

St. Chad's Primary School get given a clean bill of health!

Staff and children at St. Chad's Primary School were so concerned about their unhealthy eating habits that they decided to take matters into their own hands. As a school, they have taken the decision to launch an 'eat well and move more' campaign in a bid to get healthier and fitter. The effect of this campaign has been staggering, resulting in fitter children, staff and parents. So, what exactly did they do?

Headteacher Margaret Collins (54) explained, "It's all thanks to our marvellous Year 5 children, who took the initiative to make a real change for the better. It all began after they carried out a survey as part of a science topic, which looked into what the pupils ate at break time and during lunch. They were shocked and saddened to discover the vast quantities of crisps, cakes, chocolates and sugary drinks being consumed on a daily basis. The staff took part in the survey too and I'm ashamed to say that they were found guilty of eating far too many biscuits and drinking seriously high levels of caffeine. The children, very wisely, brought this to my attention and together we concocted a plan to get the whole school moving more and eating better."

So, what exactly does the plan involve? "Much time has been spent encouraging the children to eat healthy snacks at break time. For those who choose a healthy option, like a banana, pack of raisins or a bag of carrot sticks, there are stickers given out as a reward. Each sticker gets added to a card that, once full, entitles the child to an extra 'active' playtime on a Friday afternoon. During this playtime, skipping ropes, hoops and balls are handed out to encourage the children to move around more and to have fun." The inspirational Year 5's have also set up a tuck shop which only sells healthy food such as: packets of fruit, drinking yoghurts, cheese chunks, crumpets and bottled water.

It's been hugely important to involve parents in the campaign too. They have been encouraged to participate in healthy-cooking workshops, where they have been shown how to prepare a variety of tasty and nutritious meals. In addition to this, families are invited to join the school on a monthly ramble to various local scenic spots; the family dog is welcome along too!

One parent, John Morris (32) stated that, "At first I was a bit sceptical about this whole 'eat well and move more' malarkey. However, for the sake of my daughter, I agreed to play in the staff verses parents netball match. It was enormous fun, especially as we beat the teachers by an embarrassingly large amount. I was actually quite thankful that I'd been given the opportunity to act as a good role model for my child. Now, I'm usually the first to sign up for any of the fun activities."

The school has recently undergone an Ofsted inspection and the children of St. Chads Primary School have received high praise for their efforts. Reg Bowers (58), the lead inspector, believes that, 'As well as the obvious health benefits, it's been widely acknowledged that those children who enjoy a healthier lifestyle also achieve better at school. It's a joy to witness so many pupils, staff and parents working together to achieve one common goal. There have also been fewer reported cases of bullying as this campaign is helping the children to be more tolerant and understanding of each others differences. As a team, we were delighted by what we observed.'

So what now for this dynamic school? A science week is due to take place shortly, where the children will be learning all about the essential nutrients needed by the body before designing their own healthy, balanced meals. The future is certainly looking bright, and healthy, for these highly motivated young people.

Tuesday

Match the word to the correct definition.

Definition	Word
an awareness and understanding of something	
a regular tendency or practice that is hard to give up	
start or set in motion a new activity	
a compound found in tea and coffee	
give support, confidence or hope to someone	
a set of circumstances that make it possible to do something	

caffeine	habit	encourage	conscious	opportunity	launch
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Find the words in the excerpt that match the following definitions.

Definition

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absolutely necessary

an appropriate proportion of something

positive in attitude and full of energy and new ideas

a substance that provides nourishment essential for life

to have a good reason to do something

deciding upon the look and function of something

Answers

Match the word to the correct definition.

Definition	Word
an awareness and understanding of something	conscious
a regular tendency or practice that is hard to give up	habit
start or set in motion a new activity	launch
a compound found in tea and coffee	caffeine
give support, confidence or hope to someone	encourage
a set of circumstances that make it possible to do something	opportunity

caffeine	habit	encourage	conscious	opportunity	launch
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Section B

So what now for this **dynamic** school? A science week is due to take place shortly, where the children will be learning all about the **essential nutrients** needed by the body before **designing** their own healthy, **balanced** meals. The future is certainly looking bright, and healthy, for these highly **motivated** young people.

Find the words in the excerpt that match the following definitions.

<u>Definition</u>	<u>Word</u>
absolutely necessary	<u>essential</u>
an appropriate proportion of something	<u>balanced</u>
positive in attitude and full of energy and new ideas	<u>dynamic</u>
a substance that provides nourishment essential for life	<u>nutrients</u>
to have a good reason to do something	<u>motivated</u>
deciding upon the look and function of something	<u>designing</u>