



# NEWSLETTER



**Hearty  
BEATS**

Better Eating & Activity Through Schools



Issue December 2017



Hearty-BEATS is a project which helps primary schools run activities promoting healthy hearts and lifestyles.

Find out what's been happening this term. If you want more information about available activities please contact **Rachael Proud at Middlesbrough Environment City Telephone 01642 579820.**

Well done, and thank you, to **Sunnyside Academy** who worked hard alongside **One Planet Pioneers** and the **Talent Match Apprentices** to transplant trees from raised beds to boarders. This was a really busy day for pupils and staff, everyone got involved and it was a great success. Sunnyside were awarded an **Arty STAR** for:-

**'Outstanding Hearty BEATS gardening work Transplanting Trees'.**

**Arty** really enjoyed meeting everyone, especially the high fives, singing & dancing.

If you want to know more about having a gardening club or you have ideas you would like to explore contact **Robert Tate** on 01642 579820 or email [Robert.tate@menvcity.org.uk](mailto:Robert.tate@menvcity.org.uk)



Students of Sunnyside Academy presented with Arty STAR award



The trees grown in raised beds were transplanted to the boarders

Kids are consuming **THREE** times more sugar than they should be\*

**SUGAR SMART**  
Middlesbrough

\* 1 = 4g of sugar



=



9 sugar cubes

=

More sugar than anyone should have in a day

## SUGAR SMART Start



Let's get the right start to the day

Breakfast is key to waking the body and brain up on a morning, however, a high sugar breakfast can decrease the ability to learn, concentrate and retain information.

We want to help give you the right start, to keep going throughout the morning enabling you to fulfil your potential!

Middlesbrough is going **SUGAR SMART** and we would like to get schools on board. We can guide you through the simple steps you can take to get **SUGAR SMART**. Spread the word, share your ideas and together we can make a real difference

If you would like to know more about the support we can give please contact Lauren Perkin by email,

[Lauren.Perkin@menvcity.org.uk](mailto:Lauren.Perkin@menvcity.org.uk).

SUGAR SMART is a national campaign that helps local authorities, organisations, workplaces and individuals to reduce the amount of sugar we all consume.



fresh



dried



juiced



frozen



canned

Fruit and vegetables an important part of a **balanced diet** and can help us stay healthy. **It's important that we eat enough of them.** Did you know that fresh, dried, juiced, frozen and canned fruit and vegetables still count as one of your five a day?

**Arty says** "Try to eat five portions of fruit and vegetables every day. That will give you lots of energy. They give you the vitamins and minerals your body needs"



## Cut The Cost



**Of Cooking**

## HEALTHY COOKING

During the autumn term the Healthy Cooking Team delivered **Cooking on a Budget** Sessions for parents at **St Alphonsus School, Easterside Academy, Corpus Christie** and **Newport School** and Parents have enjoyed cooking winter-warming family dishes, with **North Ormesby Academy** expressing an interest in setting up their own cooking groups.

Staff from **Ayresome School** have taken part in Healthy Cooking Training to support them with their after school Cooking Club and a **Slow Cooker** Session for parents is due to start shortly.

In addition parents from **Breckon Hill** School have taken part in a **Healthy Cooking** session and a **Healthy Packed Lunch** session is being planned for the New Year.

Would you like to know more about our Healthy Cooking Team or do you have any ideas you would like to explore? **ITS FREE!** Contact Lesley & Kim on 01642 579820 or email [lesandkim@mencity.org.uk](mailto:lesandkim@mencity.org.uk)

## MIDDLESBROUGH TOWN MEAL 2018

This year's annual Town Meal will take place on **Saturday 15th September from 12pm – 4pm** in Centre Square Middlesbrough. Middlesbrough Environment City would like to invite your school to take part in the



**Fruit n Veg Platter**

**Try to Grow Five**

using fruit and veg as an arts and craft material



**Crazy Creature**

**Create Something Crazy**

using fruit and veg as an arts and craft material



**Diary of a Sunflower**

**Grow a Sunflower**

measure and record in a diary and take photos too



Town Meal Fruit and Vegetable competition. **Ready, Steady GROW!**

Get the whole school involved with growing and enjoying fruit and vegetables and be in with a chance of winning a fun activity day for your school.

What are you waiting for? **Ready, Steady GROW!**

For more information about starting a gardening club or you have ideas you would like to explore contact Robert Tate on 01642 579820



## ACTIVITIES ON OFFER NEXT TERM

- Lunchbox Programme**
- Cooking on a Budget**
- Healthy Eating/Cooking: Train the Trainer**
- Fruit Tasting and Smoothie Bike Session**



Arty says "get fit and make smoothies the fun way"

**Christmas Bike Swap** - Bike Academy at Albert Park Wednesday 13th December 10am to 3pm  
All bikes have been up-cycled and safety checked by qualified mechanics. Recycled bikes are also available for those that don't have a bike to swap. (for 3 to 9 year olds).

**Bikeability** - Learn to Ride Sessions

**Bikeability Fix It** - Fix Maintenance Sessions providing valuable skills to combat those pesky flat tyres!

**Bikeability Ride** - A fun trip out exploring the areas around your school

**Remember : Be safe on the roads: wear a helmet and learn how to ride your bike safely**

**SUGAR SMART** - Make your pledge to be **SUGAR SMART** for the New Year by lowering your sugar consumption.

**Gardening Club** - Harvesting crops and preparing beds for planting.

**If you want to have a gardening club at your school contact Robert Tate on 01642 579820**

**ALL ACTIVITIES ARE FREE**

