

Issue June/July 2018

Hearty-BEATS is a project which helps primary schools run activities promoting healthy hearts and lifestyles. We aim to establish a programme of activities within primary school settings to improve healthy eating and increase levels of physical activity. If you want more information about available activities please contact **Rachael Proud at Middlesbrough Environment City: Telephone 01642 579820.**



## ARTIE STAR AWARD

This months Artie Star Award went to  
**St Alphonsus Primary**  
to reception class for their **Stick Man** day  
at **Stewart Park.**



On Tuesday, 24th April, 30 reception year children from St Alphonsus RC Primary School took part in a fun filled 'Stick Man' themed day based on the book by Julia Donaldson. The activities took place at Stewart Park as part of the Hearty Beats programme.

Children got active exploring the family wood seeking out materials to make Stick man puppets and Green man masks from all the natural materials they found lying around the woodland floor. As part of the fun they also went on a exploration of the wood and parkland areas, collecting interesting objects and creating a colourful memory stick as they went. Creative activities throughout the day provided children with plenty of opportunities to engage their imaginations and discover many new flowers and trees.

To celebrate the day 'Artie' and MEC staff paid a visit to the children's celebration assembly on Tuesday 8<sup>th</sup> May to award the children a 'Artie Star' in recognition of their active day and good behaviour. Well done to all!



## HEALTHY COOKING

Since the last newsletter, parents at **Priory Woods School** have taken part in a Slow Cooking Session, whilst pupils enjoyed making delicious smoothies with the smoothie bikes. A healthy packed lunch event was held at **Abingdon School** and their Healthy Day was supported with both smoothie bike and fruit tasting activities for some classes.

Following on from earlier successful cooking sessions, four parents from **Corpus Christi School**, who are wishing to set up their own cooking group, passed their Level 2 Food Safety Certificate. Similarly, a group of parents at **Ayresome School** have also completed Food Safety training with the same aim in mind.

**If any schools require any further support to run their own cooking groups, please contact the Healthy Cooking Team on 01642 579827. E-mail: [lesandkim@mencity.org.uk](mailto:lesandkim@mencity.org.uk)**

## MIDDLESBROUGH TOWN MEAL



This year's annual Town Meal will take place on **Saturday 15th September from 12pm – 4pm** in Centre Square Middlesbrough.

We are currently looking for schools who would like to show case their talents. The Bilsdale Silver Band are playing for us again this year, we also have other slots of stage times available if you would like to bring along a choir, orchestra or troupe to perform?

**If any schools are interested in taking part in this year's Town Meal please contact Louise Willans on 01642 579820 or email [info@mencity.org.uk](mailto:info@mencity.org.uk)**

## ARE YOU GROWING A PUMPKIN FOR THE TOWN MEAL?

- Have you arranged a watering plan for the summer?
- Pumpkins are thirsty plants and need lots of water. Water well and deeply
- When watering: Try to keep foliage and fruit dry. Dampness will make rot and other diseases more likely. Fertilize on a regular basis. You can use tomato fertilizer or your own.

## GET GROWING! Gardening Club

### Things to do—weeding and watering

When weeding be careful not to damage the roots of your crop but remove any perennial weeds by taking out the root. Rain showers do no more than dampen the surface so watering may still be needed. If watering, water the soil and not the leaves of the plants as much as possible so that the leaves do not burn.

- Have you arranged a watering plan for the summer holidays?
- Have you a plan for looking after poly tunnel and green house crops?
- Crops such as tomatoes and cucumbers need watering little and often.
- Think about controlling temperature levels and humidity. *(One trick is to water the path in the tunnel or green house. As the water evaporates it cools the temperature and increases the humidity).*

**Whether you have beds, bags or pots you can use the following trick to help with watering.**

1. Punch a couple of holes in the bottom of a suitable plastic bottle. 1, 2 or 3 litre.
2. Plant a couple inches deep in the container/bag/beds.
3. Fill bottle with water and it will slowly work into the soil/compost.



**For more information about Ready, Steady GROW! Starting a gardening club or you have ideas you would like to explore contact Robert Tate on 01642 579820 or email [robert.tate@mencity.org.uk](mailto:robert.tate@mencity.org.uk)**

## ACTIVITIES ON OFFER

**Lunchbox Programme  
Cooking on a Budget  
Healthy Eating/Cooking  
Fruit Tasting and Smoothie Bike**

**Bikeability  
Bikeability Fix It  
Bikeability Safari/Safari Schools -**

A fun trip out exploring the areas around your school  
**Learn To Ride** - Free learn to ride session (Booking is essential)

**SUGAR SMART  
Gardening Club**

**If you are interested in any of the above contact Rachael Proud at MEC on 01642 579820 or email - [rachael.proud@mencity.org.uk](mailto:rachael.proud@mencity.org.uk)**