



NEWSLETTER



Issue October 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.**



Hemlington Hall Choir

Children of St Thomas
More performing
Shakespeare's
Julius Caesar.

Rosewood School Choir



Well done and thank you to all the schools that took part in the Town Meal and those that grew fruit and vegetables for the Produce Competition.

Sunnyside Academy

- 1st Prize Onions
- 1st Prize Fruit & Vege plater
- 1st Prize **Crazy Creature (Susie Sweetcorn)**
- 2nd Prize **Sweetcorn**
- 2nd Prize Best Pumpkin
- 3rd Prize Tomatoes



Easterside Academy

- 1st Prize Beetroot
- 1st Prize Soft Fruit
- 1st Prize Best Pumpkins
- 1st Prize Fruit & Vege plater
- 2nd Prize Strangest Shape

Results from the
Produce
Competition.



Have you seen junk food advertising near your school?

There are rules in place to prevent junk food advertising within 100m of schools and other venues with 25% child audience. Report this and help to get it removed.

Increasingly, there are more fast food and confectionery adverts on bus stops and billboards next to schools. The more complaints the Advertising Standards Authority (ASA) receive, the more chance certain adverts will be requested to be removed.

Please submit any information using the following link <https://tinyurl.com/action-on-advertising>
Or visit our website www.menvcity.org.uk/news



GRANTS AVAILABLE : WHAT IS AN EDIBLE PLAYGROUND

Edible Playgrounds transform areas in school grounds into vibrant outdoor teaching spaces that excite and inspire children to grow and eat healthy food. Edible Playgrounds help tackle obesity, food poverty and lack of access to nature and provide a platform for fun and engaging lessons that support the **school curriculum**. Transform your school grounds into an Edible Playground and give your teachers the resource, skills and knowledge to bring the curriculum alive and teach through food growing.

For further information visit www.edibleplaygrounds.org or contact Rachael Proud of Middlesbrough Environment City on 01642 579820 or email rachael.proud@menvcity.org.uk to discuss how MEC can help.



*"90% of Edible Playground teachers would recommend the programme."
"Growing things outdoors is better than playing video games" (Year 4 pupil)*



For more info : Why not visit the **British Heart Foundation** website to get more advice on keeping your heart healthy (www.bhf.org.uk).





Arty is here to promote Heart Health



Let us know what you are doing, if you would like Arty to visit your school with an Arty STAR award. Arty is keen to support any initiatives that promote heart health.

Please contact Rachael Proud on 01642 579820 or email rachael.proud@mencity.org.uk if you would like Arty to visit your school.

HEALTHY COOKING

Since the last newsletter the Healthy Cooking Team have been supporting parents from **Easterside Academy** to enjoy a short **Cooking on a Budget** course where the children tried the food made by their parents. Following on from a cooking course parents from **Brambles Primary Academy** are to take part in **Level 2 Food Safety Training**. Additionally a **Cooking on a Budget** course is to be held at **Unity City Academy** during the Christmas Term.

Corpus Christi: Over the last few months we have delivered **Healthy Cooking** and **Slow Cooking** sessions. Parents are interested in setting up their own cookery group with a view to them passing these skills on to other families. A core group of these went on to successfully pass their **Level 2 Food Safety** qualification during the summer. At the beginning of the Autumn term these 4 parents, together with the School/Family Engagement and Support Manager, have participated in a **Train the Trainer** course to provide them with the skills and knowledge to cook with other families. On completion of this course, members of the healthy cooking team will support the attendees with the delivery of **Cooking around the World** sessions and a final **Christmas Cooking** session at the end of term. In the new year it is expected that this group will run cooking sessions for other parents, supported by the Family Engagement and Support Manager.

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

GET GROWING! Gardening Club

Autumn work to do:

Winter is on its way and temperatures are dropping. (*my polytunnel has registered zero degrees already!*) Courgettes/Marrows/Pumpkins need to be picked and the plants composted. Store Marrows and Pumpkins away from the frost until needed.

Tomatoes—any fruit remaining will be spoilt by frost, pick and ripen in doors put in a dark paper bag with a banana. Tidy up and compost plants. Winter vegetables are usually ok where they are (Parsnip, Cabbage, Leek, Sprouts). Carrots and Beetroot should be picked and used or stored.

Inside work to do:

Last week in my polytunnel, one day showed a minimum of zero and a max of 34°C. It is a time of wide variation. Cucumbers, Squash, Chillies and Aubergine are probably finished and can be tidied up. Tomatoes and Sweet peppers may still ripen. Take a decision as to when to clear the plants Herbs, Turnip, Carrot, Lettuce, Spring Onions.

Easterside Academy—Thursdays 1pm to 3pm

We have cleared beds ready for planting with some seeds for winter crops.

Sunnyside Academy—Tuesdays from 12.15pm

This gardening club has increased in popularity and now do Tuesdays and Thursday lunchtimes

Ayresome Primary—Tuesdays 3pm to 4pm

Another gardening club that has increased in popularity. School now looking to run 2 sessions a week. We have been tidying the beds and the soft fruit and orchard trees.

St Thomas More—Thursdays 1pm to 3pm

Club runs at lunchtimes at least 2 days a week.

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



ACTIVITIES ON OFFER

Bikeability - Learn to ride sessions

Bikeability Fix It - Fix Maintenance Sessions

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

Learn To Ride - Free learn to ride sessions (booking is essential)

Lunch Box Programme

Cooking on a Budget

Health Eating/Cooking: Train the Trainer

Fruit Tasting & Smoothie Bike Sessions



Get Growing—Gardening Club

