



NEWSLETTER



Issue September 2019

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](#).



ARTY AT BRAMBLES PRIMARY ACADEMY

Well done to the **Year 4** children at **Brambles Primary Academy** who spent six sessions with **MEC's Outdoor Activity Officer** doing outdoor tasks and challenges from shelter building, rope skills, challenging their senses, learning about the environment and discovering and identifying native trees. All the tasks allowed the children to challenge themselves and each other in self led ways.

Arty came along to the school to present an **Arty STAR** and a certificate to **Year 4** for all their hard work and for learning new skills.

Keep up the good work!



ARTY AT EASTER SIDE PRIMARY ACADEMY

MEC's Outdoor Activity Officer spent six sessions with **Year 1** children discovering nature on their school site. They learnt about Hedgehogs and Hoglets, built a Hedgehog house, carried out challenges that required them to use all their senses, made nature crowns from leaves and sticks, and learnt all about the ancient Japanese leaf bashing art called **Hapa Zome**.

Arty came along to the school to present an **Arty STAR** and a certificate to the **Year 1** pupils for all their outstanding contributions to Forest Schools. **Keep up the good work!**



1st Prize 'Villainous Veg'

MIDDLESBROUGH TOWN MEAL 2019

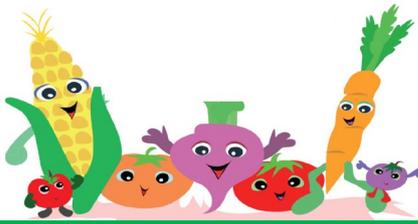
A big thank you to everyone who came along to the Town Meal this year. Especially the choirs of **Rose Wood Primary Academy** and **Ayresome Primary** who sang on stage, **THANK YOU!**

Also thank you to all the schools and gardening clubs that submitted vegetables into the Produce Competition. 1st prize for the most Villainous Veg went to **Sunnyside Primary Academy**, who also won 1st prize for Strangest Veg, Cabbage, Potatoes and Fruit Plate.

WELL DONE AND THANK YOU AGAIN!

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





HEALTHY COOKING

Archibald Primary School & Corpus Christi Catholic Primary School have a range of sessions booked in for October including cooking sessions with MEC's Healthy Cooking Team.

MEC's Healthy Cooking Team work with schools and community groups across Middlesbrough delivering training to residents on how to cook scrumptious nutritious meals for all the family. People get to try the food, ask questions and develop new cooking skills in a friendly atmosphere.

The service they deliver is bespoke, addressing the needs of the group they are working in partnership with. Sessions can include cooking on a budget, healthy eating, basic cooking skills, train the trainer sessions and Level 2 accredited food safety training.

If any schools require any further support to run their own cooking groups, please contact MEC's Healthy Cooking Team on 01642 579827. E-mail: lesandkim@mencity.org.uk

Be part of something BIG!

Get involved in this year's **Big Soup Share** and use your harvest to grow connections within your community. The RHS is asking schools, groups and communities across the country to open their garden gates and take part in the Big Soup Share 2019. Help make this year bigger than ever by whizzing up delicious vegetables to share with friends, family and neighbours. You could team up with your allotment, local residents who grow their own or even FareShare.



Get a free event pack when you register on the website. <https://schoolgardening.rhs.org.uk/Competitions/Big-Soup-Share>

A partnership between local schools, MEC, Teesside University, FareShare, local growers and partners has seen the launch of five extremely successful Eco Shops and Veg Patches, which have saved over 5 tonnes of food from going to waste. **Newport and Park End Primary schools** have signed up and are running FareShare Eco shops, and the children are doing a fantastic job, with so many people benefiting from the programme.

If you are interested in starting an Eco Shop at your school please contact joe.dunne@mencity.org.uk or telephone 01642 579820.



PAY-AS-YOU-PROM with South Tees Community Bank



Spread the cost of a prom over the year by setting up a saving scheme. The first 25 accounts opened using promotional code 'Pay as You Prom MICUW19' between 14-21 October will receive a free £25 incentive.

<https://www.southteescommunitybank.org.uk/>

AUTUMN/WINTER TERM: ACTIVITIES ON OFFER

**Healthy Eating/Cooking: Train the Trainer
Fruit Tasting and Smoothie Bike Sessions**

**Lunchbox Programme
Cooking on a Budget**

Bikeability - Learn to Ride Sessions

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

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

Gardening Club - Do you have a schools garden? Do you want to learn how to grow your own plants and vegetables? Free gardening sessions where children gain an understanding of where their food comes from, how to grow their own, get active, develop social skills and meet new people.

Forest School - Would your school be interested in finding out more about Hearty Beats Forest School? MEC are offering hands-on training and organised sessions to children, parents and teachers! Gain a greater awareness of the natural environment, learn new skills, use tools, light fires and make dens. Contact Nicky or Emily on 01642 579820 or email nicky.morgan@mencity.org.uk or emily.mcgregor@mencity.org.uk

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

promoting healthy and sustainable lifestyles