

NEWSLETTER



**Hearty
BEATS**

Better Eating & Activity Through Schools

Issue April 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.**

BIKE SAFARI/SAFARI SCHOOLS

Bikeability Safari is a guided ride around the local area for school children. The ride aims to familiarise children with cycling routes in their local area, learn new skills and have fun with their friends.

Some of the activities that children can learn on the BIKE SAFARI are:- Using tools, knot tying, animal homes, outdoor cooking and fire lighting, wildlife conservation, sensory activities, team building and den building.

If you would like to know more about **BIKE SAFARI** or **SAFARI SCHOOLS** contact **Mike O'Reilly** on **01642 579820** or **mike.oreilly@mencity.org.uk**



SUGAR SMART Assembly

**SUGAR
SMART**

Taking **SUGAR SMART** by storm this term was **Brambles Primary School**, they have held a **SUGAR SMART** assembly where we discussed the effects of a high sugar diet, what foods to look out for and understanding labels.

The school also held a week-long program of **SUGAR SMART STARTS**, with their breakfast club. Parents also joined in by completing a cooking course with our Health Cooking Team. Run over 3 sessions the course provided information on how to cook healthy meals for their families.

***Louise Stogdale, Deputy Head Teacher** said: "The project has extended the staff's and children's knowledge on the importance of keeping healthy. The informative and fun sessions have led on to exciting discussions with the children, that will ultimately result in changes of attitude and life style choices for some of our children."*



If you would like more information about what can offer please contact **Lauren Perkin** by email: **lauren.perkin@mencity.org.uk**

This Term's ARTY STAR goes to Brambles Primary School!

Well done and thank you to **Brambles Primary School**. They were awarded an **Arty STAR** at their assembly on Friday 20th April, for taking part in the **SUGAR SMART** assembly and their week-long program of **SUGAR SMART STARTS**. Parents also joined in working with the Healthy Cooking Team to create healthy meals for their family.





HEALTHY COOKING

Since the last newsletter, parents at **St Alphonsus School** have enjoyed a Christmas cooking session and cooking on a budget sessions have proved popular with groups at **St Thomas More School** and **Brambles Primary School**.

Cooking on a Budget Sessions aim to equip parents with the skills and knowledge of what makes a healthy diet and how to cook cheap healthy meals. The three 2 hour sessions are relaxing and fun with opportunities for parents to prepare easy tasty dishes. The sessions cover, 'hints & tips of how to shop for food on a budget' and 'various practical food preparation & cooking techniques'.

Following on from the course parents from both **Corpus Christi** and **Ayresome Schools** have set up their own cooking groups with support from the Healthy Cooking Team, with Food Safety training to follow in the next few weeks.

If any schools require any further support to run their own cooking groups, please contact the Healthy Cooking Team on 01642 579827 or email lesandkim@mencity.org.uk **JUST ASK!**

GET GROWING! Garden Club

Sunnyside Academy, Ayresome Primary, Easterside Academy and St Thomas More all have growing clubs running at the moment.



Gardening Clubs—things to do this month.

- Prune your apple and pear trees. (*not trees with stone fruits e.g. plum*)
- Time to plant onion/shallot sets and garlic. Cover, if you can, until established to keep pigeons at bay.
- You can start to 'chit' your potatoes in your poly tunnel or class room.
- Improve your raised beds with your homemade compost. It's a good time to turnover the compost bins and re mix ready for the summer.
- Dig your raised beds over ready for planting.
- Germinate seeds in a warm area - you can start off tomatoes, chilli peppers, sweet peppers and okra.
- Make sure pots and seed trays are clean before planting seeds.
- When it warms up, you can start your leeks and brassicas off in a tray or pot. Keeping them well spaced.



Ready, Steady...GROW!

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



Fruit n Veg Platter Crazy Creature Diary of a Pumpkin

Try to Grow Five
using fruit and veg as an art and craft material

Create Something Crazy
- measure and record in a diary and take photos too

Grow a Pumpkin
- measure and record in a diary and take photos too

Receive a **free** pack of Pumpkin Seeds to sow and plant - Keep the biggest for the Town Meal Competition, donate some to the Town Meal and take others home to carve out for Halloween! **Ask Robert, details below.**

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

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

PEDESTRIAN TRAINING

Book now for Pedestrian Training!

It's FREE! It's practical roadside training that covers:-

- Choosing a safe place to cross
- Crossing safely at parked cars
- Crossing safely at junctions

Schools that have completed pedestrian training this year are:-

Abingdon, Corpus Christie, North Ormesby, St Alphonsus, Breckon Hill, Newport, Easterside, Rosewood and Caldicoates.



For more information on how you can get involved with any of the Bikeability or Pedestrian Training sessions please contact

Margaret at the Cycle Centre on 01642 219620