

Health for Life at Our Lady of Fatima Primary School

Newsletter 1- March 2015



This is the first newsletter about our Health for Life project. The overall aim of this project is to give children a greater awareness and understanding of the benefits of a sustained healthy lifestyle.

There are four main objectives to encourage and develop sustainable change in the children's healthy lifestyles with a focus on:

1. Healthy eating and cooking
2. Growing food
3. Physical activity
4. Family involvement

The Health for Life project was originally taken on at school after an initial PTA contribution to purchase two raised beds, fund an independent gardener who worked with Reception Class during 2013-2014, and cover the cost of gardening equipment which will make it possible for all children to have 'hands on' experience of growing vegetable and fruit. Thank you to everybody who works voluntarily on the PTA and all the families who support fund raising events throughout the year.

Since our application for £3,500 was approved in December 2014 there has been a great deal of 'behind the scenes' work going on to ensure that we utilise this financial contribution to the best of our ability and that we, as a whole school community make small changes to help promote healthier lifestyles. Below is information which we hope will give you a clearer understanding of new future activities your child(ren) will be involved in.



Raised beds

Each class now has their own raised beds, which Mr Rollason kindly assembled. Children and staff, have chitted potatoes ready for an inter-school competition to see which class produces the heaviest crop. A variety of seeds and bulbs are being planted in individually made newspaper pots by children to develop sustainability. The growth of the seeds will be monitored closely and changes will be recorded in various ways to incorporate cross curricular issues such as the Maths Curriculum for Data Handling in a real life situation, which will have more meaning to the children. Many seeds are being started off indoors making the children aware of the growing conditions required for different seeds/bulbs,

allowing for an appreciation of the diversity of nature, linking to PSHE and the Religious Education curriculum.



Supermarket vouchers

We collected Morrisons' vouchers which provided us with a trowel, gardening twine and a trug. All of these will be put to good use as the plants grow. Please support our Sainsbury's voucher collection appeal; **some** of these vouchers will be used to purchase utensils for cooking later in the year.



Composting

The School Council members from Years 1 and 2 are responsible for filling the composter each day (situated at the top of the path from the Word Hill entrance) with the cores and peelings from their fruit. Staff are also supporting the use of homemade compost by filling the new compost tub in the staffroom. We are awaiting delivery of a "Rolymole" wormery which will give children more understanding of how 'waste' can be used to our benefit, for growing crops by replenishing essential goodness back into the soil.



Sugar swaps

Year 1 has been involved in a 'sugar swap' activity with their families over the half term holiday. Families were challenged to consider healthier options for snacks and recorded these in a variety of ways. More ideas for this can be found on the **Change4Life** website.

<http://www.nhs.uk/Change4Life/Pages/change-for-life.aspx>



Kitchen Herb Garden

Mrs Levack and Mrs Khatun are working with Mrs O'Brien, our School Catering Supervisor, to plan for a school kitchen herb garden. This will be situated by the PTA shed, at the entrance to 'Hannah's Way'. The 'Evening Owls' will take responsibility for this area and will shortly have gardening as an outdoor activity in their already extensive after school activity list.

Please be aware that from now on, all children will need to be kept off the area by the PTA shed before and after school each day. Please be vigilant how your children enter and leave the school grounds by the Hagley Road entrance (Hannah's Way).



Play time equipment

Miss O'Connell, Mrs Levack and Miss Carney are working together to ensure that small equipment is easily accessible to the children to enhance play activities during all playtimes. They are currently sorting suitable equipment and sourcing containers that children will be in charge of to give all children more opportunities to play in individual and small group games. We are buying two outdoor table tennis tables for the Key Stage 2 playground to promote activity and help children achieve the recommended 60 minutes of physical activity each day. This purchase will be funded from our school **Sports Premium Funding** which Health for Life supports.



Appeal for a plumber

We urgently need an outdoor tap to make watering of our crops easier. If any qualified plumber is able to offer their time on a voluntary basis, to adapt the current situation, please inform Mrs van Vliet or Mrs Levack. We would be very grateful of your contribution to the school. Thank you.