

Health for Life at Our Lady of Fatima School

Newsletter 6– Summer 2017



The Health for Life Committee has had a whirlwind term.

Mrs Khatun has continued to develop the herb garden area by Hannah's Way with the help of her Gardening Gang in the Before and After School Club (BASC). Along with these crops, some of the produce from the raised beds is ready for harvesting and will be available for parents to buy over the next couple of weeks. We do not set prices for these crops but ask for donations. The donations make the Health for Life project sustainable.

Raised bed crops have also been used in Year 2 to make pan pizzas with spinach.

Year 4 made onion bread from scratch using our bounty of enormous onions.



Following a meeting in April, the school once again entered the "Meal in a barrow" competition during Gardeners' World live at the National Exhibition Centre (NEC). Our selected recipe was a golden anniversary salad. This caught the attention of the organisers who contacted the school and in May there was a very exciting lunchtime photography shoot. There were hundreds of photographs taken and Amelia was lucky enough to be allowed to have a go as photographer. She took a few close up shots of some of the home grown produce. On Saturday 3rd June our photograph was included in the Gardening Column of the supplement of a national newspaper.



Crops were harvested and assembled into the barrow. The ultimate accessory was the fabulous scarecrow made by Tam Binh and her mum. The barrow was collected from school on Monday 13th June and placed strategically at the *Gardeners' World Live* show. The organisers were so impressed with our entry and the fact the school is also celebrating its golden anniversary that they provided 14 complimentary tickets for families to attend the show with the possibility of being filmed by the BBC for a special 50th anniversary edition of the *Gardeners' World* programme.



Mrs Khatun and Mrs Levack took the Health for Life Committee representatives from Key Stage 2 plus four children who have been keen gardeners throughout the year and taken on the role of watering crops around school during playtime. They travelled by bus and train to the NEC. The tickets included free tickets to the *Skinny Jean Gardener* show in the exhibition theatre. Following the show they ate lunch then, Adelle, Francesca and Rhys were interviewed for over an hour by the BBC team.



The show's producers were so impressed with the articulate and eloquent manner in which the three interviewees conducted themselves; they felt Mrs Khatun and Mrs Levack would not be needed as the children were such a credit to the school on their own. Mrs Levack was fortunate to be asked to stand nearby as the accompanying adult and was therefore able to hear comments from other show attendees... all of which were very complimentary. Our smartly dressed scarecrow took pride of place in the exhibition and was also commented on by many visitors to the show. Following the filming the rest of the school party had the lucky task of selecting seeds from one of the exhibitor stands to plant in school during the next academic year.



After a well-deserved ice cream the team returned to school but not until they had received donations of three raspberry bushes, a lavender plant and cherry tree. These will be planted around our ever developing school grounds.

We were prepared for the fact that *Gardeners' World* might not include our interview but... on 16th June 2017 as part of the special edition of *Gardeners' World*, on BBC2, Adelle, Francesca and Rhys shot onto our screens. Within minutes social media was buzzing! Father Craig received a text from a friend saying they were really impressed with the children in the school from his parish. Local residents and former parents from Our Lady of Fatima School also contacted staff to compliment the high calibre of pupils.

All the participants of this trip were a credit to the school and their families.

On **Thursday the 13th July** Mrs Levack has a meeting with a member of the Health for Life Impact Research Team. We have been selected for this as we are continuously promoting small but effective changes towards healthier lifestyles. For this research Mrs Levack has been asked to collect the views of families on the impact our Health for Life Project has had on families since we started it in 2014. If you would like to share any comments regarding this please do so in the space below and return it to me by Wednesday 12th July. Thank you in advance for your cooperation.

We look forward to another exciting year of developing Health for life at Our Lady of Fatima School.

Mrs N Levack

Health for Life Co-ordinator