

Our Healthy Schools Launch Days

On Thursday 29th and Friday 30th June we launched our Healthy Schools Programme as a school. Children took part in a range of activities, some of which are listed below.

Some of the activities were chosen by children and recommended through their School Council representatives, some were planned by teachers and some were suggested by Mr Cattermole and Mrs Lycett, our Healthy Schools Coordinators.

We focussed mainly on healthy eating, physical activity and emotional health and well-being. We had a range of wonderful learning opportunities planned for the children; some were delivered by visiting experts and specialised coaches, some by our own teachers and we also had parent helpers who volunteered their time.

Here's some of what we got up to:

Foundation

- ◆ Well Teddy Clinic, where children learnt to care for their teddy bears
- ◆ Pizza making with Mrs Johnson
- ◆ Mini Olympics with Year 1, organised by Miss Jarvis from IVC
- ◆ Smoothie Restaurant with lots of food tasting
- ◆ Bathing dolls and making a zig zag book about keeping clean

Year 1

- ◆ Handwashing and hygiene activities with the School Nurse
- ◆ Playground games and clapping rhymes
- ◆ Quiche and cake making with Mrs Garbolino Riva
- ◆ Special breakfast with Year 2: yoghurt and fruit, croissants and crumpets!
- ◆ Self-esteem and circle time games

Year 2

- ◆ Creating our own playground chants and rhymes
- ◆ Dance with Mrs Saucier and Year 10 from Impington Village College
- ◆ Discovering food groups and balanced meals using laptops
- ◆ Painting fruit and vegetables

- ◆ Special breakfast with Year 2: yoghurt and fruit, croissants and crumpets!

Year 3

- ◆ Basketball with our visiting coach, Mrs Jupp.
- ◆ Writing our own versions of the Charlie and Lola book: ‘ I will never eat a tomato’
- ◆ Learning about exotic Florida foods from our visiting American teachers
- ◆ Sewing a fruit basket
- ◆ Creating our own food adverts with Mrs Kirby

Year 4

- ◆ Designing a healthy living poster
- ◆ Using pedometers to measure our steps during the school day
- ◆ Cooking with Mrs Hudson
- ◆ Performing our country dancing to parents
- ◆ Sketching and painting platters of exotic fruit

Year 5

- ◆ Dance with Mrs Saucier and Year 10 from Impington Village College
- ◆ Designing and making a healthy food board game
- ◆ Creating a healthy version of ‘Food Glorious Food’ from Oliver!
- ◆ Creating a world food map
- ◆ Circle time and discussion about “I feel happy when....”

Year 6

- ◆ Street Dance with Marah Webb (Mrs Webb’s daughter)
- ◆ Planning and making a picture book for Key Stage I about healthy lifestyles
- ◆ Learning how to put someone in the recovery position with Keith Cooper from St. John’s Ambulance
- ◆ Exotic fruit tasting
- ◆ Basketball with our visiting coach Mrs Jupp

We have taken many photos of our activities, which we will soon begin to display in school. We also aim to display photos here on our website in the future, so you can see what fun we had!

We would like to thank the following parents and governors for giving up their time and contributing towards our successful launch:

Mrs Johnson
Mrs Karram
Mrs Fellows
Mrs Waters
Mrs Hudson
Mrs Garbolino Riva
Mrs Henderson
Mrs Scarborough
Mrs Cooper
Mrs Kirby

We would also like to thank Miss Jarvis and Mrs Saucier who brought Year 10 students from Impington Village College, to share their expertise in dance and athletics and inspire our children.

After our successful launch, we aim to organise further Healthy Days in the Winter and Spring terms, as part of our Healthy Schools Development Plan. More details to follow.