

Healthy Day 2017

On Friday 7th July, we took part in our annual Healthy Day, planned and delivered again brilliantly by the members of the School Council. The children worked amazingly as a team coming up with excellent ideas to keep the children motivated in thinking about what makes their bodies and their minds healthy. These are the activities the children took part in:

Physical agility and stamina/ theatre dance

We changed the format of the PE activities this year in order to further engage the children had taken part for the past couple of years. The children really enjoyed playing Tag rugby and dodgeball but, the most popular activity was the archery. They were keen to improve their skills and were determined to reach the target, even if their first couple of attempts didn't quite reach. In the Sports Hall, they were transported to London's West End to take part in a musical theatre style workshop, where they learned routines from a dance who used to dance on the stage at the London Palladium.



Healthy Pasta Lunch Creation

The school council educated children on the benefits of Healthy Eating through a food wheel introduction and a 'Smart Swaps' activity, where the children had to decide what healthier alternatives they could think of to common foods. They then discussed how they could change their usual lunch to a more healthy option and then allowed the children to design and make their own healthy pasta lunch, using whole wheat pasta, garlic and tomato sauce, mushrooms, ham, chicken, sweetcorn, peppers and pineapple. The children then had to think of, and create, an exciting TV advertisement to market their pasta and encourage children and adults to purchase their dish.



Cyber bullying awareness

During discussions at School Council meetings, we all agreed that the main issue with bullying currently is the effect of cyber bullying. Many of the members of the school council could describe times when they had been victim to cyber bullying on various electronic platforms and how this made them feel. The children planned an activity that discussed how, even when the comment or photograph is deleted, it doesn't go away from the internet and leaves a trace both online and on the victim's mind. The members of the school council found the video that was filmed at our school for the Diana Award about the effects of cyber bullying that featured former pupils from our school. The rest of the children found this video very thought provoking and allowed them to create some fantastic posters advertising the effects of cyber bullying.

