



Healthy schools group meets once a term and is made up of 2 representatives from the pupils; staff members; parents and governors. We discuss how to promote healthy eating and healthy life choices. This includes in a cycle of topics - healthy eating and healthy lunch options; the benefits of drinking water and exercise.

This year we are concentrating on getting fit and keeping fit. On March 10<sup>th</sup> the Skipping Man came and held workshops and a demonstration assembly. This was also previewed by a powerpoint assembly by our pupil reps.

During Term 5 there will be a healthy sandwich competition within school to promote Healthy Eating. The ideas for this will be generated by pupils throughout the whole school. The sandwiches will be judged on Friday 15<sup>th</sup> May and the winners will be announced on Friday 22<sup>nd</sup> May. Good Luck!

'Let's Get Cooking' club. This is a very exciting new initiative being set up in school. It sponsored by the National Lottery. This will provide an after school cooking club where the emphasis is on eating healthily and learning new cooking skills. There will be a different group of club members for each course of 6 sessions. This will take place during terms 2, 4 and 6. The cooking club group will then join in at school events to share their new skills with the school community. For further information please contact Mrs Cox ( email - [sc4833@bloxham-pri.oxon.sch.uk](mailto:sc4833@bloxham-pri.oxon.sch.uk)) or Mrs Bilbarrow. (email – [fb6571@bloxham-pri.oxon.sch.uk](mailto:fb6571@bloxham-pri.oxon.sch.uk) )

We are now collecting Flora vouchers at school. If you or your relatives use these products please bring the vouchers/lids to Mrs Bilbarrow or register the vouchers directly for the school, online. The website is on the vouchers, just follow the instructions once you have accessed the website. Thank you.

There is a close link with the other aspects of school life, such as the School Council, the gardening clubs, Eco- schools and PE activities.

We would like to start up a recipes section, so if you have any tasty and healthy recipes to share please email them to the school office at [office.3064@bloxham-pri.oxon.sch.uk](mailto:office.3064@bloxham-pri.oxon.sch.uk)

Our next meeting is on: Thursday 11<sup>th</sup> June in the PFSU at 3.30pm.

Healthy Schools Group











