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# Health-Conscious Kids Run Rings Around Healthy School Award

## St. Chad's Primary School get given a clean bill of health!

Staff and children at St. Chad's Primary School were so concerned about their unhealthy eating habits that they decided to take matters into their own hands. As a school, they have taken the decision to launch an 'eat well and move more' campaign in a bid to get healthier and fitter. The effect of this campaign has been staggering, resulting in fitter children, staff and parents. So, what exactly did they do?

Headteacher Margaret Collins (54) explained, "It's all thanks to our marvellous Year 5 children, who took the initiative to make a real change for the better. It all began after they carried out a survey as part of a science topic, which looked into what the pupils ate at break time and during lunch. They were shocked and saddened to discover the vast quantities of crisps, cakes, chocolates and sugary drinks being consumed on a daily basis. The staff took part in the survey too and I'm ashamed to say that they were found guilty of eating far too many biscuits and drinking seriously high levels of caffeine. The children, very wisely, brought this to my attention and together we concocted a plan to get the whole school moving more and eating better."

So, what exactly does the plan involve? "Much time has been spent encouraging the children to eat healthy snacks at break time. For those who choose a healthy option, like a banana, pack of raisins or a bag of carrot sticks, there are stickers given out as a reward. Each sticker gets added to a card that, once full, entitles the child to an extra 'active' playtime on a Friday afternoon. During this playtime, skipping ropes, hoops and balls are handed out to encourage the children to move around more and to have fun." The inspirational Year 5's have also set up a tuck shop which only sells healthy food such as: packets of fruit, drinking yoghurts, cheese chunks, crumpets and bottled water.

It's been hugely important to involve parents in the campaign too. They have been encouraged to participate in healthy-cooking workshops, where they have been shown how to prepare a variety of tasty and nutritious meals. In addition to this, families are invited to join the school on a monthly ramble to various local scenic spots; the family dog is welcome along too!

One parent, John Morris (32) stated that, "At first I was a bit sceptical about this whole 'eat well and move more' malarkey. However, for the sake of my daughter, I agreed to play in the staff verses parents netball match. It was enormous fun, especially as we beat the teachers by an embarrassingly large amount. I was actually quite thankful that I'd been given the opportunity to act as a good role model for my child. Now, I'm usually the first to sign up for any of the fun activities."

The school has recently undergone an Ofsted inspection and the children of St. Chads Primary School have received high praise for their efforts. Reg Bowers (58), the lead inspector, believes that, "As well as the obvious health benefits, it's been widely acknowledged that those children who enjoy a healthier lifestyle also achieve better at school. It's a joy to witness so many pupils, staff and parents working together to achieve one common goal. There have also been fewer reported cases of bullying as this campaign is helping the children to be more tolerant and understanding of each others differences. As a team, we were delighted by what we observed."

So what now for this dynamic school? A science week is due to take place shortly, where the children will be learning all about the essential nutrients needed by the body before designing their own healthy, balanced meals. The future is certainly looking bright, and healthy, for these highly motivated young people.

1. From the headline alone, what would you expect this newspaper report to be about?

2. What unhealthy habits were the staff discovered to have?

3. What is a ramble? How often does the ramble take place?

4. What do you think the 'one common goal' is?

5. Why do you think the children are learning about nutrients before designing their own meal?

6. What does the phrase 'health-conscious' mean?

7. Think of TWO more words that mean the same as 'vast'.

8. Other than the food items already mentioned, what healthy snacks would you bring to school?

9. Identify TWO reasons why John Morris enjoyed playing in the netball match.

10. What else do you think the school could do to improve their overall health?

11. Why do you think the Headteacher thought that Year 5 were 'wise' to bring the results of the survey to her?

12. Do you like the idea of the reward stickers? Explain your answer with reference to the text.

13. How do we know that John Morris was unsure about the campaign at the beginning?

14. According to Reg Bowers, what are the advantages of campaigns like this one?

15. Why do you think these children have been described as 'highly motivated'?

16. List some of the features you would usually see in a newspaper report.

17. ‘...they decided to take matters into their own hands.’ What do you think the reporter meant by this?

18. Why do you think the Year 5 children have been described as ‘inspirational’?

19. Why do you think it’s important for parents to be involved in the campaign too?

20. What is the importance of quotes in a newspaper report?

Match the word to the correct definition.

Definition	Word
an awareness and understanding of something	
a regular tendency or practice that is hard to give up	
start or set in motion a new activity	
a compound found in tea and coffee	
give support, confidence or hope to someone	
a set of circumstances that make it possible to do something	

caffeine	habit	encourage	conscious	opportunity	launch
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### Section B

So what now for this dynamic school? A science week is due to take place shortly, where the children will be learning all about the essential nutrients needed by the body before designing their own healthy, balanced meals. The future is certainly looking bright, and healthy, for these highly motivated young people.

Find the words in the excerpt that match the following definitions.

<u>Definition</u>	<u>Word</u>
absolutely necessary	_____
an appropriate proportion of something	_____
positive in attitude and full of energy and new ideas	_____
a substance that provides nourishment essential for life	_____
to have a good reason to do something	_____
deciding upon the look and function of something	_____

Write the meaning of each of these words.

acknowledge	
consume	
initiative	
inspirational	
malarkey	
nutritious	
option	
participate	
sceptical	
survey	

### Section D

Choose a selection of the words above to include in your own sentences.

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