



MEADOW LANE INFANT SCHOOL

Healthy Living Week

In the week of 9th - 13th February 2015 we held a Healthy Living Week. The whole week was given over to this project and the children learned all about how to keep themselves healthy.

We had lots of visitors into school and the children enjoyed hockey, karate and football with different providers including Notts County Women. Some Year 2 children went trampolining at Chilwell School. We also continued working hard in PE with our dance and gymnastics coaches. The After School dance and Zumba clubs added to the exercise for the week as did the two Wake and Shake sessions in the playground!



Wow!!! What a lot of exercise we all got!

During the week the children also learned about healthy food and what you need to have a healthy diet. In class they did lots of work about the different food groups and of course we also did some great cooking including smoothies, pizzas, wraps, dips and bread and muffins. Our Let's Get Cooking Club welcomed parents in to make some fabulous roasted vegetable wraps - yum!



Of course we all enjoyed eating all the lovely food that we made! However, the children also learned about how important it is to get lots of sleep, drink water and to wash our hands thoroughly. We had an assembly from a parent about hand washing and now know that we have to sing Happy Birthday twice to make sure we have spent enough time washing our hands - the toilets are now very musical! We also had a visit from one of our nurse parents to talk about hygiene.



To finish off a very busy week we had our healthy breakfast morning. Lots of parents, carers, grandparents and children enjoyed a very healthy breakfast of pancakes, toast and fruit.



Thanks to all the staff for their enthusiasm for cooking, dancing and for giving the children a great week. Thanks also to our visitors, parents and volunteers for helping make it such a success!!