

Physical Activity

At St. Mary's we have at least 2 hours of exercise each week.

In addition, dinner ladies play with the younger children at lunch time and there is a variety of play equipment to keep children active. As well as

having P.E and break times we have a wide range of fun clubs for all ages.



Being Healthy

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St. Mary's

Cooking and Healthy Eating

Healthy eating is very important in our school. We have won various awards and are always encouraging children to eat healthier. We also have a cooking club and include cooking in the curriculum. As well as this children are encouraged to have healthy lunches and snacks at break time.



Gardening

As well as healthy eating, we have won awards for gardening too, e.g. Gold in Bath in Bloom. Lots of parents and PTA members come in and help as well. Children are also invited in gardening and are very enthusiastic to help. Each class has an allotment and grows their own food. Sometimes we sell this and sometimes we eat it. We have a new poly tunnel to grow seeds. In addition, we have a huge grounds to play in, a sensory garden for quieter times and a conservation area that we all help to look after.

