

Wellsway School Hosting A Healthy Break

We have started to notice that the school snacks have become very unhealthy and therefore we wanted to do something about it. We noticed our friends were buying these unhealthy snacks like pizza, cookies, doughnuts etc. and we did not want to eat those sorts of foods so we started to bring healthier options like: apples, bananas, oranges etc. We want to encourage people to eat healthy snacks but it would make a massive difference if the school started to sell more healthy foods.

Host a Healthy Break

Would your tutor group like to organise a 'Healthy Break' and raise money for starving children?



Save the Children.



Bring in some healthy snacks to sell. The more money you raise, the more HC points you earn

Please contact Mrs Riddoch for more details if your tutor group would like to host a 'Healthy Break'



inter house competition



Last term we heard about an inter house competition "Host a Healthy Break". We found out about this in tutor time on Student Resources and we were shown a power point with all the information about what we needed to do and why we should take part in "Host a Healthy Break". We thought it was a great idea to take part because it was going to help children who haven't got any food to eat or any water to keep them hydrated because the money raised was going to 'Save The Children'.

We were especially shocked when we saw the video about children who die because they have no food to eat and nothing to hydrate them. When we saw this we just wanted to help these children who can't even help themselves because they don't have the resources and they live in such poor parts of the world. We also felt sorry for those children who probably will die because they have no food and drink to keep them alive.

After we signed up to host a healthy break we were given a date so we knew when we needed to bake the healthy food and when we needed to get it in by. When it came to us baking the healthy food lots of our tutor members helped out and we had a wide range of foods. Examples were; flap jacks made by Emily P, banana muffins made by Emily H and Ellie, Amelia, Alicia and Emily sold our healthy items. There were lots of other tutor groups that also hosted a healthy break and we have sent a cheque and a letter to 'Save The Children' with our donation.

The Healthy Schools Learning To Lead team got £100 grant for the first ten tutor groups to pay for their expenses like: Ingredients, plastic cups and fruit etc. We did not ask for money because we felt that we should raise money for "Save the Children" without it costing anyone but ourselves. This was a good idea because the people who wanted to help "Save the Children" but they didn't have the money to pay for it themselves they could ask the school to help them pay for it.

We were amazed at how much money we raised and how many people wanted to have healthier things for break and lunch like fruit salad. We would also love to have healthier options so that it is better for the body and it would be easier to get your five a day at school especially as we are always being told by teachers how important it is to eat healthily when the school doesn't even sell healthy food and 5 of our meals a week are at school.

We are determined to help to make Wellsway school a healthier place and this is what we have planned to do. We have arranged a meeting with the new school meals supervisor (Mrs Williams) to try and see what we can do about the food we sell at Wellsway School.

People often say 'you are what you eat' so if we have fruit and healthier snacks it will help get the vitamins that everybody needs every day.

By Ellie Smith and Alicia Olds aged 12

