



## What makes St Stephens Primary school healthy?

At St Stephens Primary we all try our best to make ourselves physically and mentally healthy. At school council we asked every class what makes us healthy so everyone had a chance to take part. The classes said:

- We have a healthy fruit or veg snack everyday at break time.
- We have the choice of fruit or yogurt at lunch for pudding which we didn't have before. This changed because of our food survey and school council. "I like having fruit for pudding because it is tasty and healthy" said Evie in Class 12. Some of school council went to the SNAG meeting to discuss the lunch menu. We wanted a balance of healthy food and food we like.
- We use the play pod and physical activity boxes at play times, they make play times more fun.
- We pray regularly and go to the Church quite often.
- We are cared for and looked after in school "I feel safe in school" said Isabella in Class 1.
- We are starting to learn about philosophy on PPA days.
- Some of us are part of an E-team where we look after our school.
- The school dinners are full of healthy, energizing food "I love the chicken dinner on Wednesdays" said Ana in Class 3.





- We go on trips and learn about where food comes from and what food is healthy to eat. “I loved going to the farm last year in reception. We learned about where milk comes from and collected eggs from the chickens” said Sophia in Class 4.
- “We have fun Physical Education lessons and breaks that keep us moving and healthy” said Otto in Class 11.
- The hygiene rating is 5/5!
- We always wash our hands after going to the toilet and the toilets are always stocked with hand wash and toilet paper.
- We encourage everyone to walk to school to be healthy and we have ‘walk to school breakfasts’ where you can come to school early and have breakfast to make sure you are healthy for the day ahead. “I walk to school all the time now after walk to school week” said Sinead in Class 6.

At St Stephens Primary School everyone tries to be as healthy as possible as we grow throughout the year.

By Gracie Allen and Rosie Lyons Year 6.

