

Additional Resources – Guided Reading

Health-Conscious Kids

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 cola 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 too much coffee. The children, very wisely, brought this to my attention and together we designed 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 5s have also set up a tasty tuck shop which only sells healthy food such as: packets of fruit or vegetables, cheese chunks, crumpets, milk 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 delicious 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, 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 versus 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."

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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, 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.

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Read the text on the next page and answer the questions.

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

2. Find a synonym for 'considerable' in the second paragraph.

3. Name 3 food or drink items that the staff and pupils were consuming too much of.

4. How did children get their extra 'active' playtime on a Friday?

5. Why do you think the year 5 children have been described as inspirational?

6. Find and copy a word which has a similar meaning to 'healthy'.

7. Why do you think it is important for parents to be involved in the campaign too?

8. Give 3 adjectives used to describe the children in the last two paragraphs.

9. Is the sentence '*The tuck shop sells tasty snacks,*' a fact or an opinion?