



Aspire Believe Succeed

# Healthy Howbridge

www.howbridgejunior.co.uk

28th May 2021



## RECIPE OF THE WEEK!!

### Ingredients

- ◆ 180g [pack peeled raw prawns](#) , roughly chopped
- ◆ 4 [skinless salmon](#) fillets, chopped into small chunks
- ◆ 3 [spring onions](#) , roughly chopped
- ◆ 1 [lemon](#) , zested and juiced
- ◆ small pack coriander
- ◆ 60g mayonnaise or Greek yogurt
- ◆ 4 tsp chilli sauce
- ◆ 2 [Little Gem lettuces](#) , shredded
- ◆ 1 cucumber , peeled into ribbons
- ◆ 1 tbsp [olive oil](#)
- ◆ 4 seeded burger buns , toasted, to serve

If you fancy trying this please find the method at: <https://www.bbcgoodfood.com/recipes/prawn-salmon-burgers-spicy-mayo>



Hello and welcome to the very first Healthy Howbridge newsletter.

You may already know that Howbridge CofE Junior School is accredited with Healthy School status, but what you probably don't know is that last March, during the first lockdown, we were awarded with an Enhanced Healthy Status award.

This was achieved due to the collaboration of an excellent team here at the school, the children and you!

Obviously, lockdown has had a huge impact on our health and well-being and the activities, services we can offer as a school.

Despite this, we have been trying extremely hard to keep health, safety and well-being at the heart of everything we do and would absolutely love to maintain this status.

One of the areas we feel that we could improve upon is our communication with you.

Therefore each half term, a newsletter will be sent out, centered around what healthy initiatives we are working on, signposts to websites that may interest you, healthy recipes and things that may be happening in our local area.

How can you help?

- Send your child in each day with: a freshly filled water bottle, a healthy snack and a healthy lunchbox (if packed lunch).
- Feedback any comments (positive or negative), suggestions or ideas.

### Keep Active and Relaxed

**Try Cosmic Yoga with your children. It's a fun activity for the whole family!**

<https://www.youtube.com/user/cosmickidsyoga>

**Or try Mindfulness**

<https://www.thepathway2success.com/10-mindfulness-activities-you-can-try-today/>



### DID YOU KNOW?

If you're thinking of visiting Costa over half-term check out these figures first:

**Caramel latte: 251 calories**

**Americano skimmed milk: 10 calories**



# Healthy Snack Options

Here are a few suggestions if you are running out of snack ideas

Ceal bars (nut free)



Sweet/Salty popcorn



Apple with peanut butter



Fruit pots



Veg sticks and dips



Celery with cream cheese



Yoghurts



Rice cakes fully loaded



Mini Cheeses





# Competiton

## Time



Ever dreamed of creating your favourite school dinner? Thinking of foods that make your mouth water?

Well dream no more! Here is your opportunity to tell us all about it or in fact, draw it.

Can you design a dinner plate and dessert to win an opportunity to headline our school dinner menu?

Remember it has to be balanced, nutritious and delicious. Please label what you have drawn so that we can see that you have thought about the various food groups. These can include:

Carbohydrates

Dairy

Protein

Fruit and vegetables

Healthy fats

Your design may be vegetarian, vegan, gluten or dairy free, just indicate this in your labelling.

Please ensure that your name goes on the design.

Deadline for entries is Friday 13th June.



Please note that due to present Covid restrictions, our kitchen are running a limited menu. However, we are in the process of developing a healthy, exciting menu which we hope to introduce as soon as we are able.