



# Healthy Howbridge



Aspire Believe Succeed

www.howbridgejunior.co.uk

5th July 2021

## RECIPE OF THE WEEK!!

### Beetroot brownies

#### Ingredients

500g whole raw [beetroot](#) (3-4 medium beets)

100g [unsalted butter](#), plus extra for the tin

200g bar plain [chocolate](#) (70% cocoa)

1 tsp [vanilla extract](#)

250g [golden caster sugar](#)

3 [eggs](#)

100g [plain flour](#)

25g cocoa powder

If you fancy trying this please find the method at: <https://www.bbcgoodfood.com/recipes/beetroot-brownies>



Hello and welcome to the second edition of our Healthy Howbridge Newsletter! Since the last newsletter, we have seen our outside PE coaches come in to work with children on their cricket and athletic skills in preparation for sports day. The children have continued to practise their dances from around the world ready for dance-off day! The well-being and curriculum teams have started to plan activities that promote health and well-being for next year and we have completed the Healthy Schools assessment to maintain our Foundation certificate.

We have experienced mixed weather over the last few weeks, but this has not deterred us from getting into the outdoors for learning. Some after school clubs have started again—Mr Howlett's football club and SCS football.

A few weeks ago I sent out a parent survey to get your opinions on how you think we manage health and safety in our school. Overall we received 78 responses. Thank you for your comments regarding after school clubs and mental health. We will review any concerns and keep you informed.

#### Headlines:

- 74% of parents have a healthy diet and 69% exercise for at least 20 minutes per day
- 88% of parents feel that their children are safe in school
- 46% of children receive a school meal at least twice a week and 72% report that the meals are enjoyed. 67% would like more variety.
- 87% of parents say their children would enjoy an after school club
- 83% of parents encourage children to bring a healthy snack to school
- 29% of parents have some concerns around mental health

### Keep Active and Relaxed

**Try one of Mr Howlett's workouts over the holiday!**

<https://www.youtube.com/watch?v=rmLP-TwD8WE>

<https://www.youtube.com/watch?v=8OzdiDzzqBU>

**Or try Mindfulness**

[https://](https://www.thepathway2success.co.uk/10-mindfulness-activities-you-can-try-today/)

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### DID YOU KNOW?

**A large McDonalds thickshake contains up to 168g of sugar, which is equivalent to 1 3/8 cups of sugar!!!!**

**Why not have an orange juice instead  
21g of sugar  
per portion  
and it's one of your 5 a day!**



# Healthy Snack Options

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

Rice cakes



Banana loaf



Pineapple lollipops



Breadsticks



Peperami



Smoothies  
(homemade if possible)



Yoghurts



Beetroot brownies

(see recipe)



Raisins





# ***Holiday activities***

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Some ideas for the Summer holidays, Covid permitting.

## **Summer holiday clubs:**

<https://www.megacamps.net/>

<https://www.essexoutdoors.com/individuals-and-families/leisure-and-recreation/school-holiday-activities/>

## **Paid activities**

Swimming

<https://colchesterleisureworld.co.uk/colchester/swimming-pools/the-leisure-pool/>

<https://www.fusion-lifestyle.com/centres/witham-leisure-centre/>

Colchester Castle

<https://colchester.cimuseums.org.uk/visit/colchester-castle/>

Jump Street

<https://jumpstreet.co.uk/location-chelmsford/>

Bowling

<https://www.namcofunscape.com//braintree>

Kentwell Hall

<https://www.kentwell.co.uk/>

Framlingham Castle

<https://www.english-heritage.org.uk/visit/places/framlingham-castle/prices-and-opening-times/>

Cinema

<https://www.cineworld.co.uk/#/>

Southend Adventure Island

<https://adventureisland.co.uk/>

Belfriars Woodland Centre

<https://www.essexwt.org.uk/nature-reserves/belfairs>

Colchester Zoo

<https://www.colchester-zoo.com/>

## **Free activities (you may need to pay parking)**

Braintree Discovery Centre    Highlands Park, Chelmsford

Colchester Castle Park    Seaside (Clacton or Southend Pier)

Pet's corner (Harlow)    Cudmore Country Park (Mersea)

Tiptree Jam Museum    Abberton Reservoir

Maldon Promenade Park

Library Summer challenge

Wat Tyler Country Park

Maldon Power Museum