



Aspire Believe Succeed

# Healthy Howbridge

www.howbridgejunior.co.uk

11th February



## RECIPE OF THE WEEK!!

### CHEATS PIZZA CALZONE

#### Ingredients

- 4 soft flour tortillas (wholewheat, if possible)
  - 4 tomatoes, chopped
  - 80g hard cheese, grated (reduced-fat, if possible)
- Swappable or optional**
- 1 red pepper, deseeded and thinly sliced
  - 1 yellow pepper, deseeded and thinly sliced
  - 150g closed-cup mushrooms, sliced
  - 4 handfuls mixed salad leaves
  - 1 carrot, grated
  - 2 celery sticks, chopped
  - 3 teaspoons dried Italian mixed herbs (optional)
  - 1 pinch ground black pepper (optional)

Prep: 10 mins  
Cook: 10 mins  
Serves 4

Full method: <https://www.nhs.uk/healthier-families/recipes/cheats-pizza-calzone/>



Hello everyone,  
So we are at the halfway break of our Spring term already and the children have again enjoyed a wide variety of healthy living and well-being activities delivered either through the curriculum, assemblies or with focus dedicated days. These have included Mental Health Week, Internet Safety day and Cool to be Kind Week. The new school dinner menus have proved to be a success, with many more children choosing a dinner (the 'all day breakfast' is a firm favourite). If you have any suggestions for a particular meal that you would like to see then please let us know. As a school we are hoping to offer more themed days and ways in which parents can share lunches also. Following on from our fresh fruit trial with Morrisons back in October, Morrisons have since been providing us with free fruit every half term for each pupil. This has been a fantastic addition to our healthy snack campaign. This week Mr Howlett has introduced a new exercise challenge: 'WOW—walk to school' in which each child has the opportunity to win badges just by walking!!! A letter has gone out to explain the details.

## DID YOU KNOW?

### Dark chocolate has huge health benefits

Chocolate was first seen in bar form around 1910. Dark chocolate is made from the roasted beans of the cacao tree and has many health benefits. From improving bad cholesterol to lowering blood pressure, helping to reduce stress and improving vision, it's definitely worth eating a square or two a day.

A study by Harvard also found that drinking two cups of hot chocolate a day prevented memory decline. Drink up!

## Keep Active and Relaxed

Shut up and dance | GoNoodle

<https://www.gonoodle.com/videos/WwJWB/kidz-bop-kids-shut-up-and-dance>

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

## CHALLENGE

CHANGE ONE ITEM OF FOOD OR DRINK EACH DAY OF HALF-TERM TO A HEALTHIER OPTION

