

HEALTHY SCHOOL NEWSLETTER - Spring Term 2011

Milverton Primary

Happy New Year to everyone in the Milverton School community!

Last term was busy with lots of 'healthy school' activity and we wanted to share some of the highlights with you!

Vegtastic Harvest Day was a huge success.



There was a huge range of activities taking place across the school that day, from allotment visits to painting with vegetables. Thanks to all the parent volunteers who supported the day and particularly to Ellie Clack and her colleagues from St Marks Church.

Winners of the very successful Pumpkin and Sunflower growing competition are shown here!

Congratulations to our winners : Anna (3/4G) whose pumpkin weighed in at 14.5kg and Leila (1 T-P) whose sunflower measured 3.07m!



Many children were able to get hands on experience of making soup, either:
Harvest Glow (carrot, squash, ginger)
Wilde's Blood! (beetroot, celery, garlic, onion)
Ghostly Moon (potato, leek)

Ghostly Moon was the most popular, followed closely by Harvest Glow (though Wilde's Blood! got the most excited responses). It's a super-simple recipe (how many leeks and potatoes depends really on veg size)

- 1-2 tablespoons olive oil
- 4 - 6 leeks, chopped
- 5 - 8 potatoes, peeled and chopped
- 3 - 4 tablespoons parsley, chopped
- approx. 1 litre vegetable stock
- salt, pepper, more parsley to garnish

In covered pan over low heat, saute chopped leeks in oil until tender, stirring occasionally (around 20 minutes). Stir in potatoes, parsley, and stock. Bring to a boil, then reduce heat and simmer uncovered until potatoes are cooked (around 30 minutes). Puree until smooth and season to taste with salt and pepper.



The children had great fun creating vegetable characters for their homework – here are some of the amazing creatures that spent the week in the school.



Mr Wilde shares a book with a visitor from 1/2TM!



Big News: Solar panels were installed during the October half term. We are now generating our own green electricity!

This is another achievement in line with a strand of the school's vision: a *healthy, sustainable school, which helps children to care about themselves, each other and the environment*

We held a special Solar Celebration event marking the installation of the solar panels – the first school in Warwickshire!! Huge thanks to Juliet Carter and Rob Van Schie for leading this project and securing the significant amount of grant funding to make it affordable.



The benefits of having solar panels at our school:

- It is raising awareness and helping us learn about the importance of renewable energy and sustainability
- By producing our own solar power, we are using less electricity created through burning fossil fuels like coal and oil, which produces carbon dioxide – therefore we are reducing the school's 'carbon footprint'
- The school saves money because it is producing its own electricity and is rewarded for making 'clean' electricity, also any electricity that it doesn't use it can sell to the national grid.

Ground Development

During the autumn term, we held a 'big tidy up' day to tidy up parts of the school site. Many thanks to those families who turned up on the day and other who gave their help at other times. Achievements included cleaning out the school pond, digging over the garden area and planting bulbs around our grass area. Since then our school garden has been divided into 'garden boxes' separated by woodchip paths. Thanks to Mr Langridge and Mr Diles who made this happen during autumn half term.



Walk to School Messages

It is great to see the numbers of families that are doing the school run in an environmentally friendly and sustainable way – good use is still being made of the bike and scooter shelters! If you do have to bring your children to school by car please do think about how you are using your cars:

- **Please do not park on zig zag lines adjacent to the pedestrian crossing**
- To avoid congestion please do try and park a distance away from school and walk the last part of the journey
- When driving on the roads around the school please do so carefully and be aware of pedestrians
- Please do not park on double yellow lines
- Please do not double park and leave your car unoccupied on Greatheed Road
- Please do not park in the resident spaces outside Stamford Gardens (the school has recently received complaints about this)

Look out for more Healthy Schools projects during the Spring and Summer term during 2011.