

BRIZE NORTON

BE HEALTH, STAY SAFE TEAM NEWS

January 2012



OUR TEAM, OUR JOB

We are the health team:
Isobel, Rico, Romany,
Daniel, Daisy and Theo.

Our job is to help all the
children in our school and
our school community be as
healthy as possible and
keep themselves safe.

NEW YEAR'S RESOLUTION TOP TIPS

1. Eat healthier

- Try a £5.00 recipe idea on the Change 4 Life website.
- Swap a biscuit for a piece of fruit.

2. Take more exercise

- Go for a family walk at the weekend.
- Play out on your bike or skates.
- Go swimming.
- Join an after school or local club.

COMPETITION TIME

5 A DAY - AMAZING FACT QUIZ

**DID YOU KNOW THAT A TOMATO IS A
FRUIT?**

**LEARN SOME AMAZING FACTS AND
HAVE A GO AT OUR QUIZ (ATTACHED)**

**ENTRIES BY THURSDAY 12TH JANUARY
WINNERS ANNOUNCED ON 13TH
JANUARY**

NEWS ALERT NEWS ALERT NEWS

Safety Day - 10th February 2012

Big Community Breakfast - March 2012

Life Education Bus - 12th and 13th March

DHL Lorry Safety Event - 27th March

SNACK TIME

**A RECENT SURVEY HAS SHOWN THAT A
LARGE GROUP OF CHILDREN IN CLASS 3
AND 4 DO NOT BRING A MID MORNING
FRUIT SNACK TO SCHOOL.**

HEALTHY RECIPE OF THE MONTH

Fruity Banana Bran Cake

Ingredients

100g low sugar bran flakes, 250ml semi-skimmed milk,

75g ready-to-eat apricots chopped, 50g sultanas,

40g light muscovado or soft brown sugar, 150g self-raising flour, 2 eggs beaten, 1 banana mashed.

Method

1. Put the bran flakes into a mixing bowl and add the milk, apricots and sultanas. Stir well. Cover and leave to soak in a cool place for 1 hour, stirring from time to time.

2. Preheat the oven to 180°C, fan oven 160°C, gas mark 4. Line a 900g (2lb) loaf tin with greaseproof paper.

3. Add the sugar, flour, beaten eggs and mashed banana to the soaked mixture and stir thoroughly. Spoon this mixture into the prepared tin.

4. Transfer to the middle shelf of the oven and bake for 50-55 minutes. Cool in the tin for 10 minutes, then turn out carefully and cool on a wire rack.

