

Health Promotion at Stromness Primary School

News letter



Peedie Bites News

Peedie bites got off to a good start. Lots of children came and bought things to eat before school. However we discovered that pupils sometimes forgot to get their play piece so P7 are going to open at break for a while. They are also hoping to extend the range of things available starting with sliced peppers next week. Just to remind you of what is available.



Apples	15p
Pears	15p
Bananas	15p
Tangerines	10p
Grapes	30p
Pure Fruit Juice	30p
Raisins	5p
Crackers	5p
Cheese	10p
Breadsticks	10p

These prices are extremely competitive and are less than you would pay in the shops for the same quality.



Other Health Promoting News.

5 A Day

In line with Department of Health advice and guidelines pupils will be encouraged to try to eat at least 5 portions of fruit and vegetables each day through the use of stickers and a sticker collection card. Starting next week pupils will gain a sticker if they manage to eat at least 3 portions of fruit or veg in one day. The following week they will need to eat at least 4 each day and the week after that at least 5. Pupils will be encouraged to make a note of the things they eat at home and at school on the sheet provided. You will find more information about portion sizes etc on the reverse of this sheet.

Our postponed Information Evening explaining why good diet is so important to health and well-being will be on the 14th March at 7pm.

The Playground Pals Scheme is working well.

Planning is underway for our Health Week April 24th - 28th.