

Holyrood Secondary

February 2019

SNAG Newsletter

SNAG Vision Statement:



Holyrood Secondary's SNAG (School Nutrition Action Group) aims to ensure all young people in our school community live happy and healthy lives.

Young people, staff and health professional's work together to drive forward initiatives to promote healthier and active lifestyles.

Through our partnerships we aim to provide greater education in Health and Wellbeing and lead our entire school community in making good choices which will be sustained into adult life.

In Holyrood, we respect our culturally inclusive community and continue to work towards a healthier Holyrood that ensures everyone has an equal chance of reaching their fullest potential.

Healthier, happier Holyrood

Health issues:

A recent investigation has shown children are making healthier choices and drinking less fizzy drinks, but there are still too few eating vegetables regularly (BBC, 2019).

How diet is changing - the good and the bad

© 23 January 2019 220



Latest Message:

Holyrood SNAG team. National Award winners BEBL Health Award.

SNAG assemblies complete this week on our Business Partnership. S1-S6 pupils have reward lunch cards for stamping.



SNAG Updates

Business Partnership / Rewards Scheme:

This year we have been fortunate to be national winners of the Better Eating, Better Learning Award. We completed a 4 year audit and moved on to making our community healthier. We have established eight partnerships with local businesses to promote healthy eating. Partners include Asda, Subway, Scoffers, Janette's, The Grill, The Roll Shop and our Fuel Zone. Pupils will have the opportunity to gain rewards by collecting points for healthy purchases. Pupils will be able to use reward cards across all eight organisations to win badges. They start with a green apple badge, then red and then gold for filing up their cards. Those who reach a green badge have the opportunity to gain other rewards later in the school term. We are excited to launch our business engagement with the pupils at assemblies next week. SNAG representatives will be speaking at assemblies to update all young people about the scheme. Each healthy lunch will cost £2. Let's make a healthier Holyrood.

Staff:

A Dastey

L Divers

M McKean



Outdoor Learning Area:

We are excited about improving our school in outdoor learning spaces. We have spoken to staff and pupils regarding improvements to the Patio area. We will be working with Architecture and Design Scotland on a purpose built area which will include, an outdoor gym, memorial garden, adventure pathway, plots for growing our own and an amphitheatre to name a few. We aim for this to be of use to teachers and pupils to enhance learning:

“we are not saying goodbye to our classrooms we are opening them up”

Education Scotland 2016

Staff

A Dastey

E Cooke

L O'Donnell

Menu of the Month:

We are working in partnership with Tilda to promote healthy eating and have created a Menu of the Month that will be available every Wednesday in the Fuelzone. This will start with Malay chicken and rice, and a vegetarian option; this was chosen by S2 as the dish they most enjoyed. We are very excited that our dishes will feature in a recipe book for Tilda's rice. We also have various activities planned with other partners that will improve pupil's access to healthy foods in Home Economics and targeted year groups.



MENU OF THE MONTH Every Wednesday at the Fuel Zone

Starter

Homemade Soup with brown/white bread

Mains

Cheese & Tomato Quiche with potatoes (V)

Dish of the Day

Malay Chicken with rice (Halal / Non Halal)

Sides

Tomato & Onion Salad|

Side Salad

Family Learning:

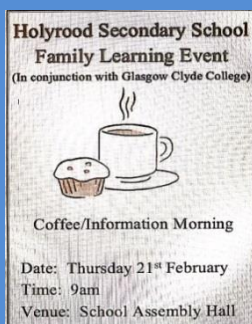
We are working in conjunction with Clyde College to encourage parents and carers to come into the school and learn something new. There is a variety of college courses that have been put to parents to gauge interest. We will also offer Study Skills workshops for S3/4 parents and pupils to come together as a family in preparation for SQA qualifications to enhance study.

We are looking forward to our coffee information morning in February. It is hoped that many people will sign up and college tutors will run classes on the basis of interest. More information will be given during assemblies and on Twitter to encourage people to get involved. Twitter: @Holyroodsecl

“Family learning fosters positive attitudes to life long learning.”

Education Scotland 2019

Staff: Tony Cahill



PE:

Pupils are currently doing cross country as part the BGE course and the schools cross country event will take place on Friday 8th February. For more updates please see the Holyrood PE Twitter account. Twitter: @Holyrood_PE



