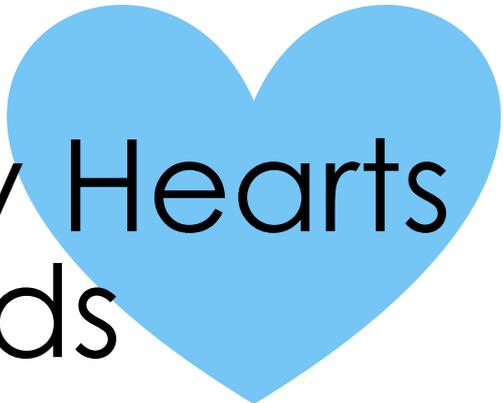


Healthy Hearts & Healthy Minds



A spring hello to you all!

Now the evenings are getting longer, the days are getting brighter and the weather warmer (fingers crossed!) it is the perfect time to start thinking about spending more time outdoors to promote your wellbeing. On the 20 March, we had 'Beep Beep Day' where the children learnt about the importance of road safety, so when you are out and about as a family, remember to always talk to your children about how to stay safe when out in the local community and beyond. If there is anything you are doing that works for you and your wellbeing, we would love to hear your ideas. Please email churd@beya.org.uk.

Physical Challenge

At BEYA we are passionate about promoting children's well-being through purposeful physical play.

Make your own parachute

Members of the family hold the edges of a bed sheet or a coloured piece of fabric stretching it to its full size, shaking it, lifting it up and down, adding balls or a balloon to toss into the air. Encourage, creeping, crawling and rolling activities under and over the sheet.



Explore the outdoors

Highland Gardens is a hidden treasure, local to our nursery schools, situated behind Barnet Fire Station on Leicester Road, EN5. Explore the pond, cross the trip trap bridge or if you're feeling brave, the stepping stones. Remember to keep an eye out for fairies! Bus routes: 184, 307, 107, 326.



“The greatest weapon against stress is to be able to choose one thought over another.”

Yoga pose #2 Downward Dog



Every issue we will be showing you a simple yoga pose to try at home with your child. Shanine, a local yoga teacher recommends this pose - Downward Dog is a great overall pose to stretch out the back, strengthen the wrists, arms and shoulders, tones the abdominal muscles and lengthens the calf muscles and hamstrings. It is considered an inversion, so it also brings blood flow to the brain excellent for mental clarity.

www.shaninecollinsonyoga.co.uk

FOCUS ON

Eat well, stay well

Why do we need 5 a Day?

Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Eating plenty of fruit and veg helps keep us healthy and may reduce the risk of disease and some cancers. There are lots of varieties of fruit and vegetables to choose from. Even if you've got a picky eater on your hands, you're bound to find something tasty your child will like!

What counts as 5 A Day? For children, the amount they should eat depends on their size and age. As a rough guide, one portion is the amount they can fit in the palm of their hand.

For adults, a portion is 80g fruit:

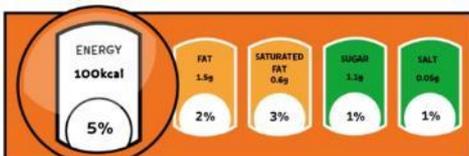
- That's a large slice of fruit like melon or pineapple
- One medium apple, banana or pear
- Two smaller fruits like plums or satsumas
- Seven strawberries or 20 raspberries
- One handful of grapes

Or 80g of vegetables:

- That's three heaped tablespoons of peas, beans or pulses
- Three heaped tablespoons of veggies like carrots or corn
- Four heaped tablespoons of cooked green veggies like cabbage and spring greens
- Two spears of broccoli or one medium tomato

Why Food labels matter

You'll find traffic light labels on most food and drink, usually on the front of the pack. These labels use red, amber and green colour coding to help us understand what's inside our food so we can make healthier choices. Food labels show how much sugar, saturated fat and salt are inside what we're buying. When reading food labels, a good rule is to go for more greens and ambers and cut down on reds. Children should get most of their calories from their breakfast, lunch and evening meal, but if children are snacking regularly or are hungry between meals and are looking for a packaged snack, remember to stick to 100 calorie snacks, two a day max.



At nursery...

We cook regularly with the children at nursery, this is an opportunity to teach them about healthy eating as well as developing their physical and self-help skills. Cooking a variety of dishes helps support fussy eaters to try new foods and develop new tastes. The children have recently enjoyed making a healthy stir fry to celebrate Chinese New Year and made delicious pancakes, with a variety of healthy toppings.



Cheats Pizza Calzone

Healthy eating including lots of vegetables and fruit is essential to maintaining a healthy lifestyle.

You will need: a selection of vegetables, eg. Peppers, mushrooms, tomatoes (or any leftovers in your fridge), cheese, wholewheat tortillas and salad to serve.

Method: Grill vegetables and keep warm. Place tortilla in a dry frying pan and add cheese on top, cook on a medium heat for 40 seconds or until cheese has melted. Add vegetables to one side of the tortilla and fold in half. Cook for a few moments and serve with a tasty side salad.

