

Each month the
Green Flag Eco
Group is focusing
on one big issue



THIS MONTH IT IS: HEALTHY LIVING



**Green Flag
Award**

DISCUSS:

- Why is a healthy lifestyle important?
- What do we mean by a healthy lifestyle?



GET FIT

- Exercise is as important for the mind as it is for the body
- Get your steps in!
 - It can greatly improve your fitness level as well as reducing your carbon footprint
 - How could you build more steps into your day?
- Free programmes such as '[Couch to 5K](#)' can be found on apps and are easy to incorporate into your routine
- AHS also offers a wide range of clubs...have a look at the [booklet](#)



GET INVOLVED

The week of 24 June is School Sports Week
and our Healthy Living Week

There will be fun activities every lunchtime.
Come and join in!+

Monday Basketball Gym Year 7

Tuesday Rounders Field Yr 7-9

Wednesday Badminton SH Yr 8-9

Thursday Capture the Flag Field Yr 7

Plus Yoga in the Gym for all years

Healthy Living Week



FOOOOOOOOOO!!

- Eat your greens – you need those vitamins!
- Try reducing the amount of meat you eat, it's healthier, cheaper and will help combat global warming
 - Why not try Meat Free Mondays?
- Try to balance your diet – remember the Eatwell Guide



LOOK AT ALL THE HEALTHY OPTIONS IN THE CANTEEN NEXT WEEK

The fibre, folic acid and potassium in LENTILS are all really good for our hearts.

Monday	Tuesday	Wednesday	Thursday	Friday
Lemon & Rosemary Flavoured Grilled Chicken	Chinese Style Sticky Ribs with Hoi Sin Sauce	Spaghetti Bolognese with Garlic Bread	Roast Chicken with Sage & Onion Stuffing, Yorkshire Pudding & Gravy	Breaded Pollack with Tartare Sauce & Lemon
Spicy Vegetable & Mozzarella Calzone (V)	Chinese Style Vegetable Stir Fry with Rice Noodles (V, VG)	Vegetarian Spaghetti Bolognese with Garlic Bread (V)	Three Cheese Vegetable Omelette (V)	Bean and Vegetable Stuffed Pitta with Yoghurt Raita (V)
Lentil and Bean Cottage Pie (V, VG)	Steamed Vegetable Won Tons with Hoi Sin Sauce (V, VG)	Vegetable Cous Cous Stuffed Roasted Pepper (V, VG)	Mediterranean Vegetable & Spinach Roulade (V, VG)	Spinach Wrap with Spring Onion Bhaji & Mango Chutney (V, VG)
Today's Pasta - Cheese (V)	Today's Pasta - Tomato (V, VG)	Today's Pasta - Vegetarian Carbonara (V)	Today's Cafe Counter Pasta - Arrabiata (V, VG)	Today's Cafe Counter Pasta - Broccoli & Bacon Pasta
Diced Roasted Potatoes	Lemon Rice - Rice Noodles	Sauteed Potatoes	Roast Potatoes - Oven Baked Vegetables	Chunky Chips - Chip Shop Curry Sauce
Courgettes, Peppers, Aubergines, Red Onions - Salad	Stir Fry Vegetables - & Dips -	Peas - Sweetcorn - Salad	Apple Pie with Custard	Baked Beans - Peas

Aubergines are a great source of vitamins B1 and B6 which really help our metabolism by converting nutrients into energy

COMPETITION TIME!



The canteen invite you to enter their Healthy Menu competition by suggesting a healthy and delicious recipe

There are 4 categories: vegetarian, vegan, meat and sweet

You can enter as many as you like

Please email your recipe to Mrs Queralt by Friday 28 June

Winners will be added to the canteen menu



MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH

MIND and the NHS suggests 5 steps to mental wellbeing:



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

What could you do more of?

AN ACTIVITY TO TRY IN ANOTHER TUTOR TIME OR AT HOME

Guided relaxation



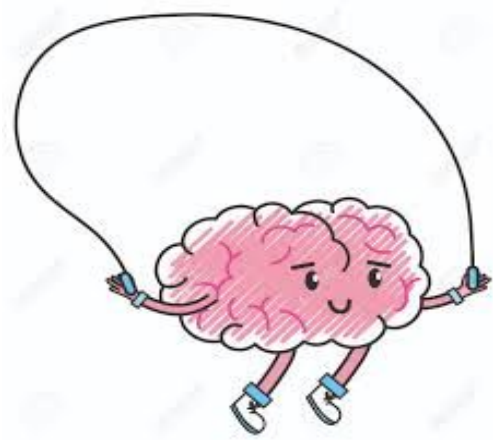
MENTAL HEALTH AT SCHOOL:

Who to talk to:

- Staff such as form tutors, heads of year
- Mrs Westcott, our student welfare coordinator
- Peers (S.H.A.R.E reps)
- Friends and family

Do look at the links on our [website](#)

Remember you can get online help from [Kooth](#)



HEALTHY LIVING PASSPORT



Fill out [this Google Form](#) to let us know how many people in your form would like to take part in the Healthy Living Challenge in the week of 24 June – and the Eco Group will deliver the right number of passports.

Get a point for each healthy activity you complete. Eg:

- Walking or cycling to school
- Eating a healthier option
- Taking part in one of the lunchtime activities

Get a teacher, parent or member of the Eco Group to sign your passport for each activity