



MEADOWCROFT
SCHOOL

THE HUB,
GALLERY &
WORKS

ISSUE 8

From 17.06.19 to
25.07.19



HEALTHY LIVING!

Tell me! Are you fan of the **odd burger**, the **odd pizza slice**... maybe even the **odd fry**? Well we at Meadowcroft would like to ask you... **"Just why?"** (And yes, I am hopelessly addicted to rhymes).



On Monday the 17th, Meadowcroft school hosted it's very own 'Healthy Living' day, to better educate our youngsters on the critical importance of a healthy diet.

As you might expect, this involved an elaborate carousel of different health-based activities (so yes, a lot of sweating), as well as health promoting platters to entice our pupils taste buds.

A bit of bug licking (weirdly popular by the way); Mr Richardson ravenously engorging on salt and vinegar crickets (yep, you read right. Crickets). A few of sugar related experiments too, to test the acidic devastation of carbonated beverages when splashed over maulers (truly frightening I might add). Some food grouping took place too, to better grasp the disparity between junk food and nutritious grub. And of course, to round things off appropriately, some banging gluten-free flapjacks (the crumble in your mouth kind and all).

It's safe to say, the day worked a treat. Thank you Mrs Clayton for preparing such a health inspired day!