Healthy Lifestyles at Mawsley C.P School

Educating children and providing the children with a chance to adopt a healthy lifestyle is very important to us at Mawsley Community School. We are continuingly reviewing the extra-curricular clubs we offer, promoting healthy eating and providing education on the importance of the aspects of healthy lifestyles. One way we are promoting healthy lifestyles is by offering a range of extra-curricular sporting clubs to get the children active! We have been blown away by having 140 children in the whole school attend extra-curricular Sporting Clubs. We still have places at some of the clubs, so take a look at the timetable and ask at the office for more information.

	Sports Club Timetable - Autumn Term 2021				
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
8am – 8.45am	**Basketball (Hotshots) Year 3 and 4**	**Gymnastics FS and Year 1 and 2**	**Basketball (Hotshots) Year 1 and 2**	**Basketball (Hotshots) Year 5 and 6**	**Girls' Football KS2**
3.15pm – 4.15pm	**Athletics Year 5 and 6**	**Healthy Lifestyles: Cooking Year 5 and 6**	**Football (Fiesta) Year 1 and 2**	**Scooter Year 1 and 2**	**Scooter (Fiesta) Year 3 and 4**
3.15pm – 4.15pm		**Gymnastics KS2**	**Boccia and Kurling KS2**	**Football KS2 (Competition Team)**	
4.15pm – 5.15pm	**Athletics Year 3 and 4**	**Multi-Skills KS1**	**Football (Fiesta) Year 3 and 4**	**Badminton KS2**	**Scooter (Fiesta) Year 5 and 6**
4.15pm – 5.15pm			**KS2 Cricket Club**		

We welcomed the start of term with a whole school scooter and skateboard day for all the children in the school. Since then the children have continued to develop their skills by taking part in the after school scooter club run by JJ from Fiesta and Mr Hollingsworth. The playground has also been full of children whizzing around on obstacle courses, which have been specifically designed by Mrs Mann to test their scooter skills even further. If your child has found a new love of scootering or skateboarding, feel free to check out Adrenaline Alley in Corby. https://www.adrenalinealley.co.uk/ Feel free to send any photos of your child scootering or skateboarding outside of school and we can share them in our next newsletter.

We have also seen the start our new Healthy Lifestyle Cooking Club. The children have been learning about balanced diet and testing their skills in the kitchen with the fantastic help of Mrs Baldwin. The children have loved becoming the next Jamie Oliver. Look at what a few children had to say about the new club:

'In cooking club, we have been learning how to prepare and cook different healthy recipes. It has encouraged us to try more food that I didn't like before.' Lizzie

'Cooking is really interesting because you learn how to make new dishes and encourages us to be independent and prepare us for when we are older.' Shianna

This term, we will be launching a cooking challenge for all the children in the school to try at home if they wish, so keep an eye out for that!