



Staying healthy at school assembly

I'm Laura Whiting, Nutritionist for Mellor's Catering Services who provide the school lunches for Horton Park Primary School. On 13th February 2020, I delivered an assembly on staying healthy at school to the whole school with the support of the Catering Manager Mrs Simpson.

We talked about why it's important to be healthy, we looked at the Eatwell Guide to talk about what a healthy diet is and talked about the importance of eating breakfast and staying hydrated.

The pupils were given a few challenges to support them to stay healthy including, eating the colours of the rainbow, drinking more water and trying something new. The children were all very enthusiastic about the challenges. Mrs Simpson has tasters of her school lunches available daily if any of the children would like to have a try. I look forward to hearing how they all get on!

