

LET'S GET HEALTHY!

By Poppy and Ella
Peatmoor Community Primary School

Be Healthy Every Day, Or Problems Will Come Your Way!

Do you exercise?

Exercising is extremely important if you want to stay healthy. It keeps you fit and athletic. Though if you over exercise it can lead to injuries. Exercising can simply be walking around the shops or taking your children back and forth from school. It also prevents you from polluting the environment by using your car.

Do you eat healthily?

Healthy eating is also very important because if you eat too much fatty food e.g. Fast Food, Chips, Sweets, and Chocolate it can lead to obesity. A well balanced diet includes lots of vitamins, carbohydrates, protein from your meats and fish and of course vegetables and fruit!

Do your children eat healthily? Why don't you try out

this meal plan?

Breakfast: A piece of wholemeal toast and a bowl of cereal for example, Just Right or Bran Flakes.

Lunch: A ham sandwich with a fruity yoghurt.

Dinner: A piece of meat or fish with vegetables and for pudding fruit salad with natural yoghurt on top.

Snacks: For snacks you could try dried fruit, fruit, nuts, raw vegetables and now and again treat yourselves to some

chocolate or cakes! Do you and your family want to die of obesity.....Of course you don't, Act now!

Warning: Don't try any of these foods if you are allergic! Do you do all those things? If you do then you have a very Happy Healthy Heart, if not it's time to change.....NOW!

By Georgia C
Peatmoor Community Primary School

Do you want your child to live

to the age of 12? Act NOW otherwise it will be too late!

Did you know most children and some adults don't like eating fruit and veg?

Make meals fun! Have fun at dinner explore with your food, make a farm out of your vegetables.

Make a volcano, make smiley faces with the food you can have a blast.

Do you eat your 5 a day? Well if you don't start NOW!

Do you want to die from not eating fruit and vegetables?



THE WINNER Ella Greenwood receives a prize from the Adver's Stephanie Tye for the piece of writing we are publishing below

What a time we had in Pencelli!

By Ella Greenwood

YEAR 6 Peatmoor Community Primary School have been on a residential trip for five days to Plas Pencelli in Wales to experience the outdoors.

The class were very excited when it came to the 6th of October because they were about to experience the outdoors like never before.

The class of thirty three pupils were worried but excited at the same time.

The pupils arrived at their school at eight thirty in the morning to get the coach to their location.

A lot of them had big suitcases as they had to be filled with spare clothes, shoes and other things like hats, gloves, scarfs and they might have a packet of sweets!

The trip started on the 6th and ended on the 11th.

The class were really excited about the trip because they would be going canoeing, caving, rock climbing, river walking and gorge walking.

Mr Watermeyer told us, "I am looking forward to no marking, no planning and no teaching and also getting to know the class more!"

Ella, a pupil, said, "I'm really excited and I can't wait. Bring it on!"

Daily Routine

This was the class's daily routine:

7.30: Wake up time and get changed into comfy clothes.

7.45: Go to the toilet and then go downstairs to the common room.

8.00: Breakfast time

8.30: Make lunch and then do chores

8.50: Told what activity they would be doing

9.00: Get ready for the activity

9.15: Get on the mini-bus to get to the location where the activity will take place

10.00: Arrive at the location

10.15: We start the activity

12.00: Lunch

12.30: Carry on with the activity

3.45: We set off back to the house

4.30: Get all dirty clothes off, have a shower then chill in the common room or dorms

6.00: Tea Time

6.30: Told what evening activity then get ready for it

6.45: Activity starts

8.15: Activity finishes get back to the house and get into comfy clothes

8.30: Hang about in dorms or barn

9.00: Get ready for bed, go into the common room to chill and have hot chocolate

9.30: Brush teeth then go to bed.



Opening the doors at Greendown

GREENDOWN opened its doors for the annual 2-night open evening for parents of children in years 5 and 6 last Tuesday and Wednesday.

It was another successful event with over 400 children and parents visiting.

The parents were welcomed by members of the senior leadership team and then guided around the departments of the school by student mentors who chose to give up their evenings to volunteer. Parents and children saw the Science department carry out experiments, PE demonstrating Badminton

and Hockey and ICT let the children loose on the new computers.

Angela Proctor, Primary Liaison at Greendown, planned the evenings and was very pleased with the outcome.

"You always know they have been successful when the parents have a smile on their face, the children are excited at the end of it and the staff are tired from all the hard days work!"

If you missed the open evening and wish to take a look round at Greendown please contact Angela Proctor on (01793) 874224.

HAVE you just started your first term at university, or maybe you know someone who has?

We want to hear about your experiences in your first term at uni. Have you caught the dreaded freshers' flu? What's it like living with new people? How have you found the new town or city that you will be calling home for the next three years? Get in touch with us by email at webteam@swindonadvertiser.co.uk or write to us at Student Adver, Swindon Advertiser, 100 Victoria Road, Swindon, Wiltshire, SN1 3BE.

Loving that lagoon

By Chloe Pike (aged 10)
Peatmoor Community Primary School

Peatmoor school's year six went to Peatmoor Lagoon to learn about different trees, plants and animals that live in the area.

The event happened on Friday the third of October with a tour guide named Roger Ogle. (Editor of the Link magazine.)

The children had the chance to build their own sculptures out of the raw materials from all over the area. The event was organized to help the children appreciate and understand how they can use the environment to learn.

Their teacher Mr. Watermeyer said he enjoyed the trip and hopefully the children have learnt a great amount of facts. Photographs were taken of the children showing them smiling and having great fun making their sculptures and getting very muddy! Hopefully the children will share their knowledge with their families so that more people can experience the fun of the outdoors.



IF you are under 16 and wish to send a report or picture for publication in the Student Adver, you must have the permission of a parent or guardian.