



THE HAWTHORN WAY

At Sacred Heart Catholic School, Geeveston: 16-20th June 2014.

Eat & Play The Hawthorn Way: Sacred Heart Catholic School, Geeveston

This excellent initiative was a fun-filled extension of our Move Well Eat Well policy at school. Classes focused on the importance of healthy eating and exercise (discussions, displays around school and i-movies); and forty children volunteered their lunchbreaks to participate in the suggested activities. We distributed the Hawks eWorkbook, awarded points for healthy lunchboxes, and "Rainbow Platters" of raw fruit, vegetables, dips and crackers were provided and enthusiastically devoured on Wednesday and Friday. Families completed the lunchbox quizzes, and we even wrote a rap song! Thanks Hawks!



Raw Crunch In Our Lunch - YUMMY!





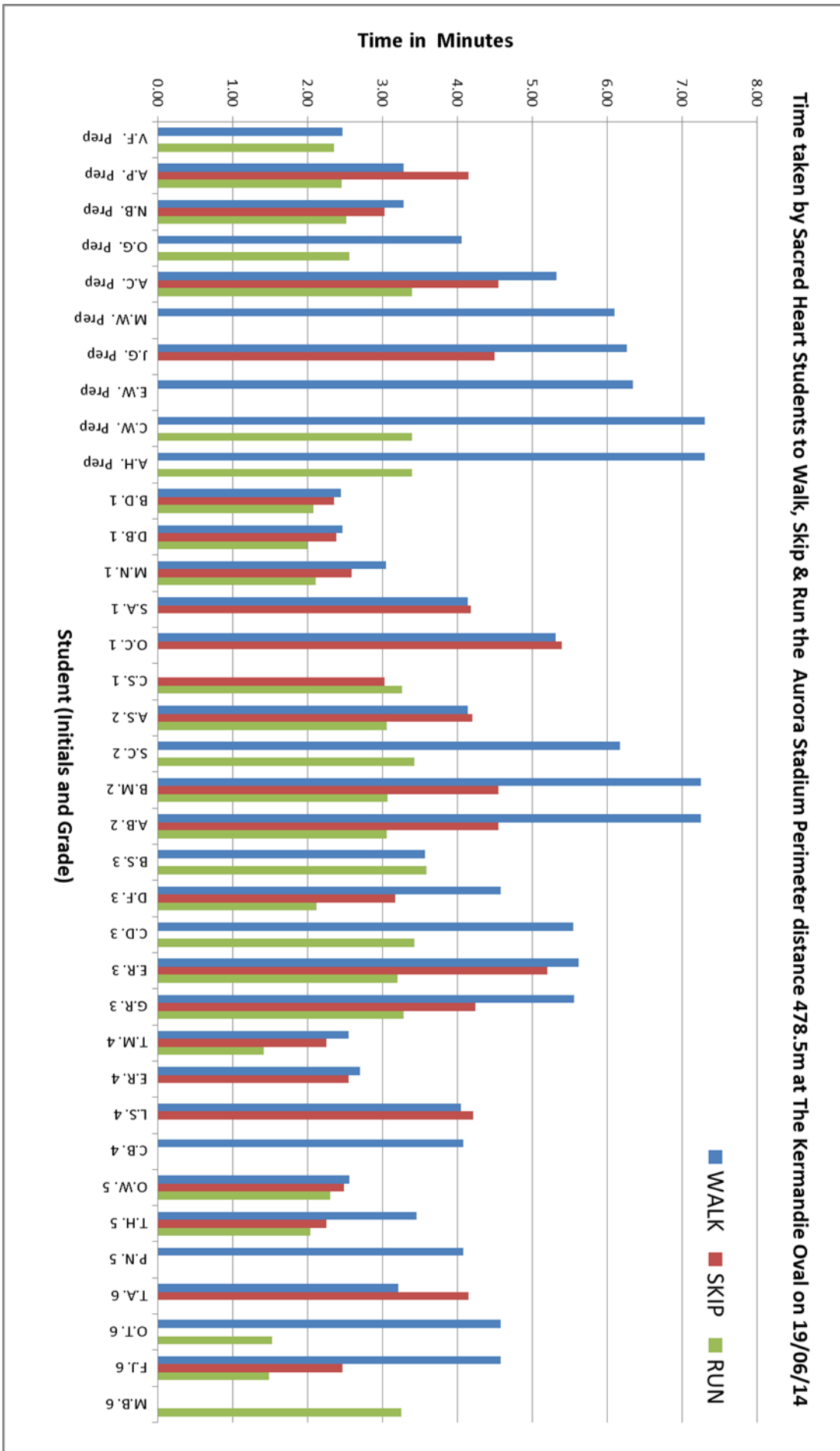
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19/06/14: Running 478.5m around the Kermandie Oval





20/06/14: Cyril's Skills & Drills at Sacred Heart



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Sacred Heart Move Well Eat Well Rap: Tap Into Water



This week we've been learning over 5 days
How to Eat and Play the Hawthorn Way
When you need a drink, you really ought'a
Tap into Water, Tap into Water

At Sacred Heart we've made a good start
We do exercises as part of our school day
They keep us fit for our work and play
No Hokus Pokus – we really Can focus!
Tap into Water, You really ought'a

Led by Miss D., we're becoming more healthy
At 10 our fruit break helps our brains stay awake
After Huff and Puff, when we're thirsty enough
We rehydrate and then we feel great
Tap into Water, You really ought'a



Too much fizzy just makes you dizzy
Your body don't need the sugar, and artificial colour
Lots of salt and fat makes you lazy on the mat
Turn off your TVs – Come On – It's easy!
Exercise is fun And gives you energy!



So eat a Rainbow on your Plate and be more healthy mate
Stick some carrots in a dip, and give water a sip
Eat fruit and veggies raw
And your body'll ask for more
They're natural, full of vitamins and minerals
As Grandma used to say
An apple a day keeps the Doctor away

So at Sacred Heart, keep doing your part
Tap into Water, Tap into Water
You know you really ought'a, you know really ought'a (fade...)



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