

January Eco Warrior Club

Hi Eco Warriors,

I hope you and your families are all well and that you had a good Christmas break. As you probably know last week we should have had our Eco Warriors meeting. I thought we could still work towards our goals as I know you all enjoy the club as I certainly do.

Maybe you could discuss the ideas that you have or teach your parent's, brothers and sisters about the issues that we have been learning about.

During December we learnt about Global Citizenship. I was very impressed at what you already know and we discussed various issues, locally and further afield. You were all knowledgeable about Fairtrade and we found out that most of us have family or friends that live in other countries.

Our next topic for our school review is **Healthy Living**. Can you think about the next few questions and send your answers by email to me and I will create a chart to show how we are doing.

1. **What does Healthy Living mean to you?**
2. **Do you usually do any sports, if so which ones?**
3. **What hobbies do you have?**
4. **What are your favourite foods?**
5. **Are you a vegetarian or vegan?**
6. **Do you cook at home? What do you like to make?**
7. **When you're at school do you exercise daily?**
8. **Is drinking water available in class?**
9. **Are healthy options encouraged for school dinners and break-times?**
10. **Does your class discuss mental health and well-being issues?**
11. **Does our school grow its own fruit and vegetables?**
12. **Are pupils aware of the benefits of a healthy lifestyle.**
13. **Have you developed new healthy habits over the last year?**

Who Am I Quiz

1. I grow on a tree, I am really a berry but you wouldn't think so by how I look, I can be green or yellow.
2. I grow on a vine, I can have furry or smooth skin, my flesh can be green or gold.
3. I have furry skin, I smell delicious, I have a large stone inside.
4. I am from the same family as onions, I am green and white, I am long and straight.
5. I am green, I am only small, I grow in a pod.
6. In some places I am called an alligator pear, you can use me instead of butter in sandwiches, I grow on a tree.

7. I come in more than a thousand types, I am eaten all over the world, I usually have white flesh but I can be blue!
8. I am a berry related to the sparkleberry, farkleberry, whortleberry and partridgeberry, I grow on a bush, when ripening, I change from green to pink and then to blue.

Attached is a link for a chart for you to work on as a family if you'd like to. Maybe you have made some New Year's resolutions and this will help you to stick with them or you can create your own chart if you'd like to. Of course, these activities are all optional, I hope you have fun doing them but you don't have to if you don't want to. Please email me your answers to the review questions if you can as this is the part that will help us progress towards our award. The 'Who Am I' Quiz answers are at the bottom of this page.

If I get a good response we'll do February's Club like this too and as we're nearly at the end of school review we will soon be able to apply for our bronze award. Once we have done our review we can really start to take actions to improve our school.

As usual I love to hear stories of your environmental actions and triumphs.

Thank you for your hard work and your enthusiasm. Together we can be a positive change to Meon Junior School.

Well Done Everyone!

Look out for more activities coming soon.

[Shape Your Future Healthy Weekly Checklist | Shape Your Future \(shapeyourfutureok.com\)](#)

Email me (Miss Brown) at office@meonjuniorschool.org.uk

Take Care Everyone

From Miss Brown

1. Banana
2. Kiwi!
3. Peach
4. Leek
5. Pea
6. Avocado
7. Potato
8. Blueberry