



## Eco Schools Award Update



During the session last week the children were busy planting daffodil bulbs. We can't wait to see these in bloom, although we are desperately trying to keep the rabbits away from them!

The newsletter focus this week is: **Healthy Eating**

Starting on Monday, we will be encouraging the children to take part in '**Meat Free Mondays**'. Many of the world's leading health organisations now encourage a reduction in the amount of meat people consume. A study carried out by Oxford University's department of public health found that eating meat no more than three times a week could prevent 31,000 deaths from heart disease, 9,000 deaths from cancer and 5,000 deaths from stroke, as well as save the NHS £1.2 billion in costs each year.

Further information can be found at:

**<https://meatfreemondays.com/>**

If your child has a school meal, we will be encouraging them to select a vegetarian meal. We are also going to be introducing a vegan option from next week. If your child brings a packed lunch, then please try to make it meat free.

If you would like to join in at home, here is a great recipe for **Tasty Lentil Bolognese**:

### **Ingredients**

2 tablespoons olive oil  
1 large onion, finely chopped  
1 red pepper, finely diced  
2 small carrots, peeled and finely diced  
½ small aubergine, finely diced  
2 large cloves garlic, crushed  
75 g puy lentils (dried)  
400 g tin chopped tomatoes  
300 ml vegetable stock  
2 tablespoons sun-dried tomato paste  
1 tablespoon fresh thyme, chopped  
1 teaspoon soy sauce  
250 g spaghetti

### **Method**

Heat the oil in a saucepan. Add the onion, pepper, garlic, carrots and aubergine.  
Fry over a medium heat for 5 minutes.  
Add the lentils and coat in the mixture.  
Add the chopped tomatoes, stock, sun-dried tomato paste and seasoning.  
Cover with a lid, bring up to the boil, then simmer for 25-30 minutes until the lentils are soft and the sauce is reduced. Add the thyme and soy sauce.  
Cook the pasta according to the packet instruction, drain and toss in the sauce.