



# Newsletter



## National School Sport Week at Home 2020

The annual National School Sport Week campaign takes place in the last week of June every year to celebrate the important role of Physical Education

and school sport in enhancing young people's wellbeing.

This year, the Youth Sport Trust has teamed up with Sky Sports to run a national campaign which will aim to unite the country - families, schools, sport and businesses - in a celebration of the power of sport to bring people together, even during isolation.

### How it works

We will provide everyone who registers with free videos and activity cards to help you plan a series of challenges across National School Sport Week at Home. You will receive these well in advance of the week itself so you'll have plenty of time to plan your activities.

The active challenges will all have an emphasis on togetherness, inclusivity and wellbeing. They will be things you can do within the home, and where you can engage in straightforward virtual competition with friends, neighbours and family outside your home.

We will also provide you with ideas for sharing your challenges online during the week using the hashtag **#NSSWtogether**.

### Register

Anyone can register to take part in National School Sport Week. Simply click one of the options below to get started:

[Click here](#)

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## Making the food shopping go a bit further....

The lovely ladies at the Wrexham Dietetic Team have been busy putting together information to help make the FSM payments go that bit further, not only this but they have also put together some lovely recipe cards, all of this is available bilingually too.

Well what are you waiting for? Download PDFs [here](#)

*(A quick way to find these documents is to look for documents modified on 16th June)*

# MAKING YOUR FREE SCHOOL MEAL ALLOWANCE GO FURTHER AT HOME

## FREE SCHOOL MEAL ALLOWANCE INFORMATION

### Shopping list ingredients

	£
Sliced wholemeal loaf	0.40
Store branded couscous (500g)	0.70
Jacket Potatoes x 4	0.60
Whole wheat pasta shapes (500g)	0.42
4 whole wheat/white breakfast muffins	0.50
Packet of porridge oats (1kg)	0.75
Store branded tinned sweetcorn in water	0.35
Iceberg lettuce	0.50
Pack of cherry tomatoes (250g)	0.54
Large cucumber	0.45
Store branded bag of apples x 4	0.59
Tinned peaches in juice	0.37
Medium size bananas x 4	0.52
Frozen summer fruit pack (500g)	2.00
Frozen cauliflower and broccoli pack (900g)	1.04
Tinned chopped tomatoes x 2	0.56
Brown onion x 2	0.20
Tube of tomato puree	0.31
Red/yellow pepper	0.42
440g store branded cheddar cheese	1.79
Semi-skimmed milk (2 pints)	0.80
Low fat plain natural yoghurt (400g)	0.45
Baked beans (low salt & sugar)	0.30
Store branded tuna chunks in spring water	0.79
Store branded tinned salmon	1.40
6 free-range eggs	0.75
Low fat turkey mince (250g)	1.58
Kidney beans in chilli sauce (205g)	0.42

**Total** 19.50

Prices correct June 2020



The information was prepared by  
HCU Public Health Services and endorsed by



# Meal ideas



## Breakfast ideas

- Porridge with sliced banana & a glass of milk
- Baked beans & cheese on toast
- Scrambled, poached or boiled eggs on a toasted muffin with sliced tomatoes
- Overnight oats - porridge/yoghurt and sliced peaches

## Lunch & snack ideas

- Jacket potato with tuna & sweetcorn, served with lettuce and cucumber
- Homemade pizza muffins, with sliced pepper, cucumber and tomatoes
- Tuna couscous salad with sliced apples & a glass of milk
- Egg salad sandwich on wholemeal bread & mixed berry and banana smoothie
- Jacket potato with bean chilli, served with yoghurt and cucumber dip
- Homemade broccoli and cauliflower soup & wholemeal bread
- Cheese, tomato and lettuce sandwich & banana slices



## Dinner & dessert ideas

- Homemade salmon fishcakes with potatoes wedges, broccoli & cauliflower
- Cheese, tomato and sweetcorn pasta bake
- Spanish omelette served with wholemeal toast fingers
- Salmon, cucumber, tomato & sweetcorn couscous
- Broccoli & cauliflower mac and cheese
- Turkey bolognese served with pasta or jacket potato
- Peach and apple fruit crumble
- Banana split with mixed berries & yoghurt
- Summer berries & yoghurt ice lollies



Produced by the Public Health Director,  
June 2020



Are you feeling that you've missed out? Maybe there was a newsletter that had some information in it that you just can't find?

Well now you can access all of our previous newsletters by just clicking [here.....](#)

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And finally.....



Dai is at the car boot sale when an American tourist comes by. Pointing to a skull on display in Dai's car, he says: "Whose skull is that?"

"That," says Dai profoundly, "is the skull of Owain Glyndwr. It's yours for £10."

"Incredible," says the American. "I'll take it."

Some weeks later, Dai is at the car boot sale when the same American walks past and notices a much smaller skull for sale.

"Whose skull is that?" asks the American.

"That," says Dai in his practiced voice, "is the skull of Owain Glyndwr."

"Hang on," says the American. "You sold me the skull of Owain Glyndwr a few weeks ago."

"Aye," says Dai. "This is when he was a boy."

