



# SHEP Timetable 2018 – Week 1



<b>Monday 23<sup>rd</sup> July</b>	<b>9:00-9:20</b>	<b>9:20-10:20</b>	<b>10:20-10:30</b>	<b>10:30-11:30</b>	<b>11.30-12.30</b>	<b>12:30-1:00</b>
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>1. Nutrition Session</b> <b>Fruit and veg taste test</b>	<b>Break</b> Fruit snack	<b>Aura Libraries &amp; A star Sports</b>	<b>Physical Activity</b> <b>Football Rounders</b>	<b>Lunch</b> Chicken, Noodles, Stir Fry Fresh Fruit Kebab
<b>Tuesday 24<sup>th</sup> July</b>	<b>9:00-9:20</b>	<b>9:20-10:20</b>	<b>10:20-10:30</b>	<b>10:30-11:30</b>	<b>11:30-12:30</b>	<b>12:30-1:00</b>
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>1. Cooking Session</b> <b>Veg Spring Rolls</b> <b>Fruit Salad</b>	<b>Break</b> Fruit snack	<b>First Aid</b>	<b>Physical Activity</b> <b>Tennis</b> <b>Rugby</b>	<b>Lunch</b> Meatballs + Pasta Mixed Salad Yoghurt Bar
<b>Wednesday 25<sup>th</sup> July</b>	<b>9:00-9:20</b>	<b>9:20-10:20</b>	<b>10:20-10:30</b>	<b>10:30-11:30</b>	<b>11.30-12:30</b>	<b>12:30-1:00</b>
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>2. Nutrition Session</b> <b>Eatwell guide, Eatwell bingo,</b> <b>Eat well relay game</b>	<b>Break</b> Fruit snack	<b>Circus Skilz</b>	<b>Physical Activity</b> <b>Athletics</b> <b>Body Zorbs</b>	<b>Lunch</b> Tortilla stack, sweetcorn Baked Wedges Fruit Flapjack
<b>Thursday 26<sup>th</sup> July</b>	<b>9:00-9:20</b>	<b>9:20-10:20</b>	<b>10:20-10:30</b>	<b>10:30-11:30</b>	<b>11:30-12:30</b>	<b>12.30-1:00</b> <b>Evaluations</b>
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>2. Cooking Session</b> <b>Chicken Fajitas</b>	<b>Break</b> Fruit snack	<b>Music</b>	<b>Physical Activity</b> <b>Cricket</b> <b>Netball</b>	<b>Parents Lunch</b> Cheesy pasta, ham & peas with salad Fruit Muffin



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

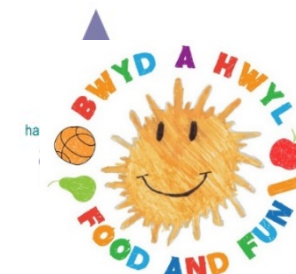


Welsh Network of Healthy School Schemes



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Betsi Cadwaladr  
University Health Board



# SHEP Timetable 2018 – Week 2

Monday 30 <sup>th</sup> July	9:00-9:20	9:20-10:20	10:20-10:30	10:30-11:30	11.30-12.30	12:30-1:00
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>3. Nutrition Session</b> Go whoa foods (fats), go and whoa tag activity, collage activity	<b>Break</b> Fruit snack	<b>Graffiti Art</b>	<b>Physical Activity</b> <b>Football</b> <b>Rounders</b>	<b>Lunch</b> Meatballs + Pasta Mixed Salad Yoghurt Bar
Tuesday 31 <sup>st</sup> July	9:00-9:20	9:20-10:20	10:20-10:30	10:30-11:30	11:30-12:30	12:30-1:00
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>3. Cooking Session</b> <b>Fruity cheese cake pots</b> <b>Frittatas</b>	<b>Break</b> Fruit snack	<b>Parkour gymnastics</b>	<b>Physical Activity</b> <b>Golf</b> <b>Handball</b>	<b>Lunch</b> Tortilla stack, sweetcorn Baked Wedges Fruit Flapjack
Wednesday 1 <sup>st</sup> August	9:00-9:20	9:20-10:20	10:20-10:30	10:30-11:30	11.30-12:30	12:30-1:00
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>4. Nutrition Session -</b> <b>Sugar Hop, sugar in drinks,</b> <b>sugar in bottles</b>	<b>Break</b> Fruit snack	<b>Chris Marchant</b> <b>Stars</b>	<b>Physical Activity</b> <b>Basketball</b> <b>Badminton</b>	<b>Lunch</b> Cheesy pasta, ham & peas with salad Fruit Muffin
Thursday 2 <sup>nd</sup> August	9:00-9:20	9:20-10:20	10:20-10:30	10:30-11:30	11:30-12:30	12:30-1:00 <b>Evaluations</b>
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>4. Cooking Session</b> <b>Bacon &amp; Courgette muffins</b> <b>Blueberry Muffins</b>	<b>Break</b> Fruit snack	<b>Welsh Rugby</b> <b>Union</b>	<b>Physical Activity</b> <b>Volleyball</b> <b>Softball</b>	<b>Parents Lunch</b> Chicken, Noodles, Stir Fry Fresh Fruit Kebab



# SHEP Timetable 2018 – Week 3

<b>Monday 6<sup>th</sup> August</b>	<b>9:00-9:20</b>	<b>9:20-10:20</b>	<b>10:20-10:30</b>	<b>10:30-11:30</b>	<b>11.30-12.30</b>	<b>12:30-1:00</b>
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>5. Nutrition Session - Design a healthy meal, design a healthy breakfast</b>	<b>Break</b> Fruit snack	<b>Circus Skilz</b>	<b>Physical Activity</b> <b>Cheerleading</b> <b>Football</b>	<b>Lunch</b> Tortilla stack, sweetcorn Baked Wedges Fruit Flapjack
<b>Tuesday 7<sup>th</sup> August</b>	<b>9:00-9:20</b>	<b>9:20-10:20</b>	<b>10:20-10:30</b>	<b>10:30-11:30</b>	<b>11:30-12:30</b>	<b>12:30-1:00</b> <b>EVALUATIONS</b>
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>5. Cooking Session – Pizza (bread) Salad</b>	<b>Break</b> Fruit snack	<b>Welsh Rugby Union</b>	<b>Parkour gymnastics</b>	<b>Lunch</b> Chicken, Noodles, Stir Fry Fresh Fruit Kebab
<b>Wednesday 8<sup>th</sup> August</b>	<b>9:00-9:20</b> <b>EVALUATIONS</b>	<b>9:20-10:20</b>	<b>10:20-10:30</b>	<b>10:30-11:30</b>	<b>11.30-12:30</b>	<b>12:30-1:00</b> <b>EVALUATIONS</b>
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>Nutrition session</b> <b>Food Art</b>	<b>Break</b> Fruit snack	<b>Environmental artist</b>	<b>Physical Activity</b> <b>Cricket</b> <b>Handball</b>	<b>Lunch</b> Meatballs + Pasta Mixed Salad Yoghurt Bar
<b>Thursday 9<sup>th</sup> August</b>	<b>9:00-9:20</b> <b>EVALUATIONS</b>	<b>9:20-10:20</b>	<b>10:20-10:30</b>	<b>10.30-11.30</b>	<b>11:30-12:30</b>	<b>12:30-1:00</b> <b>EVALUATIONS</b>
	<b>Breakfast</b> Yoghurt, Fruit Cereal & Toast	<b>6. Cooking Session - Bread art – toppings, flavours, shapes</b>	<b>Break</b> Fruit snack	<b>Music</b>	<b>Physical Activity</b> <b>Football Inflatable</b> <b>Lacrosse</b>	<b>Parents Lunch</b> Cheesy pasta, ham & peas with salad Fruit Muffin



Arlwyo a Glanhau  
**NEWydd**  
Catering & Cleaning

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