

# SHEP Timetable 2018 - Week 1



Monday 23 <sup>rd</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>Physical Activity</b> Body Zorbs Football Rounders	<b>Break</b> Fruit snack	<b>Street Skilz</b>	<b>Street Skilz</b> ----- 1.Nutrition Session –Fruit & veg taste test	<b>Lunch</b> Chicken, Noodles, Stir Fry Fresh Fruit Kebab
Tuesday 24 <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>Physical Activity</b> Tennis Football	<b>Break</b> Fruit snack	<b>Arts &amp; Crafts</b>	<b>1.Cooking Session</b> Veg Spring Rolls Fruit Salad	<b>Lunch</b> Cheesy pasta, ham & peas with salad Fruit Muffin
Wednesday 25 <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>Physical Activity</b> Athletics	<b>Break</b> Fruit snack	<b>A star Sports &amp; Greenfield Valley</b>	<b>2.Nutrition Session – Eatwell guide, Eatwell bingo, eat well relay game</b>	<b>Lunch</b> Tortilla stack, sweetcorn Baked Wedges Fruit Flapjack
Thursday 26 <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>Physical Activity</b> Cricket Netball	<b>Break</b> Fruit snack	<b>Welsh Rugby Union</b>	<b>2.Cooking Session – Chicken Fajitas</b>	<b>Evaluations</b> <b>Parents Lunch</b> Meatballs + Pasta Mixed Salad Yoghurt Bar

# SHEP Timetable 2018 - Week 2

<b>Monday 30<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>Physical Activity</b> Basketball Badminton	<b>Break</b> Fruit snack	<b>Circus Skilz</b>	<b>3. Nutrition Session – Go &amp; whoa foods (fats), go &amp; whoa tag activity, collage activity</b>	<b>Lunch</b> Meatballs + Pasta Mixed Salad Yoghurt Bar
<b>Tuesday 31<sup>st</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>Physical Activity</b> Golf Handball	<b>Break</b> Fruit snack	<b>North Wales Arson Reduction</b>	<b>3. Cooking Session – Fruity cheese cake pots Frittatas</b>	<b>Lunch</b> Tortilla stack, sweetcorn Baked Wedges Fruit Flapjack
<b>Wednesday 1<sup>st</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>Physical Activity</b> Rugby Rounders	<b>Break</b> Fruit snack	<b>Graffiti Art</b>	<b>4. Nutrition Session – Sugar Hop, sugar in drinks, sugar in bottles</b>	<b>Lunch</b> Cheesy pasta, ham & peas with salad Fruit Muffin
<b>Thursday 2<sup>nd</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>Physical Activity</b> Volleyball Softball	<b>Break</b> Fruit snack	<b>Chris Marchant Stars</b>	<b>4. Cooking Session – Bacon &amp; Courgette muffins Blueberry Muffins &amp; Chris Marchant Stars</b>	<b>EVALUATIONS</b> <b>Parents Lunch</b> Chicken, Noodles, Stir Fry Fresh Fruit Kebab



Arlwyo a Glanhau  
**NEWydd**  
Catering & Cleaning

Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



Welsh Network of Healthy School Schemes



**GIG**  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



Monday 6 <sup>th</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>Physical Activity</b> Cheerleading Football	<b>Break</b> Fruit snack	<b>First Aid</b>	<b>5. Nutrition Session –</b> Design a healthy meal, design a healthy breakfast	<b>Lunch</b> Chicken, Noodles, Stir Fry Fresh Fruit Kebab
Tuesday 7 <sup>th</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>Physical Activity</b> Tennis Netball	<b>Break</b> Fruit snack	<b>Tim Pugh</b> Environmental artist	<b>5. Cooking Session –</b> Pizza (bread) Salad	<b>Lunch</b> Cheesy pasta, ham & peas with salad Fruit Muffin
Wednesday 8 <sup>th</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>Physical Activity</b> Cricket Rugby	<b>Break</b> Fruit snack	<b>Circus Skilz</b>	<b>6. Nutrition Session -</b> Food art	<b>Lunch</b> Tortilla stack, sweetcorn Baked Wedges Fruit Flapjack
Thursday 9 <sup>th</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>Physical Activity</b> Inflatable Stadium Lacrosse	<b>Break</b> Fruit snack	<b>Parkour gymnastics</b>	<b>6. Cooking Session -</b> Bread art – toppings, flavours, shapes	<b>Parents Lunch</b> Meatballs + Pasta Mixed Salad Yoghurt Bar