

The nutrient of the month

Magnesium, the zen mineral

Magnesium supports muscles, nerves and a good night's sleep. It also helps turn food into energy! You'll find it in many nutrient dense food sources like green leafy vegetables, seeds, wholegrains and dark chocolate. It's a great nutrient to keep calm during a busy term at school!

The fun fact of the month

Move Your Body, Move Your Mind

Movement isn't just for muscles, it's one of the most effective ways to sharpen your mind and improve your mental health. Physical activity increases blood flow to the brain, stimulating regions involved in learning, memory, and focus. Even short bouts of movement, like a brisk walk or 10 minutes of stretching, can boost mood-enhancing chemicals like dopamine and serotonin. Regular activity helps reduce stress, improve sleep, and build resilience. Children who move more often tend to concentrate better in school, and adults who move regularly report lower levels of anxiety. Movement is a form of self-care for the whole body.

DID YOU KNOW?

The recipe of the month

Moroccan lamb tagine with apricots & couscous

INGREDIENTS:

Makes 5

20ml olive oil
500g diced lamb
100g onions diced
200g carrots, peeled and diced,
10g garlic puree
5g ras-el-hanout
400g chopped tomatoes
200g chickpeas,
200g chopped dried apricot
600ml chicken bouillon
¼ pomegranate
10g coriander
200g couscous
250ml boiling water
1gm salt



METHOD:

Heat oven to 160C. Heat the oil in a casserole and brown the lamb on all sides. Scoop the lamb out onto a plate, then add the onion and carrots and cook for 2–3 mins until golden. Add the garlic and cook for 1 min more. Stir in the spices and tomatoes, and season. Tip the lamb back in with the chickpeas and apricots. Pour over the stock, stir and bring to a simmer. Cover the dish and place in the oven for 1 hr. Add the boiling water to the cous cous then allow to stand for 10 minutes before fluffing up with a fork and serving with the lamb