

CHRONICLE

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ONLINE EDITION



On Monday 22 February, Occupational Health Advisor Jeanette Bolingbroke spent time with the children of Kittybrewster Primary School to educate pupils about food and nutrition and the effect that can have on your body and health. Jeanette had a range of age groups in different classes and thoroughly enjoyed the experience as she says, "We looked at the five main food groups, how much of each they should eat in a meal, and what each food type does for their body." For the younger children, Jeanette took some visual props

to help with the learning as she explains, "I took several sets of play food from our Toy Dept to use to illustrate the lessons so that the children could pick out proteins, carbohydrates etc and we all showed off our muscles, teeth and bones to show how this nutrition works." There was a good variety in Jeanette's talks as the older children discussed how some people have different dietary needs.

The Kittybrewster kids enjoyed the event as Jeanette explains, "At the end of each class I gave all of the children individual snack bags that I had made up of various

fruits and raw vegetables. These were really popular and the last class of the day were so keen on what I had brought that they even emptied the food from my handbag that I was saving for my journey home!"

With the expertise passed on to the youth of Aberdeen, Jeanette looked back on the day fondly and concluded, "They are a beautiful bunch of children and the teachers work incredibly hard with very limited resources so if any of you get the opportunity to share your knowledge or skill with these children please jump at the chance."

Reading buddies

In a follow on from the Kittybrewster Primary School reading initiative that was launched last year, a new Reading Buddy scheme is now in operation. This offers an opportunity for Partners to enjoy paired reading with a child from the school and enables the children to progress their skills and develop to a higher level of reading and understanding.

Community Liaison Coordinator Pam Calder has been the first to experiment with the new scheme and has thoroughly enjoyed the opening few weeks spent with Primary three student Robbie (pictured right). Pam says, "It is great to be able to use my experience to help Robbie and we are both really enjoying the reading sessions. Even in the short period of time we have been working together, you can see improvements and it really is such a worthwhile experience and one I look forward to continuing in the future."

As a reward for Robbie, he and his mum visited the Aberdeen branch last week and got a book of his choice to take home and read. With a growing interest in Mummies and Pyramids,



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Pictured: Robbie with Reading Buddy Pam. Pictured below Robbie with his chosen book on his favourite topic, Egypt.

Robbie opted for a book on Egypt and according to Headmaster Ian MacIndoe was absolutely chuffed on his return to school. Ian says, "He was on a high for the rest of the day and was as proud as punch with his new book. When you see that sort of reaction you realise how much of a

difference things like this can make."

If any Partner would like to receive more information or get involved in the scheme, which is a great development tool, they should speak to Pam Calder on extension number 4396.



Picture from the 2009 Bonus Announcement

Countdown to bonus

We are now counting down to the announcement of this year's Partnership bonus. The announcement will be made on Thursday 11th March 2010. Get in touch with the Chronicle if you have any exciting plans on how to spend your bonus prior to the big event.

Thursday 11 March