



## REPORT: HAWSTON PRIMARY SCHOOL HOLIDAY PROGRAMME JULY 2017

During the winter school holidays Whale Coast Conservation staff took a group of learners from Hawston Primary School on three days of educational holiday fun.

The first day was all about food gardening and healthy eating. The learners started the day by a healthy eating expo lead by Shirley Mgoboza with two volunteers from the Blue Flag beach, Zusiphe Mqombothi and Mzomhle Langa.



Zusiphe Mqombothi showed the learners what a healthy meal should look like. She spoke about the five different food groups that make a healthy plate, namely vegetables, fruits, grains, protein and dairy products.



Mzomhle Langa spoke to the learners about how our bodies take in food and break it down to nutrients that our bodies need and can use to keep functioning properly.



Shirley Mgoboza pointed out how many KJoules there are in the commonly eaten snacks such as chips, sweets and slap chips. She also told the learners about large quantities of salt that these kinds of food contain and how dangerous it is to eat them regularly.



Day one was wrapped up with a food gardening demonstration by Denfred Bruintjies using a box, kitchen waste and compost. This was mainly to encourage

learners to start their own food gardens at home and start one in the new school that they are moving into in the 3<sup>rd</sup> term.



On the second day Shirley Mgoboza led the group to the Waste Water Treatment Plant in Hawston.



Here the group went around the plant learning all the processes that take place in the treatment of waste water from the beginning till the end.



The guide was Municipal staff member Godfrey Hansen, who explained the

different functions of each section of the plant.



On the last day the learners did a beach clean-up on Hawston beach. The day kick started by a lesson on Blue Flag beaches by Zusiphe Mqombothi and Mzomhle Langa.

The beach clean-up focused on plastic bottles, straws, and plastic bottle tops and food wraps packets.



The learners also learned how to sort the waste and count it and fill in the data sheets for coastal clean-up data collection.

The Hawston holiday programme was sponsored by the National Lotteries Commission.