

## 🥕🍓 Food Dudes Week – A Fruity Success! 🍎🥦

We had a fantastic time celebrating **Food Dudes Week** at our school! A huge **well done** to all the children who bravely sampled a wide variety of fruits and vegetables throughout the week, you were amazing!



Over the course of five days, our school was supplied with delicious fresh produce as part of the Food Dudes programme, promoting **healthy eating habits** and a love for fruit and veg among students.

### 👏 A Special Thanks

A big thank you to **Jeff, our wonderful caretaker**, for delivering the large produce boxes to school each morning. These were distributed to classrooms by our enthusiastic and helpful **Food Dudes Ambassadors, Leah, Lizzie, Eleanor, and Simona**, who did a fantastic job championing healthy choices!

### 🥗 In the Classroom

Each class got involved in a range of fun, food-themed activities and **daily tastings**. Every morning brought excitement as students eagerly anticipated the **fruit or veg of the day!**

Some children even planned and helped pack their own **healthy lunches at home**. Teachers noticed plenty of nutritious options in lunchboxes all week. Great job, everyone! Let's keep the healthy habits going!



### 🧠 Daily Challenges & Creative Fun

Each day brought a new **Food Dudes Challenge**, including:

- Fruit & veg puzzles
- Naming fruits for each letter of the alphabet
- Spotting fruits and vegetables in all the colours of the rainbow

Ms. Dillon's class also created beautiful **fruit bowl art**, now proudly on display outside their classroom. We also had a variety of **unusual fruits and vegetables** on show in the school foyer, sparking lots of curiosity and conversation!

### **Guess the Grapes!**



Our “**Guess the Grapes**” competition was a hit! Congratulations to **Zoya, Mekaal, Con McHenry, Conor M, Ryan, and Alezeeh**, who came very close to guessing the correct number of grapes in the jar - **139**!




We hope you enjoyed using your **homework passes**!

### **A Special Recognition**



We are proud to share that **Ms. O'Hara and Mrs. Baxter** were invited to the **Bord Bia Headquarters** in Ballsbridge to receive a **special plaque** in recognition of our school's commitment to the Food Dudes initiative. They also brought back a **raspberry bush** for our school garden. Fingers crossed we'll be harvesting our own berries next year!

 **Don't forget** to check out our Healthy Eating Policy on the school website. Here is the link:

[Healthy Eating Policy](#). Let's all continue bringing **fruit and vegetables** for our daily snacks and make healthy eating a lasting habit!