Kicking off healthy attitudes

At the event were (from left to right) Suhail Bayat, owner, Supersave Foodtown Hyper; Mr Mabinza, District Manager of Education, uMgungundlovu District; Her Worship the Mayor Cllr. Maphumulo, District Mayor of uMgungundlovu District Municipality; His Worship the Mayor of Msunduzi Local Municipality Cllr. T. Njilo; and Abu Khatib, owner, Supersave Foodtown Hyper.

What a fantastic day! The first Supersave Foodtown Hyper Interschool Sports Day and Big Walk event, which was held on Friday 20 April 2018, was by all accounts a resounding success. Hundreds of children from six schools took part in this inaugural event, which began with a 2km walk, followed by a 20-minute fun-filled aerobic session. This led into the main events of the day, a netball and soccer tournament.

There are many positive benefits to healthy living, but our attitudes to health as adults are often instilled in us as children. Encouraging our children to practice good health, such eating properly and getting enough exercise, is to give them a gift that will stay with them for their entire lives.

Local community store Supersave Foodtown Hyper in Pietermaritzburg knows this, so the owners decided to take a proactive approach to the development of healthy lifestyles in youngsters at six schools in the area – Nyonithwele Secondary School, Laduma High School, Smero Secondary School, Kwapata Secondary School, Edendale High School and Georgetown High School. These high schools were selected to participate in the event, which started at 8am on an overcast Friday morning. However, the weather did not dampen anyone's spirits and the walk began in a festive atmosphere. Around 600 children, accompanied and escorted by teachers, the local Community Police Forum and the South African Police Service, walked from Caluza Stadium to Wadley Stadium in Edendale, Pietermaritzburg. Supersave Foodtown Hyper supplied very welcome refreshments to all the walkers at the start and finish of the walk.

The rest of day took place at Wadley Stadium, with over 2000 children attending the event. A host of VIPs were also in attendance, including a number of NGOs; Municipality Madam Speaker Cllr. J Ngubo; Mr M. Ngobese representing the South African Police Service; Mr Chappen, who represented the Department of Health; Circuit Inspector Mr Mncwabe and Area Inspector Mr Mncube; the District Manager of Education from uMgungundlovu, Mr Mabinza; Her Worship the Mayor Cllr. T. Maphumulo, who is the District Mayor of uMgungundlovu District Municipality; and His Worship the Mayor of Msunduzi Local Municipality Cllr. T. Njilo. The SAPS were on hand to ensure the event ran smoothly.

"The entire day was planned as a way to promote a healthy lifestyle for our children, to demonstrate that physical activity can be fun and to encourage participation in sports activities at school," says Suhail Bayat, one of the owners of Supersave Foodtown Hyper.

After a highly competitive event, Edendale High School won the netball tournament, with Nyonithwele Secondary School in second place and Smero Secondary School coming third. The soccer tournament was won by Nyonithwele Secondary School, with Kwapata Secondary placed second. Edendale High and Georgetown High tied in third place.

Supersave Foodtown Hyper sponsored prizes for the winning teams, as well as for the second and third placed teams. The winning schools in both soccer and netball were awarded a cheque of R10 000, while 2nd place received R5 000 and 3rd place R2 000, to be used for improving the sporting facilities at their respective schools.

"We would like to congratulate all the winners, as well as each child that took part in the day. It was a joy to see the fun and excitement experienced by the children and our privilege to be part of this event," says Suhail. "We have a close-knit relationship with our communities and we believe this is a meaningful way of giving back and making a difference. We also extend a warm thank you to all our VIP guests for sharing this special day with us."

Supersave Foodtown Hyper is a member of Unitrade Management Services, a voluntary trading organisation that provides marketing, financial management, IT, business development and buying power to independent wholesalers and retailers through personal service and strong partnerships.

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