

Are You Planning a Health Week?

Do you need ideas...?

Lancashire Healthy Schools Programme have put this guide together which you may find useful to help plan and run a health week on healthy eating in school.

Planning

- Plan well in advance, at least half a term
- Think wider than eating – e.g. growing food, local garden centre, gardening club, composting / recycling, water consumption, dental health issues, children's behaviour linked to 'junk food', cost of home made versus ready meals, healthy eating policy update you could re-write this in consultation with pupils
- Discuss at staff meetings, enlist support to share out the responsibilities as planning a health week is a huge piece of work
- Establish a budget – where will the money come from to buy ingredients?
- Discuss with PTA, parents and carers and the school cook, they may have skills or services to offer
- Ask the school council and pupils for ideas and suggestions
- Look at the Lancashire Healthy Schools website for ideas from other school health weeks at www.lhsp.org.uk
- Make parents aware that children will be food tasting and ask them to let you know about any allergies or food intolerances
- Send a letter home to inform parents and carers and invite them to join in the activities

Link with the local community

- What agencies and businesses are in your local area that you could approach e.g. school nurse, dental health, local restaurant, supermarket, local high school food technology department or college of further education
- Discuss ideas with your Healthy Schools Co-ordinator as they may have some further suggestions
- Borrow as many resources as possible see the resource section for ideas
- Contact the local press for publicity for your work within school

Running the health week in school

- Bring in as many outside visitors as you can who will enrich the week e.g. health visitor, dentist, school nurse, local chef etc
- Draw up a timetable plan for all staff
- Delegate the task of photographer to capture all of the work, this can be used as a display to celebrate your work as well as for future evidence for Healthy Schools accreditation
- Fill out a good practice proforma case study. This helps school to celebrate the successful week, you will receive a good practice certificate and also shares your work ideas with other schools
- Link to curriculum areas e.g. where food comes from in Geography, making healthy snacks in Design and Technology
- Ask the school cook to become involved
- Hold a community lunch, invite parents, grandparents. Give the School Council, year 6 pupils as much responsibility as possible

Assembly

- Launch the health week in school assembly
- Set a challenge for the health week for each class e.g. to try a new food or make a recipe that you have not done before
- Have inexpensive prizes e.g. water drinks bottles, healthy lunch boxes, Eatwell posters for competitions for the whole class

Food Tasting and Identification

Have a food tasting box ready to use which could contain:

Disposable plates and cutlery, bin bags, paper towels, chopping board, food tongs or spoons to use to serve individual tasting portions, tasting sheet.

- Try different foods that the children may not have sampled before, different fruit and vegetables or foods from different countries
- Food Matching - Place an item of food into a bag or box to let pupils feel the food without being able to see it and try to guess what it is

Cooking

- Ready Steady Cook – invite local chefs in from college or restaurants to work with pupils
- Hold a Jamie Oliver Ministry of Food pass it on event
<http://www.jamieoliver.com/jamies-ministry-of-food>
You could teach key stage 2 pupils and parents a recipe that they could then pass onto other pupils and parents
- Design and make a healthy recipe e.g. sandwich, samosa, spring roll
- Food from around the world try out different recipes or taste new foods

- Design and make a healthy meal, involve the school cook and see if it could go onto the menu
- Outcomes, ask each class to produce a poster/display showing all the activities they have done
- Evaluate the impact the week has had on pupils and the school

Resources

- Contact your Healthy School Co-ordinator to ask about resources available to loan:

The School Food Box - Contains a range of material to use in class and to set up a display, the resource box contains posters, teacher's guide, worksheets for different activities on Eatwell (including the Eatwell mat and pictures of foods), food miles and what's in your lunchbox?

Healthy Heroes



Aim to raise awareness of healthy eating and physical activity for pupils and their families in a fun and interactive way. The idea is that anyone can become a hero if they follow the key messages on the work cards. The resource is launched in the summer term of 2009 and will then be available to download at the Lancashire Healthy Schools website www.lhsp.org.uk/healthyheroes

If you would like copies of the Healthy Hero postcards and stickers to use with the work cards then contact me at lisa.suddes@lancashire.gov.uk

Websites – Have a look at the websites on healthy eating for further ideas, resources and interactive activities to use at the Lancashire Healthy Schools site http://www.lhsp.org.uk/index.php?category_id=10&catplus=1



Change4Life - Is a nationwide campaign which aims to help us all to eat well, move more and live longer. Sign up your school as a local supporter to Change4Life at:

<http://www.nhs.uk/change4life/Pages/PartnerRegisterLocal.aspx>

As a local supporter schools will receive:

- an email confirming your registration with links to free downloadable materials and how to use them
- Clear, family-friendly information on Change4Life and how you can get involved
- Regular updates on the latest news, tools and resources from Change4Life
- Free resources, posters, leaflets, downloadable toolkits and logos to use

Food a Fact of Life website www.foodafactoflife.org.uk

Has a wealth of downloadable information, presentations, worksheets and interactive activities which are divided into three groups – healthy eating, cooking and skills and food and farming.

Resources – are there any free leaflets, posters, recipes you could order in to hand out? e.g. The Food Standards Agency has Eatwell posters, postcards, posters as well as booklets on salt, fat and food labels.

Tel: 0845 606 0667

Email: foodstandards@ecgroup.uk.com

For recipe ideas have a look at the Lancashire Healthy Schools Food Partnership recipe booklet

<http://www.lhsp.org.uk/getfile.php?src=197/Recipebook.pdf>

Copies of the recipe booklet can be obtained from the Lancashire Healthy Schools office, email lisa.suddes@lancashire.gov.uk

