



Surrey

Babcock 45
partners in education

Food Awareness Week



June 13-17th 2011

Planning Information



small steps 4 life

change
4 life

Eat well · Move more · Live longer

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Why is Food Awareness Week Important

Food Awareness Week is as important as ever. The prevalence of obesity in children is still rising. The results of the Government's National Child Measurement Programme for 2009/10 showed that the number of children starting their school life either overweight or obese is just over one in five and that it is even higher in Year 6 where nearly one in three pupils is either overweight or obese. Results in Surrey tell us that around 80% of reception year and 70% of Year 6 children are a healthy weight, with 12% and 14% respectively being overweight. More worryingly, 7% of reception age children increasing to 14% of Year 6 children are obese. We know that if children are active and get into good eating habits early, they are more likely to maintain them throughout their life.

Food Awareness Week is a great way to educate children about the importance of exercise and healthy eating from a young age.

The key messages of Food Awareness Week

Food Awareness Week is a campaign designed to promote healthy eating to school children to help tackle the problem of childhood obesity through 3 key messages:-

1. To eat at least five portions of fruit and vegetables every day
2. To introduce the concept of a balanced diet using the Eatwell Plate
3. To have at least an hour of physical activity every day

Join in and see the impact!

Last year 125 schools participated in the campaign across Surrey. Evaluation after the campaign in Surrey showed that around 73% of children were familiar with the 5 a day message, around 85% of the Eatwell Plate and around 80% of the importance of doing an hour of physical activity each day prior to FAW. However after FAW these figures rose to 98%, 100%, and 100% demonstrating that FAW can have an impact on children's knowledge of keeping healthy.

For any queries and general advice on running FAW in your school contact Diana Hansford, Food in Schools Consultant diana.hansford@babcock.co.uk.



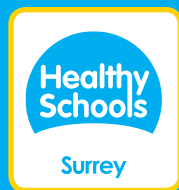
The National Picture



Change4Life Change4Life is a nationwide movement with the aim of helping us all but especially our children eat better, move more and live longer. There are lots of free resources available which could be useful to schools during Food Awareness Week including wall charts, stickers, recipe books etc. Schools should register as a Change4Life supporter at www.nhs.uk/change4life and will then receive the Change4Life School Pack.

Smallsteps4Life is a fun program with a serious aim - to help initiate and support long-term behaviour and attitude change among young people across the UK. It is

leading the healthy and active lifestyles strand of Get Set - the London 2012 education program with the aim of getting schools and young people involved and actively taking part in the run up to London 2012 and beyond - starting now. Teachers can find out more information and register their school at www.smallsteps4life.direct.gov.uk



Healthy Schools

The Healthy Schools Programme has set the standard for a whole school approach to health and has now reached the landmark figure of over 9 out of 10 schools in England achieving National Healthy Schools Status (NHSS). The coalition government has stated its continuing commitment to Healthy Schools as a means to improve the health and wellbeing of children and young people. A revised Healthy Schools toolkit has been developed for use by schools and school clusters and can be found on www.education.gov.uk/healthyschools. The toolkit is designed to help schools 'plan, do and review' health and wellbeing improvements for their children and young people and to identify and select activities / interventions effectively. The Surrey Healthy Schools Team will continue to support schools with this new school-led programme and more information on the local programme can be found on www.surreyhealthyschools.co.uk.

School Food Trust



The School Food Trust was established by the Department for Education and Skills in 2005. Although no longer a funded Government Body it continues to operate as a non-commercial organisation offering schools advice on all aspects of school food and drink including the Government Standards

for School Food. For more information on any of the programmes outlined below and all aspects of school food visit www.schoolfoodtrust.org.uk

Packed lunches

The Trust has developed a step by step guide to provide information, advice and guidance to schools on how to develop a healthy packed lunch policy. This includes a toolkit, menus and a free downloadable packed lunch poster, handout and draft letters to parents which can be downloaded and edited to suit.



Improving Kitchens and Dining Spaces

New research has shown that poor quality dining rooms are the biggest barrier to children's uptake of school food and that opportunities for improvements within kitchen and dining spaces can lead to significant improvements in the quality of the meal and the dining experience. The School Food Trust can offer schools help in getting started in improving kitchen/dining spaces. They have suggestions on who to talk to, funding advice, case studies and resources to help improve your kitchen/dining space.

Million Meals

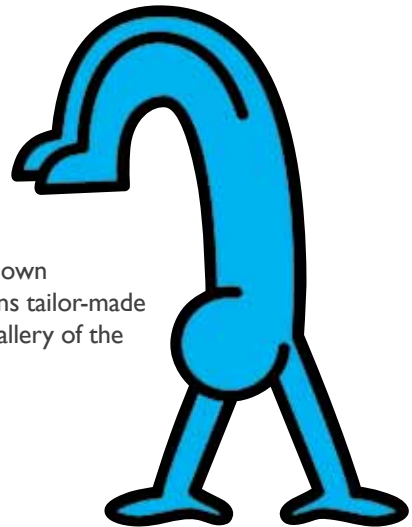
Million Meals is the national campaign set up to increase the take up of school meals. It helps schools to make small changes, at their own pace, that will have a big impact on their school meal take up. It costs nothing to join, and once signed up schools will have access to free tools and resources. The resources include everything from marketing support to recipes, posters and curriculum packs.



MADGe

The Marketing and Design Generator (MADGe) is an online resource that schools can use to

market school meals. Users can download and design their own posters, letters, stickers with fun, exciting themes and designs tailor-made for use in schools or choose a ready-made poster from a gallery of the Trust's national campaigns.



Running Food Awareness Week

Food Awareness Week should be fun! In Surrey we are running Food Awareness Week June 13th-17th but if this week doesn't suit your school just plan it for a week that does. This pack has all the information you need to run a successful week and giving you plenty of ideas on what to do and where to get free resources. The CD includes over 150 activity sheets divided by key stage (1,2,and 3) and type of activity.

5 A Day

Children need to eat more fruit and vegetables. A recent survey showed that on average British children are eating less than two portions of fruit and vegetables a day. The Food Awareness Week pack contains lots of fun ideas on how to get children interested in trying lots of different fruit and vegetables and eating their 5 a day including:-

- Fruit and Vegetable tasting sessions
- Fruit and Vegetable record cards
- Smoothie café
- Giant Fruit Salad



For more information and free 5 a day resources visit www.nhs.uk/livewell/5aday



Eatwell Plate

The Eatwell Plate is our national model of a healthy diet and is used by health professionals throughout the NHS. Most of us need to eat more foods from the bread, cereals and potatoes group and also from the fruit and vegetables group. However the model is realistic. It shows that fatty and sugary foods can be part of a balanced diet.

There are many activities including some interactive games on the CD to help children learn about the Eatwell Plate concept including:-

- Designing your healthy packed/school lunch
- Activities on which foods go into the five food groups
- Interactive games
- Packed lunch tips for parents

Guidance on eating a healthy diet including tips on healthy eating and a downloadable copy of the Eatwell Plate can be found at www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating. At Babcock4S we have some large Eatwell Plate floor mats and plastic food that you can borrow just email Diana.hansford@babcock.co.uk to arrange to collect.

Cooking

The best way for children to learn about food is to get practical. Children love to prepare or taste food and it's a great way to teach them about healthy eating. The CD includes :-

- non cook food preparation activities which can be carried out in the classroom
- Hazard analysis chart to ensure you are prepared and can cook safely
- KS3 menu design activities and recipes

There are many great websites with recipe ideas and tips on cooking with children:-

Let's Get Cooking

Supported by the School Food Trust, Lets Get Cooking is a national network of cooking clubs across England, helping children, their families and the wider community to learn and develop new cooking skills. Many Surrey Schools already have a Lets Get Cooking Club and Food Awareness Week is a great time to showcase your club. If you don't have a club but are interested funding is available for associate clubs to join the network and access all its resources visit www.letsgetcooking.org.uk for more information.

Food a Fact of Life

This site from the British Nutrition Foundation provides a progressive approach to teaching about healthy eating, cooking, food and farming by key stage from 3- 16 years. It provides a wealth of free resources including recipes, cooking videos and interactive games. www.foodafactoflife.org.uk

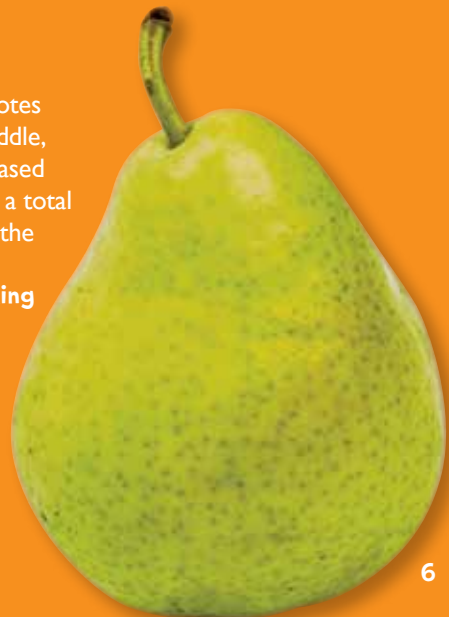
Active Kids Get Cooking

This is an initiative which recognises, supports and promotes excellent healthy eating work and cooking in primary, middle, secondary and special schools throughout the UK. It is based around a number of practical food based challenges with a total of ten certificates to collect, which are progressive from the ages of 3-4 to 16+.

www.activekidsgetcooking.org.uk/activekidsgetcooking

Focus on Food

The focus on food campaign focuses on the making and cooking of food as the key experience in learning about food. It also contains a wealth of practical resources, recipes, cooking tips and cooking buses that can be booked for visits. www.focusonfood.org .



Food Safety

It is really important that children are taught about the importance of Food Safety. The CD contains a number of activities which they can do in the classroom including

- How and why to wash your hands correctly
- Where should you store food?
- What happens when food goes bad?
- Food Poisoning fact file
- Bug busting



Food Standards Agency

The Food Standards Agency offers advice on all aspects of Food Safety. Food Safety Week will be held from 6th to 12th June 2011 when the agency will be promoting food safety and offering support resources to schools including a range of 'GermWatch' materials available at www.eatwell.gov.uk/keepingfoodsafegermwatch/

Food Safety Training

It is important that a member of school staff is trained in Food Hygiene particularly if food is being handled and stored for before/after school clubs and cooking activities.

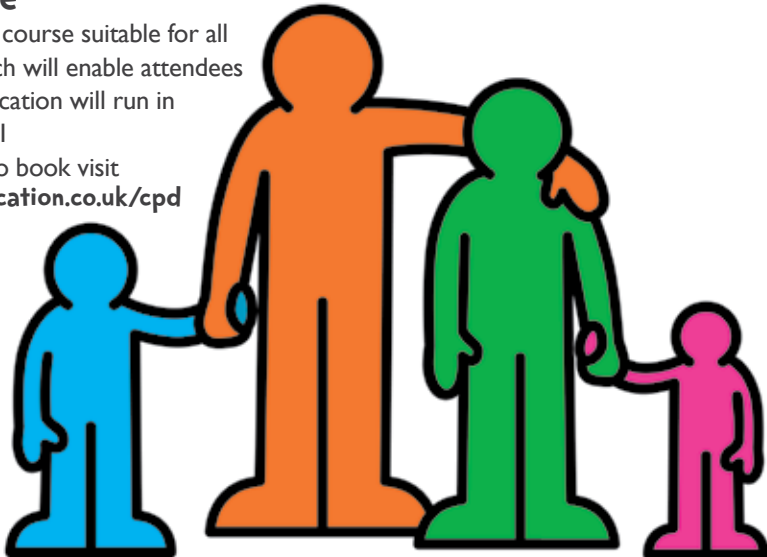
In School Training

Training for staff running cooking, breakfast or other food related activities to achieve a basic food hygiene qualification can be provided by Chris Philpott at school on an INSET day. Contact Chris on Cjwatertower@aol.com.

Babcock 45 course

A Food Safety in Catering course suitable for all school staff to attend which will enable attendees to achieve a Level 2 qualification will run in Guildford on May 5th 2011

course code 11T/03885. To book visit <http://cpd.babcock-education.co.uk/cpd>



Healthy Eating and Drinking

Breakfast Club

Most nutritionists agree that breakfast is the most important meal of the day – yet 1 in 6 children do not eat breakfast. Breakfast clubs provide a healthy meal at the start of the day in a safe and friendly environment. Information on how to set up a breakfast club including funding that may be available and ideas on what to serve can be found at www.continyou.org.uk or the Kellogg's site www.kelloggs.co.uk/whatson/breakfastclub/

Farmhouse Breakfast Week is a themed week in January sponsored by the flour and grain authority that gives access to free resources, recipes, stickers and posters. www.farmhousebreakfast.com

Packed Lunches

The CD contains lots of information on packed lunches activities including-

- designing a healthy packed
- recipe ideas
- packed lunch survey template
- healthier packed lunch tips for parents
- model policy

The School Food Trust (see above) has lots of advice on healthier packed lunches including a step by step guide to developing a packed lunch policy www.schoolfoodtrust.org.uk/schools/projects/packed-lunches. The British Nutrition Foundation also have leaflets and posters on healthier packed lunches which can be downloaded from www.nutrition.org.uk

School Lunches

FAW is a great time to promote school lunches. The School Food Trust (see above) can give you lots of help and advice with this.

Surrey Commercial Services will be happy to assist schools where they provide the catering with Food Awareness Week events. They can offer a special day lunch with a healthy eating competition. Please contact your regional manager at your local area office for more information.

NORTH - manager - Alison Rowland 01483 519500

SOUTH WEST - manager - Mary Shipley 01483 517656

SOUTH EAST - manager - Sarah Atkinson 01737 737707



Free School Milk

School milk is a valuable source of nutrients and hydration to children providing over 2 thirds of a child's calcium and providing a full allowance of vitamin B12. All children under 5, and those over 5 who are entitled to free school meals, are also entitled to free school milk. Surrey council has been working with Cool Milk to run a school milk scheme at no cost to the school. The scheme is simple to run and Cool Milk will provide a free fridge for storage. Children over 5 not entitled to free school meals can also receive school milk through the scheme to which parents can contribute online. For more information contact Cool Milk on 0800 678 5628 or www.coolmilk.co.uk.

Water in School

The Water is Cool in School campaign aims to improve the quality of provision and access to fresh drinking water in UK schools. The site has links to suppliers and resources for schools to use in educating children on the importance of drinking water. www.wateriscoolinschool.org.uk

Most local water boards can provide educational talks and visits on the importance of water in schools:-

Sutton and East Surrey Water:

contact jo.hedges@surreyhouseuk.com
on 07824 635581 for more information.
www.waterplc.co.uk.

South East Water:

contact Janet Kemp on janet@cobbpr.com.
www.southeastwater.co.uk

Veolia Water (formally 3 Valleys Water)

contact Ted Casey through
education@veoliawater.co.uk.
www.veoliawater.co.uk/education

Thames Water speakers can be booked through

education@thameswater.co.uk.
www.thameswater.co.uk



Growing Awareness - Food origins

Setting up a school garden to grow food that the children can harvest is a great learning activity for children. A step by step guide to running a growing project in school can be found at www.growinggrub.co.uk

The Food for Life Partnership

Led by the Soil Association the Food for Life Partnership can help schools and their communities transform their food culture. Using practical food education, young people in your school will learn all about food and its origins and caterers will be given help to serve up fresh, local, organic and seasonal school meals. www.foodforlife.org.uk

Morrison's – Lets Grow!

Morrison's launched 'Lets Grow' last year to give schools access to some great teaching resources for each key stage including a series of 'how to' guides. Schools not registered with the scheme can still access the teaching resources on www.morrisons.co.uk/letsgrow/TeachingResources

Garden Organic

Garden Organic is committed to getting people growing and has many FREE resources for schools such as handy, quick-reference growing instruction cards and activity sheets. www.gardenorganic.org.uk

Flour and Grain Authority

The flour and grain authority have an education program with a great website and teacher resources for use in the classroom. Children can investigate how grains are grown and harvested, what happens to them before they reach the plate, and why they should be included in a healthy diet. www.grainchain.com

Think Food and Farming,

This is the legacy of the Year of Food and Farming, It will promote healthy living by offering children and young people direct experience of the countryside, farming and food through growing and cooking activities, and visits to farms www.thinkfoodandfarming



Olympic Fever

With the Olympics coming to London next year there are lots of reasons to get more involved in school sport. 100 days of Sport was launched by Surrey County Council on 15th March 2011 and will make 500 days to the start of the London games. The 100 days will include all Surrey school's sports finals as well as a Surrey Para Games for young people with a disability. The training and trials for the Surrey Youth Games begins in April across the county and culminates with the finals weekend at Surrey Sports Park June 18th/19th 2011.

Assistance

Active Surrey can put you in touch with local authority sports contacts, community sports coaches and governing bodies of sport. For more information contact Active Surrey on 01483 518944 or visit www.activesurrey.com

Clayton Wilson, Babcock 4S Advisor for P.E. 01372 834444, clayton.wilson@babcock.co.uk

School Sports Partnership

Your local School Sports Partnership has information on a wide variety of sport and physical activity opportunities available within your school.

EAST SURREY

Kent Tristram - KentTRISTRAM@gatton-park.org.uk

MID SURREY

Matt Chilcott - mchilcott@lhead.therfield.surrey.sch.uk

WAVERLEY AND ASH

Kirsty Garrett - kgarrett@ashmanorschool.com

NORTH WEST SURREY

Laura Smith - l.smith@wcs.org.uk

NORTH SURREY

Paul Sheppard - sheppardp_pdm_eehs@yahoo.co.uk
National



Sport England Primary Schools Sports Day toolkit

The tool kit gives details of activities and a teacher's manual which gives guidance and information about running inclusive sports days.

Copies can be ordered through www.sportengland.org - or calling the Active Schools Helpline 0800 169 2299. The website also gives details on the Active Mark accreditation.

The British Heart Foundation (BHF)

Active Schools Resource Pack

The British Heart Foundation (BHF) has some excellent free resources for schools to use in teaching children about healthy lifestyles. They have online resources and a great selection of games, posters, books and DVD's linked to healthy lifestyles including The BHF Active Schools pack for primary and secondary schools can assist schools to achieve Active Mark Primary Accreditation.

BHF also produce a playbook for children aged 7-11 years. All resources are free and can be ordered directly online at www.bhf.org.uk/teachers or by phoning on 0870 6006566.



Top Play and Top Sport

Top Play and Top Sport is a joint venture between Sport England and the Youth Sport Trust and is delivered as part of the active schools programme. For further information contact the Active Schools Helpline 0800 169 2299.



Help with running your Food Awareness Week

Area Catering Officer

Your area catering officer may be able to help you with running food related activities in your school. If you would like assistance please contact the appropriate officer:

Countywide

Diana.hansford@babcock.co.uk 01372 834470

North

Nicola.williams@babcock.co.uk 01372 834464

South West

Deborah.callaway@babcock.co.uk 01372 834096

South East

Tracey.killick@babcock.co.uk 01372 834218



School Nurse

Your school nurse can give you advice and lessons for pupils and parents on nutrition, healthy eating, healthy bones and teeth. For more information contact your school nurse or community health centre.



Promoting your event



Use MADGe

from School Food Trust to design posters, letters to parents, and special menus (see above)

Local Press

- You will find the contact details of your local newspapers inside the front cover. Alternatively the following websites should list all of the newspapers covering your area: www.newspapersoc.org.uk
- Send a press release or email a photo detailing your event to your local media.
- If your event involves children you must ensure you have written permission from their parent or guardian to use their image in any media.

Good Luck

Good luck with planning and running your Food Awareness Week.

Here are our top 3 tips on making it a success :

1. Plan Early
2. Get as much help as possible (parents, governors, agencies listed in this guide)
3. Be realistic about what you can achieve.

Feedback - chance to win £50 worth of cooking equipment

In order to gauge the impact of the campaign I will send all registered schools a short evaluation form in July. Your feedback is really useful in developing future activities so please let us know what you have done. All completed evaluation forms will be automatically entered in to a draw to win £50 to put towards cooking equipment or healthy eating resources for your school.





For any more
information please contact
Diana.hansford@babcock.co.uk

Many thanks to NHS Surrey for
assistance with funding this project.