

School Food News!

Meet the team:



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Welcome to your second edition of 'School Food News!'

We had a great response from the first School Food Newsletter and hope that you found it informative and interesting.

Here are some updates on the latest Food Standards:

School lunch based standards:

The lunch based standards have now been in place since September 2006 and schools are doing well. The School Food Trust will be issuing a revised guide to the interim food-based standards in March. Copies will be distributed directly to schools for headteachers and cooks.

Standards for school food other than lunch:

Are you aware that as from September 2007, the food based standards for lunch will also apply to breakfast and after school clubs, vending machines, break time food and tuck shops? This applies to both Primary and Secondary schools. It has been advised that schools implement these standards now, to ensure full compliance by September 2007.

A good starting point is to audit what is on sale at the moment. We know that none of these will be allowed:

- Any kind of sweets
- Crisps or other savoury snacks
- Sweetened soft drinks

If any of these are on offer, work with the pupils and begin to make small changes. These are the types of foods that are being encouraged, more **fruit and vegetables, packets of seeds or nuts, baguettes, sandwiches and pizza slices.**

For further information about the standards please contact the School Food Trust:

www.schoolfoodtrust.org.uk or call 0800 0895001



Frequently asked questions by MSAs!



Q) What is the role of an MSA during lunchtime?

A) To provide supervision during the lunchtime period, ensuring behaviour is appropriate and maintaining a pleasant environment for the children to eat their lunch.

Q) Do I have to ensure children eat everything on their plate?

No, of course you can encourage the children to follow a healthy diet, asking prompting questions such as "are you not having vegetables today Jo? Why don't you try them they are ever so healthy". It is not your role to be the food police. You can encourage the children to eat all of their vegetables / meal but that is all.

Q) I have heard that some schools do reward schemes, can we do these?

A) YES YES YES! You can encourage children to eat a balanced meal by using reward schemes – here are a few ideas

- children are given stickers when they try new foods
- children are given house points / credits if they choose and eat a balanced meal
- children identify goals e.g. this week I will eat one portion of vegetables everyday, if they achieve this they receive a sticker /point
- the golden table – children are rewarded for good behaviour / food choice by gaining a place on a top table with a friend (the table could be decorated to make it more attractive)

Think about how you are encouraging children to eat, even if you do not like the food, try and speak positively and think of reasons why the food is nice e.g. the texture, colour, smell, taste.

School meals help learning!



We now have more reason to try and increase the uptake of school meals, as a University of Hull study found that **children having healthy school meals concentrated better and were less disruptive in the classroom.**

Let us know how you are promoting healthy eating and your new menus, and we will feature you in a future newsletter!

Increasing children's and families knowledge of the menu can be a very effective way of promoting school dinners. The NCS cook, Di Stevens, at Diss Church Junior School is not only running fruit and veg tasting sessions, children also have the opportunity of watching her (through the servery hatch) prepare some of the menus from the first ingredients and then tasting them.

Useful Websites!

www.foodstandards.gov.uk

The food standards Agency (FSA) website has a wealth of information on all food matters and you will find a section just for schools.

There is information for anyone interested in cookery in schools, including tried and tested recipes suitable for primary and secondary pupils, a guide for setting up a cookery club and how to have the FSA Cooking Bus visit your school. Woodside First and Nursery School, Norwich did just that earlier this term.



Melanie Serves up "bananas" and "trees"!

Melanie Kite, NCS Cook Manager at Hunstanton First School took part in the regional final of the School Chef of the Year (SCOTY) competition. Although Hertfordshire's entrant claimed top prize, Melanie was not far behind – and was highly commended for her dessert: raspberry seaside special with lavender and lemon shortbread. Melanie thoroughly enjoys her job at Hunstanton First School and has worked very hard over the last four years to encourage the children to taste new things. Melanie said that she tries to make lunchtimes fun for the children and tempts them to try new food and tastes. Bananas are called telephones and broccoli is called trees. The children are encouraged to join in and name other foods - all in the name of healthy eating!



Design then dine!

Does your dining hall look a bit sad and tired? Would you like to be able to decorate it? Well take part in our new competition!

In order for you to have a chance of winning one of **3 prizes of £150**, you have to tell us in no more than 500 words how you would spend the money to decorate/ enhance your current eating area. Pictures are very welcome to demonstrate your ideas.

Please send entries no later than **Friday 20th April 2007** to **Louise Flynn** at:

Post to:

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Fax:

01603 307188

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Your training uncovered!

Please contact [Louise Flynn](mailto:louise.flynn@norfolk.nhs.uk) for booking details.

Title
Support for Governors on
School Food Issues.

Date
27/03/07
28/03/07

Venue
Norwich PDC
Norwich PDC

Time
7.00-9.15pm
7.00-9.15pm

How to encourage children to eat more healthily.

This is a practical 1.5 hour workshop for MSAs organised in cluster groups. Look out in the post as we will write to each cluster with details of dates and venues in your area.



A date for your diary:

Food Glorious Food! A Food Festival for Children, John Innes Centre, Norwich, Thursday 27th September.

Our aim is to enthuse, inspire and inform children about all aspects of food so that they will take this back to their schools where they can share their ideas and experience with others. We hope that they will use their new found knowledge to inspire a range of developments and activities in their school and will be able to help to develop their school's policy on all food issues.