

Bite



Food in Schools Magazine

Welcome to Bite, our Food in Schools magazine. This magazine aims to keep schools up to date with the latest information on what's happening with school food, resources available and to provide an opportunity to share examples of how a whole school approach can improve the nutrition and wellbeing of pupils and staff.

HEALTHY FOOD FOR HEALTHY OUTCOMES – A FOOD IN SCHOOLS POLICY

In February, over 180 delegates from schools across Northern Ireland came to Stranmillis University College for a successful conference on the new Food in Schools Policy.

The purpose of the event was to share learning and to support schools in the process of developing a 'whole school' approach to the implementation of the food in schools policy – 'Healthy Food for Healthy Outcomes'. The half-day event provided senior school management, staff and members of school boards of governors with advice on creating a framework to implement a healthy eating policy in their schools.

The conference was attended by Education Minister John O'Dowd and Chief Medical Officer Dr Michael McBride who support the action to provide children with healthier food choices and nutritional information to support a healthier diet. Minister O'Dowd said:

"Good nutrition is essential for cognitive development and concentration, positively impacting on behaviour and attendance at school. The whole-school approach will ensure that children are taught about healthy eating in the classroom and that this is reflected in the food available to them within their school. A school lunch can account for a third of a child's daily nutrient intake and the provision of healthy school lunches is of particular importance for children from low income households and for those in poverty."



Education Minister John O'Dowd,
Chief Medical Officer Dr Michael McBride and
Judith Hanvey, Regional Food in Schools Coordinator

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I welcome the work that has been done to date on delivering the Food in Schools Policy and I commend schools who have already taken forward a wide range of actions to support healthy eating which will ultimately generate many education and health benefits for children and young people.

The conference follows on from the launch of the Healthy Food for Healthy Outcomes: Food in Schools Policy in September 2013. The policy document developed jointly by the Department of Education (DE) and Department of Health (DHSSPS) draws together a number of existing strategies and encourages a 'whole school approach' to all food and drink provided and consumed in schools.

Chief Medical Officer Dr Michael McBride added: *"The school setting is where our children spend a substantial proportion of their time and it is therefore vital that schools put into practice what they are teaching to their pupils. This can be a challenge in itself as we strive to encourage children and young people to choose the healthier option without taking choice away from them. Sweets and crisps have their place, just not every day with every meal. I believe that this work on food in schools will have an impact not only on our children, but on the wider population. Children can learn from the good example set by their parents and similarly parents can learn from what their children learn at school or clubs. Everyone needs to play their part and it is clear that we need a wider cultural shift in the way we nourish and raise our children."*



Other speakers from a range of disciplines emphasised the importance of good nutrition for cognitive development and concentration, and the positive impact of these on behaviour and attendance at school. In light of increasing levels of obesity there was widespread support for a cultural shift in the way children are nourished and educated about healthy eating and healthy lifestyles. The policy ensures that children have the opportunity to benefit from a healthy balanced diet, which can aid learning and lead to improved educational outcomes. Every school should have had their own whole-school food policy in place by September 2014. Nursery schools that receive funding from the Department of Education must also follow this policy.



PowerPoint presentations and films from the conference can be accessed at the 'food @ my school' room on Fronter as well as support material on devising and implementing a Food in Schools Policy. Details of how to access the room are provided on page 4. The Policy document is also available on the Department of Education website:

http://www.deni.gov.uk/index/support-and-development-2/5-schools_meals/food-in-schools-policy.htm

Dear Reader

We are delighted to use this issue of Bite to showcase the great work that has taken place this year and promote several exciting developments for schools.

We had a very successful conference in February with many delegates attending to learn more about the Food in Schools Policy and how to implement it within their own schools. NEELB.TV supported this event by filming all the speakers. These films are now available along with the Power Point presentations within the food @ my school room on Fronter. They are also featured on the YouTube channel for Stranmillis University College.

This conference also launched the new **food @ my school** room on Fronter which has been designed as a useful resource in helping schools implement the Food in Schools Policy. Teachers and staff can use it to keep up-to-date with the latest news and information on every aspect of food within schools. There are practical tips on how to promote healthy food provision within schools as well as details of other resources available to support this aspect of the curriculum at each key stage. The room also enables teachers to collaborate with colleagues and food in schools experts to share learning tips and best practice.

The Northern Ireland School Caterers Association continues to promote school meals and to support schools with events highlighting and reinforcing the link between education, healthy eating and food provision in schools as advocated in the Food in Schools Policy. I hope schools will continue to support the remainder of events planned for 2014/15 to promote a whole-school approach to all food in schools.

If you would like to share any information for the magazine or see features in future issues on a particular topic, please let us know. We welcome all feedback and endeavour to ensure our communication with you continuously improves and Bite provides you with a picture of the progress being made to encourage, promote and support children and young people to make healthy food choices.

Best wishes,

Judith Hanvey
Regional Food in Schools Coordinator

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food @ my school is the new information access point to all aspects of food in schools, developed by the Food in Schools Forum and C2k.

This room is dedicated to school food and provides members with up-to-date news and events, curriculum resources, video conferences and support materials for implementation of the Food in Schools Policy.

How to access food @ my school

- 1 This is a members' only site. **To register simply email jhanvey884@c2kni.net** with your C2k email address
- 2 Click on My School on your desktop or log-in via www.c2kschools.net 
- 3 Click on the Fronter icon 
- 4 Click on the food @ my school icon 
- 5 Start accessing the following:
 - ✓ Food in Schools Policy - Policy documents, useful links and examples of good practice
 - ✓ Food provision in schools - Nutritional standards for school lunches and other food in schools
 - ✓ Curriculum resources - Food and nutrition resources for the different Key Stages
 - ✓ Events - Local and regional events, conferences and training opportunities
 - ✓ Collaboration opportunities - Discussion forums and media clips to share knowledge, experience and expertise
 - ✓ News - Latest news, updates and press releases

food @ my school saves you time by collating all resources, policy documents and evaluations in one place, sparing teachers the need to browse through folders and websites for information. The room also represents a community of practice with opportunities for collaboration in forums, sharing successes and good practice, discussing questions and taking part in surveys with other educational professionals and food in schools experts.





NISCA

RAMPING UP THE RED TO FIGHT HEART DISEASE

In February the Northern Ireland School Caterers Association (NISCA) linked up with British Heart Foundation (BHF) Northern Ireland to promote their Ramp up the Red campaign across all schools. Special red themed menus were on offer at a large number of locations and all schools were invited to fundraise for the campaign.



Due to success of the Ramp up the Red Campaign, £20,000 was raised and over 60 schools took part.

It was such an impressive fundraising feat that BHF Northern Ireland recognised this achievement by awarding NISCA the Ramp up the Red Fundraising Award at the Annual Supporters' Conference in June.

Pictured with the award is:

Simon Gillespie, (BHF Chief Executive),
Irene Clarke (NISCA Chairperson),
Eileen Morrow (SELB) and
Paul Caves (Stephens Catering).



Gary Wilson BHF Northern Ireland Fundraising Manager paid tribute to all who took part by saying: "I wish to congratulate and thank NISCA for working so hard to help us get a very important Heart Health message out to such a large audience of young people. The Ramp up the Red campaign was one of the most successful we have ever had in Northern Ireland to date and we are delighted to report that over 60 schools took part raising a whopping £20,000 – well done to all the schools who Ramped the Red. We look forward to working with you all again next February when we're calling on the country to *Wear it. Beat it.* in the fight for every heartbeat".



NISCA

Wear it. Beat it. and help us win the fight this February

Last year, local schools were fantastic, helping to raise thousands of pounds to support the work of BHF Northern Ireland. This February, BHF Northern Ireland is encouraging everyone to join the country on 6 February and Wear it. Beat it.

Taking part is so simple – on the 6 February 2015, wear red and host an event to raise money for lifesaving research. To sign up to receive a fabulous free fundraising pack at www.bhf.org.uk/red

The kit is full of fun ideas to hold a successful event – including posters, stickers, dining ideas and red-themed quizzes – and there are great tips on how to spread the red at school, at work or amongst friends.

In 2015, BHF Northern Ireland hopes to raise even more money so that it can fight back harder against heart and circulatory disease – the country's single biggest killer.



INTERNATIONAL SCHOOL MEALS DAY



Another successful joint venture took place in March with schools joining kitchens to celebrate International School Meals Day.

In recognition of World Book Day on 6 March NISCA and each of the Education and Library Boards agreed to sponsor Kindles as prizes for a free draw in each catering area.

Mossley Primary School (NEELB)



Kircubbin Integrated PS (SEELB)



St Colms High School (NEELB)



Portrush Primary School (NEELB)



NISCA
Northern Ireland School Caterers Association



Events 2014 / 15

NISCA will support each of the following events by providing speciality menus within the school meals service. Information will be provided in advance of each event and can also be found within the 'food @ my school' room on Fronter.

OCTOBER 2014 **WORLD FOOD DAY**

World Food Day is held on the **16th October 2014** to raise awareness of food security and strengthen solidarity in the struggle against hunger



FEBRUARY 2015 **RED HEART MONTH**

NISCA are supporting the British Heart Foundation Northern Ireland to **Ramp Up the Red** in February 2015 and fight heart disease

MARCH 2015 **INTERNATIONAL SCHOOL MEALS DAY**

International School Meals Day (ISMD) will take place on **5th March 2015** to raise awareness on the importance of nutritional school meals worldwide



JUNE 2015 **HEALTHY EATING WEEK**

The British Nutrition Foundation has established a **Healthy Eating Week** for all schools throughout the UK during June



Although some of the events are on specific dates, please feel free to arrange a more suitable date if you wish.