

Downham Nutrition Partnership



Case studies wanted!

Have you been doing some good healthy eating work? Whether it's a successful lesson plan, a breakfast club that the children attend and enjoy, or an improvement in what they're eating, we would love to hear from you!

While the weather is still fine.....

Why not come and visit the allotments? They are based on Kendale Road (not far from Bromley Hill)

We have an enthusiastic gardener to show the children around! A brilliant learning environment!

How can we help you?

Welcome back! Now is the time to start planning health initiatives and curriculum work for this academic year. We are here to help!

What is Downham Nutrition Partnership?

Downham Nutrition Partnership (DNP) is a local charity, based in the heart of the estate. We have been running for nearly 6 years, and aim to help and support the local community to eat more healthily.

We have a number of projects, including;

- Healthy eating courses for parents
- Men's MOT sessions
- Community allotments
- Nutrition talks and workshops
- Training sessions

Anything that will help people make healthier food options!

What can DNP do for my school?

Lewisham PCT have funded the partnership to employ a part-time nutritionist. We are very lucky, as no other area in Lewisham has a dedicated nutrition worker!

She is able to help your school with any nutrition activity. This could involve;

- Support and ideas for curriculum delivery
- Highlighting useful and appropriate resources
- Setting-up and on-going support with extra-curricular activities such as breakfast clubs, tuck shops, cooking clubs

Want to get involved?

If you have not yet been involved with DNP, or want to continue the good work already started, please do contact

Laura Mills on 0208 697 6424 or

laura.dnp@btconnect.com

She is based at Downham Way Family Church, and would be happy to come and meet with you.

Have we sent this newsletter to the right person? Please do pass it on to someone else within your school if you think they may find it more useful!



School dinners inspected by ofsted

Did you know that new school dinner legislation has recently come into effect?

As of September 2006, providers have new minimum food standards to meet, which we hope will improve the content of food offered.

Fruit and vegetables, oily fish, water and healthier drinks will be encouraged more. While deep-fried foods and manufactured meat products will be restricted. Confectionary, savoury snacks and salt condiments will be banned

By 2008 (2009 for Secondary Schools) there will be more stringent nutrient standards to meet

For more information, visit www.schoolfoodtrust.org.uk

DOWNHAM NUTRITION PARTNERSHIP

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Training and Conferences

School Food Trust

A FREE half-day training on 23rd October, to be held at Lords Cricket ground. The aim of this training is to provide ideas and motivation for school cooks and caterers.

A-level Food Technology Conference

This training day will be held on Saturday 4th November in London. It is open to all A-level food technology teachers and 6th-form students. For more information see www.nutrition.org.uk

Diet, Behaviour and the Junk Food Generation

This conference is aimed at anyone involved in education or health. Although in Manchester (on Friday September 29th), the day promises an interesting look at how food is affecting children's brains, and what can be done about it.

Useful Websites

- www.foodafactoflife.org.uk

Provides advice, support and downloadable resources. Also interactive learning activities for children. The lesson plans and powerpoint presentations are great for curriculum teaching

- www.nutrition.org.uk

Sign-up for the British Nutrition Foundation's Education News for lots of up-to-date information. Also provides resources and activities

Pack a healthier lunch!

The start of the new year is a perfect time to encourage parents to pack a healthy lunchbox for their children.

A recent survey by the Food Standards Agency (2004) showed that only half of lunchboxes contain any fruit and veg. However, nearly

3/4 had a packet of crisps! They calculated that lunchboxes contain far too much fat, saturated fat (the bad type), sugar and salt (nearly half the child's daily intake).

What can you do?

- Sticker rewards work well for young children. If they bring in a piece of fruit/veg in their lunchbox, they get a sticker. 5 stickers in one week = a certificate or small prize
- Provide information in your school newsletter or website for parents - giving ideas of healthier options to include
- Hold a healthy eating week, culminating on the final day with a healthy picnic (best while the weather is warm!)

- Give leaflets to parents. Health resources can be ordered and delivered for free from Health First (the health promotion agency for Lewisham, Lambeth and Southwark). See www.healthfirst.org.uk. They provide a great healthy lunchbox leaflet (produced by the Comic Company)
- Organise a Healthy Lunchbox competition
- Set-up parent's workshops to give ideas
- Have a health stall at parent's evenings, Christmas fairs, or other occasions you have planned
- Check out the Food in Schools Toolkit for more ideas and information www.foodinschools.org



Looking Good, Feeling Fine!



Provide ideas!