

Jennie Cockroft

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Sent: 14 September 2023 15:11
To: Jennie Cockroft
Subject: (Test) Intro Email

WELCOME TO YOUR PHUNKYFOODS NEWSLETTER



September 2023

A huge welcome back to all PhunkyFoods schools; old and new! We hope you all enjoyed your summer break and are settling back into school life. We have some exciting things planned for the coming term including new content, events, recipes and more!

A quick reminder of what's available and where to start. Log in to the website at www.phunkyfoods.com - if you've forgotten your username or password just call 01628 486800 or email: help@phunkyfoods.com

On the website you can find:

Early Years Programme

SEND Programme

D&T Scheme of Work

Whole School Activities - healthy lifestyle assemblies and workshops

Topic Based Activities - with healthy lifestyle messaging

Healthy Eating | Physical Activity PPA solution

Recipes - perfect for the classroom

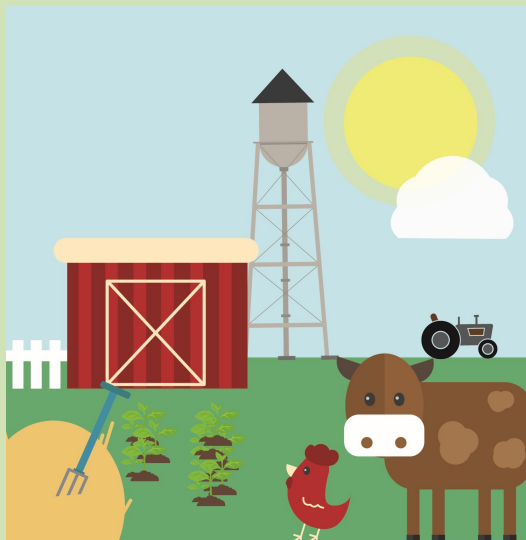
Mindfulness Exercises - for Early Years, KS1 and KS2

Phunky15 Activities

We hope you find these newsletters useful as we move throughout the school year. Please do give us feedback - tell us what you want to hear more (or less) of and do encourage colleagues to sign up too if you find it useful. There's a link to sign up on our website, or your colleagues can simply email us at help@phunkyfoods.com

COMING SOON ... FOOD, FARMING & HEALTH SCHEME OF WORK

This scheme of work is based on the learning objectives for the PSHE curriculum with elements of either science or geography woven in. For each year group, there is a Scheme of Work Overview, including the learning objectives and links to the curriculum (English, Scottish and Welsh), 6 lesson plans and the corresponding worksheets or topic booklets. There is also a knowledge organiser, showing key learning points from the scheme of work, which can be displayed as a poster or given to each pupil as a learning resource.



The topics for each year group are:

- Early Years/P1: Our Food
- Year 1/P2: Food from Start to Finish
- Year 2/P3: Life Cycles and Healthy Humans
- Year 3/P4: Food Around the World
- Year 4/P5: Food and the Human Body
- Year 5/P6: Chemistry in the Kitchen
- Year 6/P7: Sustainable Food

PARENT COMMS - TAKING THE MESSAGE HOME

A Healthy Lunch – Display Ideas

► Newsletter Content

► Email Snippets

► Display Ideas

Download the [Parent Display Assets](#) for A Healthy Lunch. Click on the photo below to enlarge it.



Communication between schools and parents is key for student behaviour and academic achievement but can also be useful to help families address current issues such as the cost-of-living crisis and childhood obesity. The parent communication section of the website will support you in communicating health messages to your parents and families through suggested content to include in your termly newsletters and/or weekly email communications for your families. There are also display ideas, images, and assets for each health message.

COOKING IN THE CLASSROOM

As we're coming into Autumn, we've got a mixture of sweet and savoury dishes that use seasonal autumn ingredients! All of our recipes can be filtered by course, region and season and are ideal for cooking with kids, whether that be in the classroom, at an after school club or at home.



The PhunkyFoods Programme

CASE STUDY: Gossops Green Primary School, CRAWLEY

In partnership with

NESTLÉ for
HEALTHIER KIDS

This term, we kicked off the PhunkyFoods Programme with a series of healthy pizza making sessions for each of our Year 5 classes, which gave the children a wonderful opportunity to make their own pizza from scratch. Each session looked at how the recipe fitted in to the Eatwell Guide. Children had the opportunity to practice their knife skills, learning the bridge and claw methods, and other core food preparation skills such as measuring and grating. These fun and engaging sessions were also a great opportunity for many children to try new foods they hadn't tasted before, in particular some of the fresh vegetables that were used for the pizza toppings.

We have focused on engaging our parent community over the last term, with our local PhunkyFoods Coordinator, Caroline Cotton, running some practical food preparation workshops for our Pupil Premium families. Parents/Carers and their children have learnt key healthy lifestyle messages during these sessions and have been given information on the Eatwell Guide to take home with them, as well as being directed to health resources and free, family-friendly recipes on the PhunkyFoods website. Both parents and children have really enjoyed making overnight oats, Greek salad and fruit kebabs during these practical sessions.

Three of our Year 5 children have taken part in the PhunkyFoods Ambassador Scheme this term and they chose to work on the topic of 'Strive for 5'. Caroline supported the children in sharing the key health messages they had learnt by helping them to deliver an assembly to their peers, as well as run a poster competition, to which we received some fantastic entries from younger children in the school. The Ambassadors have really enjoyed their responsibilities and have done a brilliant job highlighting the importance of eating a rainbow of fruit and vegetables each day.

To finish the term, Caroline delivered a series of Transition Sessions/Healthy Eating Workshops to our Year 6 children, who are now experiencing increased independence around making their own food choices as they prepare to move up to secondary school in September. The aim of these interactive sessions was to provide the children with an increased awareness of what a healthy, balanced diet looks like and to explain how the Eatwell Guide and traffic light labelling system can be used as tools to help them make healthier food choices. These sessions also explored external influences on our food choices, looking in particular at the role of social media and advertising by the food industry.



PhunkyANNUAL SCHOOLS SURVEY 2023

Thank you to the 184 schools that completed our 2023 Annual Schools Survey. It's so important for our continued funding of the programme that we can evidence the impact of our work. Highlights from this years survey include:

- **95%** of schools using the programme rated the package/service as "good" (45%) or "excellent" (50%)
- **85%** of schools using the programme either agreed or strongly agreed that, as a result of participating in PhunkyFoods their school delivers key healthy lifestyle messages to children more frequently.
- **95%** of schools using the programme believed that the implementation of the programme has had an impact on the knowledge of healthy lifestyle issues for their pupils.
- **82%** of schools using the programme believed that the implementation of the programme has had an impact on improving healthy eating behaviour in their pupils.

And of course the kind words such as these, ***"It has been a huge help to our school and we would love for the support and resources to continue as they are having a positive impact in our school."***

Of course we've cherry-picked these highlights so if you're interested you can find the full unedited report, warts and all, right [here](#)! And thank you again for all of your comments - we will of course, as always, be taking all of your comments and suggestions on board for next year.

EVENT FOCUS

British Food Fortnight (16th-30th September) - British Food Fortnight celebrates the diverse and delicious food that Britain produces.

National Fitness Day (20th September)- National Fitness Day is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in assisting us to lead healthier lifestyles.

Cycle to School Week (25th-29th September)- Taking part is easy, there is no registration involved and you do not need to record your journeys. Simply download the teacher resources and get going.

[The Harvest Festival \(1st-23rd October\)](#)- Harvest is a time to think about the food that's grown and produced around us, from wild blackberries to vegetables from our gardens. You can celebrate the harvest festival by having school assemblies, collecting food for those in need or making a harvest display.

[Recycle Week \(16th-22nd October\)](#)- Recycle Week is an annual event designed to celebrate and promote the benefits of recycling. This year's theme – The Big Recycling Hunt – focuses on “missed capture”: the items that can be recycled but are commonly missed in the home.

[National School Meals Week \(6th-10th November\)](#)- LACA aims to get schools serving more meals at lunchtime and encourage new customers and parents in for a school lunch. Lots of children benefit from a hot meal at lunchtime and this deserves to be promoted and celebrated.

[World Science Day \(10th November\)](#)- World Science Day aims to show that science is all around you and is a part of everybody's life, even if you're not a scientist or a researcher!

SOCIAL MEDIA

Don't forget you can keep in touch with us between newsletters by following us on social media - Facebook, Twitter or Instagram - there are links to follow us at the bottom of this newsletter.

You can also check out our [Blog posts](#) to stay updated with all our latest resources and news. We've recently posted about the work we've been doing over the summer supporting the delivery of the Wiltshire FUEL holiday programme, delivering nutrition education and food prep activities. Keep an eye out for our next blog about a case study from Richardson Dees Primary School who did some wonderful work which ties into United Nations Day!

If you share any of your schools PhunkyFoods work on social media, feel free to tag us @phunkyfoods.



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