

## Jennie Cockroft

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**From:** Jennie Cockroft <jennie@phunkyfoods.com>  
**Sent:** 13 November 2023 09:58  
**To:** Jennie Cockroft  
**Subject:** (Test) PhunkyFoods Newsletter Autumn 02 2023

# WELCOME TO YOUR PHUNKYFOODS NEWSLETTER



## November 2023

Welcome back to the autumn term! Where did the first half term go? We hope you're all settling back into the new school year and are looking forward to the run up to Christmas!

We've recently updated all our whole school activities which fall into our three pillars of healthy living— PhunkyFood for healthy eating, PhunkyFit, for physical activity, and PhunkyMinds, for emotional wellbeing. These are designed to be delivered to the whole school via an assembly, followed by a pupil workshop, suitable for all key stages. There are optional parent workshops which can be used to take the message home for 12 topics.

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](mailto:help@phunkyfoods.com)

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## Coming Soon- New Pupil and Parent Workshops



We're busy working hard to develop new content to support our schools and parents in new areas. We're putting together more whole school activities to cover the following topics: Food labelling, Reluctant eating, Food and mood, Cooking on a budget and Plant based eating.

Similarly to our existing topics, these will include assemblies, pupil and parent workshops (where appropriate) and parent information sheets so the messages can be reinforced at home too. to view our

current topics, visit <https://www.phunkyfoods.co.uk/whole-school-activities/>.



## The PhunkyFoods Programme

**CASE STUDY: Camblesforth Community Primary, North Yorkshire**

In partnership with



Camblesforth joined the PhunkyFoods programme because part of their whole school focus this year is to improve the health and wellbeing of the children they care for and their families. We have worked closely with PhunkyFoods and Hannah has been an amazing link. Her knowledge and enthusiasm have shone through, which has filtered down onto our children. The children have been able to engage in all the activities and promote healthy eating across our school. We are working towards our silver healthy schools award and this has really supported our children's knowledge in healthy eating.

Year 5 were chosen to be the PhunkyFood ambassadors and early in the Autumn term were trained on the 'Strive for 5' message. They delivered a confident and informative assembly about the importance of eating 5 fruit and vegetables a day and what size a portion is. They had lots of fantastic ideas of activities that they would like to complete within school to promote the 5 a day message.

Their first activity was a treasure hunt for the Year1/2 children who had to find 5 different fruit or vegetables that were hidden with the ambassadors who were dressed up as that fruit/ vegetable. Lots of fun was had by all and an important message reinforced. The second activity involved the children sharing the 'Strive for 5' message with parents. The ambassadors developed their own cutting skills whilst preparing veg stick parcels to hand out to parents at the end of the school day along with an information sheet on the topic. The children have thoroughly enjoyed being ambassadors

*"I felt like I was in charge because we could choose what to do".*

The school were also keen to incorporate PhunkyFoods into their curriculum. Staff training on the website and resources was held in the second half of the Autumn term. They were keen to develop links between topics and food. At the end of the Autumn term, a Hinduism themed cookery day (linked to 'Strive for 5') took place led by the PhunkyFoods EDC, Hannah, to model whole class/ small

group cookery sessions. The children enthusiastically chopped, peeled and prepared a variety of dishes including samosas, mango lassi, rangoli fruit patterns and aloo chaat. The children enjoyed their cookery sessions, and lots were keen to taste something that was new to them.

We are really excited to continue working with PhunkyFoods next term. Plans that are in place for next term include:

- Ambassadors to deliver an assembly and activities on 'A Healthy lunch,'
- A cook club is due to start after February half term initially led by the EDC
- Parent engagement is planned with a PhunkyFoods stand at the school open afternoon in March
- Work with the Healthy Schools lead to apply for Healthy Schools Silver award

and there has been positive feedback from them:

**Dave Card, Headteacher**

*"I felt nervous before the assembly but afterwards I felt really proud".*



## Cooking in the Classroom

Have you ever wondered how to go about delivering a food prep session in your classroom? Cooking with children is becoming increasingly popular and starting in school is a great opportunity to develop their skills. We've got some tips for how to set out your food prep session and what you should consider.

Consider the age and skill level of your audience.

Consider your venue and facilities- do you have an oven available, or would a cold food prep be more suitable?

Are there any food allergies or intolerances in your class?

How much time do you have available?

Will you have other staff available to support you?

In terms of advanced preparation, plan your work area, the equipment needed, the buying and portioning of the ingredients and preparation of the layout.

The main objective of food prep sessions is to encourage participants to taste or eat what they have made. Think about if there is enough space for them to sit down socially and enjoy their food



## Level 2 Award in "Nutrition and Health for School Aged Children"

Did you know that every school registered on the PhunkyFoods Programme receives one FREE learner registration each year!

The aims of this award are to:

- Meet the needs of candidates who work with school aged children such as teachers, teaching assistants, learning mentors, catering staff and school nurses
- Provide valuable accreditation of skills and/or knowledge for candidates

There are no formal entry requirements for candidates undertaking this award and there are no age limits attached.

More information about the award can be found at: <https://www.phunkyfoods.co.uk/ncfe-award/>

To register yourself on the Level 2 Award in Nutrition and Health of School Aged Children, please [complete this e-form](#) and return it to us.

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## Event Focus

**Computer Science Education Week (6th-12th December)**- an annual event dedicated to inspiring children from EYFS upwards to learn computer science.

**Hanukkah (18th-26th December)** - the Jewish festival of lights. It remembers the Jews' struggle for religious freedom, and the end of a three-year war. Fried foods such as potato pancakes (latkes) and doughnuts are traditionally eaten at Hanukkah, as these symbolise the 'miracle of oil' which was used to light the candles at the end of the three-year war.

**Energy saving week (17th-23rd January)**: a national campaign with the aim to help and encourage people to save energy while cutting down on fuel costs at the same time. We can save energy whilst cooking by switching to more energy efficient appliances such as slow cookers and air fryers.

**Chinese New Year (22nd January)**: Chinese New Year will take place on the 22nd of January 2024, with the beginning of the year of the Dragon. Spring rolls (Chun Juan in Chinese) are a popular food to help celebrate the Spring Festival of Chinese New Year as they resemble bars of gold.

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## Social Media

The PhunkyFoods [blog page](#) showcases our work within communities and some of our schools' triumphs! Our latest blog follows up with a group of school children from Richardson's Dee's Primary School who designed an idea to address one of the UN sustainable goals as part of a Micro Tyco project in conjunction with Phunky Foods! Take a look to find out how they got on and where the project is at now!



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



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