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Subject: [REDACTED] PhunkyFoods School Newsletter Spring 01_2024

WELCOME TO YOUR PHUNKYFOODS NEWSLETTER



January 2024

Happy New Year! Wishing all our schools a very warm welcome back into the spring term and 2024! We've now launched our Food and Farming for Health scheme of work which encompasses elements from the PSHE, science and geography curriculum for all year groups in England, Wales and Scotland.

We also have new workshops and parent information available on food labels and packaging, reluctant eaters and budget bites which contain pupil and parent workshops (where appropriate) in an easy to deliver format. You can find them in the member login area under 'Assemblies & Workshops'.

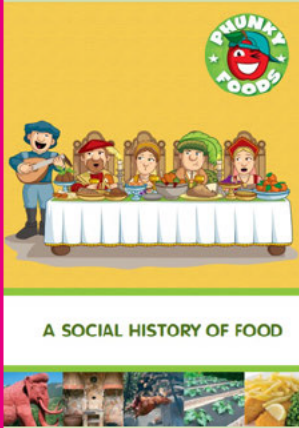
Not a member yet but want to find out more?

Explore our sample member content area of the website to view some of the content our member schools have access to. If you would like to join PhunkyFoods or would like to find out more then please contact us.

As well as over 400 curriculum linked lesson plans, we have brand new Assemblies, Pupil Workshops, Parent Workshops, Topic Based Ideas, An Early Years Curriculum, the Phunky15 and a range of Phunky Clubs.

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



We're giving our Social History of Food Workbook a makeover! This workbook focuses on periods in time that are often taught in primary schools and explores different dietary patterns and eating habits of people living in different eras. This includes recipes, puzzles, and additional activities to help children to further develop and expand their knowledge. The book contains curriculum links to Art and Design, Citizenship, Design and Technology, History, PSHE & Science.

The PhunkyFoods Healthy Eating and Physical Activity PPA schemes of work are also being updated in line with current guidelines and resources available. These programmes of study were developed as primary PPA solutions, but can also be used as stand alone, individual, lesson plans. Each weekly lesson plan is curriculum linked, and contains fully planned and timed

Healthy Eating For PPA

The PhunkyFoods Healthy Eating Programme of Study was developed as a primary PPA solution, but can also be used as stand alone, individual, lesson plans.

Each weekly lesson plan is curriculum linked, and contains fully planned and timed lesson activities, alongside optional homework "missions" to enable transmission of the healthy eating messages back home.

The programme is built around the Core Food Competences for Children and Young People, aged 5-16 years (updated 2016). These core competences which comprise essential building blocks around the themes of diet and health, consumer awareness, cooking and food safety for children and young people.

Download the Healthy Eating Programme of Study

Click on the plus sign to reveal lesson plans

Unit 1: Where Does Our Food Come From?

YR1 / P2 Lessons

YR2 / P3 Lessons

ANIMAL FOODS: WHERE IN THE WORLD? Year 4 Unit 1 Lesson 4			
LEARNING OBJECTIVES	CONTENT	RESOURCES	EVALUATION / ASSESSMENT OPPORTUNITIES / HOMEWORK
<p>LEARNING OBJECTIVES: Understand the importance of animal products in our diet and the role of animals in the food chain.</p> <p>CONTENT: The role of animals in the food chain, including the production of meat, milk, and eggs.</p> <p>RESOURCES: Video, images, and text resources.</p>	<p>RESOURCES: Video, images, and text resources.</p>	<p>EVALUATION / ASSESSMENT OPPORTUNITIES / HOMEWORK: Questions and activities to assess understanding.</p>	<p>HOMEWORK: Research the role of a specific animal in the food chain.</p>

lesson activities, alongside optional homework "missions" to enable transmission of the healthy eating messages back home. The programme is built around the Core Food Competences for Children and Young People, aged 5-16 years (updated 2016). These competences set out a progressive framework of skills and knowledge which comprise essential building blocks around the themes of diet and health, consumer awareness, cooking and food safety for children and young people.



The PhunkyFoods Programme

CASE STUDY: Ivy Road Primary School, North Tyneside



Ivy Road Primary School has been involved with the Phunky Ambassadors scheme since 2019. This year, the group of Year 5 children decided to set up a reward scheme for KS1 children to encourage healthier choices at lunch time. They have stickers and certificates which they give out once a week to children who have made a conscious effort to choose vegetables/fruit for their school lunch and who visit the salad bar. The ambassadors help out and chat with children while they are eating

They are now looking at starting a weekly raffle where they choose a 'fruit or vegetable of the week' and children who try it are in with the chance of winning a special certificate. Andrea Kane, PhunkyFoods co-ordinator at the school, has this to say about the programme and scheme.

"The PhunkyFood Ambassadors' have been very keen to promote healthy eating in school

and are seen as a positive presence in the dinner hall. They love their role and their enthusiasm is clear to see.

The scheme started this term and after a while the ambassadors realised that they wanted to be more detailed with how they assess uptake, so invented an ingenious points system which can reward the proportion of vegetables eaten on a plate as well as how many. They also extended it to include packed lunches so that no-one missed out and are now finding that children are asking their parents to put healthier options into their lunch boxes so that they can receive points.

The ambassadors have noticed a high increase in points awarded over the weeks and can see that the scheme is working. For example, when a young boy was told he might get some points if he tried some salad, he chose tomato and cucumber and really enjoyed it. The peer element of the scheme is a winning formula and makes it a lovely, hands-on experience for all.

The ambassadors have shown wonderful initiative throughout their involvement and are committed to visiting the dinner hall 3-4 times a week and visiting the 3 x KS1 classes once a week to hand out the certificates and stickers.

after learning we had achieved the Healthy Schools status. They are very motivated and enjoy being responsible for and leading the Healthy Snack reward system. The reward system is working well in school, and we are seeing an improvement on the KS1 children's choice of snacks at the salad bar during lunch. Children are more willing to try new and healthier foods from the salad bar than we have seen in previous years."

A huge well done to the ambassadors, they are an inspiration to us all!

Rachel Walmsley, PhunkyFoods EDC (North Tyneside)



Recipe Spotlight

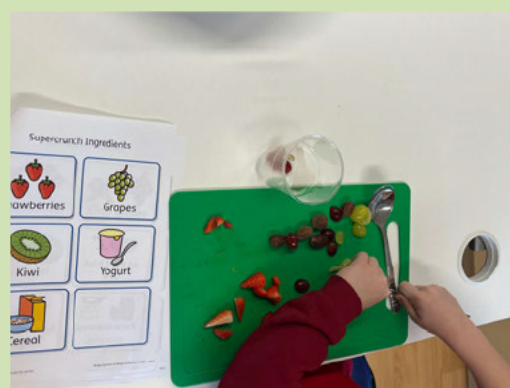
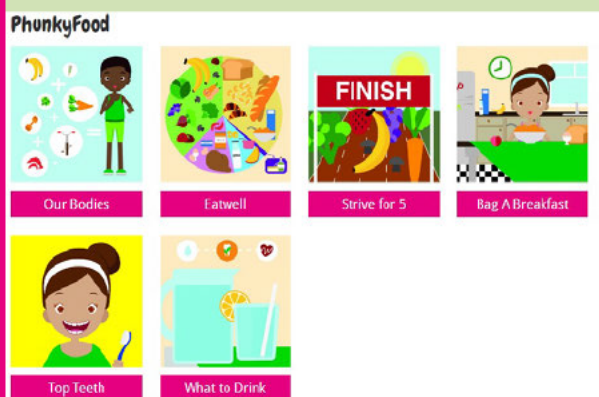
As January is National Soup Month, this [leek and potato soup](#) is perfect for a winter meal using seasonal British Leeks! This filling soup is low in sugar and a source of fibre, vitamins and minerals to support a healthy immune system.

Many people struggle to maintain a healthy diet during winter, so the British Heart Foundation has put together some excellent tips, ideas and recipes to stay healthy and nourished during colder times!



SEND Programme Showcase

All the material in our SEND programme has been written for use across a wide range of special educational needs and is suitable for all key stages and covers many areas of the EYFS and the Primary Curriculum. We have kept this fairly simple, providing teaching ideas for you to adapt, differentiate and modify, according to the specific needs of your pupils. We have included some printable, re-useable resources within each topic; worksheets for pupils, which can be either written or verbal exercises for either supported or independent work; and accessible recipes!



Event Focus

Children's Mental Health Week (5-11th February)- Children's Mental Health Week helps give a voice to children and young people across the UK. Their theme this year is "My Voice Matters". They have plenty of resources for schools and families to help support children with their mental health.

Random Acts of Kindness Day (17th February)- The Random Acts of Kindness Foundation provides free resources to help bring kindness into your school, work, or home. Why not cook or bake a tasty treat for a friend or neighbour?

Holi (8th March)- Holi is a spring festival celebrated in February or March, depending on the Hindu lunar calendar. The festival celebrates the victory of good over evil, the arrival of spring, end of winter, and for many it's a festive day to meet others, play and laugh, forget and forgive. Everyone is considered equal during Holi, regardless of class, age and gender.

British Science Week (8-17th March)- This year is the 30th anniversary of British Science Week! A ten-day celebration of science, technology, engineering and maths. Their website

contains activity packs and guides for Early Years, Primary and Secondary school aged children.

Social Media

We love to see all the work that goes on in our PhunkyFoods Schools, so please continue sharing what you do and tagging us @PhunkyFoods on Facebook, Twitter (X) and Instagram.

Our latest blog follows a group of Year 5 pupils at Our Lady Queen of Heaven Primary School in West Sussex along their Healthier Communities journey to address the United Nations Sustainable Development Goal of "no poverty". Find out how they got on at: <https://www.phunkyfoods.co.uk/blog/>.

Our next blog will be full of teaching ideas for World Religion Day on 21st January so keep your eyes out for those!



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