

WELCOME TO YOUR PHUNKYFOODS NEWSLETTER



January 2025

Welcome back and Happy New Year to you all!

We hope that you were able to enjoy a well-deserved rest and recharge over the Christmas holidays. Our wonderful team are all ready for a fun, and action packed Spring term 2025!

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To start - our regular, quick visual reminder of some of the great resources that are available via our Members section...

To access, log in to the website at www.phunkyfoods.com

Don't worry - if you've forgotten your username or password for your school, just call us : 01628 486800 or email: help@phunkyfoods.com

Remember – you can share the log in with your colleagues. We only provide one log in and password per school!

Things looking a little different on the HOME PAGE?... we are currently in the process of refreshing a few things, once we have this finalised, we will be in touch to update you on these.

Don't forget to check out our regular blog posts on our [Home page](#)!

Our latest post, The Chinese Lunar New Year 2025, went live this week.

COMING SOON...

As mentioned in our previous newsletter, we are excited to offer further virtual training and information sessions following the success of our first session last summer.

These upcoming sessions will cover valuable topics such as: *Navigating our website*, *teaching food safety and preparation skills*, and *Tips for running a successful Family Cook Club*.

We'd love to hear from you...

What topics would be most helpful to you / your school?

Are there any areas you'd like us to explore in these interactive virtual sessions?

Your local EDC will be reaching out soon to gather your feedback. In the meantime, if you have any thoughts or suggestions, please don't hesitate to share them with us at help@phunkyfoods.com

We look forward to hearing from you all!

Children's Mental Health Week 2025: Know Yourself, Grow Yourself

Children's Mental Health Week is coming up next month, taking place from 3rd - 9th February.

This year's theme, *Know Yourself, Grow Yourself*, offers a wonderful opportunity to focus on children's mental well-being and explore ways to support them emotionally. Helping children understand their feelings and the reasons behind them can promote emotional security and resilience.

As part of our **PhunkyMinds** strand, we offer workshop and assembly content that covers four key areas: feelings, anti-bullying, relationships, and resilience. The theme of Know Yourself, Grow Yourself ties in perfectly with building resilience.

Our **Phunky Mindful Moments** ([available here](#)) are also a great tool to help children calm and focus their minds and bodies. These progressive, age-appropriate mindfulness practices are designed for EYFS, Key Stage 1, and Key Stage 2, with simple, guided instructions for teachers. The practices can be done anytime during the day, in any setting. Early Years practices last 5 minutes, Key Stage 1 practices are 10 minutes long, and Key Stage 2 practices take 15 minutes.





Good mental health is important to enable us to feel happy, content, purposeful and well.

Did you know that the foods we eat can affect how we feel? Sugary snacks may give a quick burst of energy, but they can lead to a crash, leaving us tired and hungry. In contrast, foods like wholegrains, fruits, and vegetables release energy slowly, helping us stay fuller for longer and keeping our blood sugar levels stable. Staying hydrated by drinking enough water is also crucial for feeling good.

In addition to eating and drinking healthily, other ways to support mental health include getting enough sleep, enjoying activities we love, exercising, spending time outdoors, and connecting with people who care about us.

For more ideas on supporting mental health, visit the [Children's Mental Health Week website](#) and get involved!

Case Studies from last term...



The PhunkyFoods Programme

CASE STUDY: Our Lady Queen of Heaven Catholic Primary School, Crawley

In partnership with



Our Lady Queen of Heaven Catholic Primary School (OLQOH) has been actively engaged in the PhunkyFoods programme for several years, using the online resources and practical support from their local EDC. This includes regular workshops, food preparation sessions, and the PhunkyFood Ambassador programme for Year 5 pupils.

During the Autumn Term of 2024/25, Caroline (EDC, Crawley) worked with several year groups delivering food preparation workshops and trained four PhunkyFoods Ambassadors to promote healthy lifestyles to their peers. The term also opened with Caroline carrying out a 'Health Check' with the school's Head Teacher, Tobias Melia, as well as delivering a staff training session for all teaching staff at the setting.

Over 200 children across Years 1, 2, 3 and 6 participated in practical food prep workshops, making Fruit Kebabs, Fun on the Farm Wraps, Lynn's Easiest Pizza and Banana and Oat Cookies, the aim being to teach children specific practical skills such as weighing, measuring, chopping and grating. The children learnt about key healthy eating messages such as striving for 5 portions of different coloured fruits and vegetables each day, the importance of a healthy balanced breakfast and what foods make up a healthy lunch that will fuel them through the afternoon and allow them to be calm, focused and ready to learn for the rest of the school day.



Year 3 explored the Food Waste topic, where the children contributed their ideas on reducing food waste to a group discussion and were then able to experience a practical example of this by making healthy cookies using browning bananas.

Twelve staff members attended a twilight session on the PhunkyFoods programme, focusing on its role in promoting healthy lifestyles and the link between health and academic performance. The session included an in-depth look at the PF website, and resources, including the new D&T and Food, Farming, and Health schemes.

The Health Check identified that a key topic area for the Ambassadors to work on this term would be 'Bag a Breakfast' as an increasing numbers of children arriving at school without having eaten breakfast. Four PhunkyFood Ambassadors were trained on the topic and shared their knowledge with their peers during a whole-school assembly to 420 children.

"We have been extremely lucky to have been working with PhunkyFoods for the last few years. The programme not only provides our children with nutrition education, but also enables them to practice and develop invaluable and transferable life skills such as knife safety and chopping skills. What we find so brilliant about the programme is how accessible it is for our children and their families. All ingredients used are easily found in shops and recipes are simple for children to recreate at home.

Additionally, parent workshops are offered which enables education to continue at home. Caroline has been fantastic with our children; activities are broken down and clearly explained so all children can access the learning. The life skills and information that PhunkyFoods delivers to our children is crucial in shaping the whole child and helping them to lead healthy, active lifestyles as they move on from primary school."

Rebekah Johnson, Year 6 Teacher, OLQOH

"OLQOH places a high level of importance on its children receiving regular and sustained healthy lifestyle messaging via the PhunkyFoods programme, committing to ongoing engagement in practical workshops and whole-school assemblies, as well as annual participation in the PhunkyAmbassadors scheme. Plans for next term, include parent engagement events and introducing the new Food Explorers programme to the Early Years classes. I look forward to continuing my work in this engaged school and to allowing more children and their families to access key health education and practical skills sessions."

Caroline Cotton, EDC, Crawley



The PhunkyFoods Programme

CASE STUDY: Flimby Primary School, Allerdale

In partnership with



Flimby Primary School, located on the West Coast of Cumbria between Maryport and Workington, has around 130 pupils enrolled. Flimby was one of the first schools Susan worked with when she began her role at PhunkyFoods a year ago, and they were eager to continue collaborating this academic year.

The school aimed to improve parental engagement by offering a fun, non-threatening activity that families could enjoy together.

In Autumn 2024, we ran two after-school cook clubs for parents and children. The first was Halloween-themed, and the second focused on Christmas.

Susan, led the sessions, assisted by Miss Baker, the PhunkyFoods liaison and TA at the school. We planned for 15 families to participate each session, and both were oversubscribed. The attendees ranged in age from nursery children to Year 6. We even had a KS3 pupil sneak in and join their sibling to make Halloween cookies. It was great to see mums, dads and grandparents working with their families.

After a brief introduction to hygiene rules, the PhunkyFoods website, and the Eatwell guide, the families got stuck into making Orange shortbread cookies to take home and bake.



"The PhunkyFoods sessions have been amazing and really helped with our parents joining their children in school and having fun together. Everyone seems to love attending the sessions and they all leave with massive smiles on their face. The staff at PhunkyFoods have been so helpful with booking in sessions and organising themed workshops. We couldn't ask for anything more and families seem to think more consciously about their health and diet. We will continue to work with PhunkyFoods across the year".

Abbie Baker, TA & PhunkyFoods Liaison Flimby Primary School

"I always look forward to going into Flimby School as the families are always so keen and there is a real buzz when the door opens, and they flood in to find their places and get started. It's doubly great to return twice in a term and hear how everybody enjoyed the cookies from the first time and to learn how keen they are to join in again. Of all the fun things I get to do working for PhunkyFoods, working with parents and children to make something fun and healthy to eat is one of my favourite things. I can't wait to visit Flimby again next term for some more cook clubs".



The PhunkyFoods Programme

CASE STUDY: St. Edmund's Catholic Primary, Calne

In partnership with
Wiltshire Council

This term has seen the first Family Cook Club at Saint Edmund's Catholic Primary in Calne, Wiltshire.

For four weeks our EDC has worked with four targeted families to introduce themes such as budget eating, healthy snacking, reading and using food labels, and how to make a simple balanced lunch.

Each week the sessions focus on one or two recipes, and it is a wonderful opportunity for parents to spend some quality time with their children whilst trying out new nutritious recipes. The sessions teach the basics of how to make healthy food choices, are informative and most importantly lots of fun!

A range of dishes were created over the term including PhunkyFoods Tuna Couscous, Very Berry Cheesecake, Supercrunch and of course the brilliantly simple healthy pizza recipe. For the last session families made Festive Flapjacks which is great recipe to highlight Christmas flavours whilst containing no added sugar!



“PhunkyFood Cooking club for families has enabled the school parent relationships to strengthen by inviting them onsite to take part in extra-curricular activities. It has also allowed older siblings rare, uninterrupted 1:1 time with their parents which has had a positive effect on their wellbeing and approach to social interactions.

Children who have taken part have shared their learning with classmates, promoting the benefits of healthy eating and making the right food choices.

As a school we would be very keen to run the family cook club again. Staff, parents, children and volunteers have commented on the positive benefits, and we look forward to offering it to more of our community members.

With the greatest thanks - especially as you have just rocked up and done all of the hard work!”

Frances Towers, DT Lead and Class Teacher



‘I love delivering Family Cook Club sessions. It is a privilege to get to know families over subsequent weeks and talk through challenges they may face at home or just share new ideas and recipes. The best thing is how much the children relish these sessions, it really supports the work PhunkyFoods is doing in the rest of the school and adds to the holistic approach that is so important in affecting healthy lifestyle changes.’

Laura, EDC – Wiltshire

Recipe Spotlight:

As the winter chill has most certainly set in as we start 2025, and with January being National Soup Month, we wanted to share a favourite PhunkyFoods recipe - a warming Carrot and Ginger Soup.

With carrots at their peak season in the UK, this budget-friendly dish is both delicious and affordable. Quick, easy, and full of nutrients, this soup makes a perfect starter or a light, satisfying lunch when paired with some crusty bread.

<https://www.phunkyfoods.co.uk/recipe/carrot-ginger-soup/>



Event Focus:

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 (29th January) - Chinese New Year will take place on the 29th January 2024, with the beginning of the year of the Snake. 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.

Children's Mental Health Week (3rd-9th February) takes place in the first week of February, a vital campaign focused on raising awareness about the importance of children and young people's mental health.

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.

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



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