

# Healthy Eating Week 2021

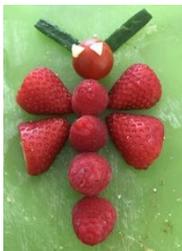
Below is a report celebrating the children's achievements during Healthy Eating Week. We hope you enjoy sharing the highlights.

This year the overall message was: **finding your healthier you**. This was supported by 5 key themes: know the facts; make a healthier choice; plan for success; be the chef and keep moving. The evidence we have seen shows the children who took part fully embraced this message.

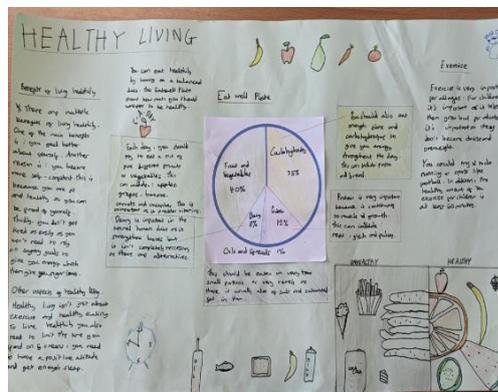
**CONGRATULATIONS** to everyone who took part in Healthy Eating Week. It was a very busy week and by the end the children had a better understanding of what is meant by healthy living.

It has been great to see so many children focussing on making small changes to their lives to be healthier. Some of the main highlights at the end of the week were:

- **379 children completed their health trackers. That is 89%.**
- **Hen Class, Puffin Class and Kestrel Class all returned all their health trackers so they received a class Gold Book certificate. Every child was provided with a health tracker to take part in Healthy Eating Week.**
- **The website was updated with links to extra 'Be the Chef' cooking activities.**
- **Classes continued to complete the 'Travel to Tokyo' with many year groups adding in some extra runs.**
- **£380 of new playground equipment has been bought to reward classes for their hard work during Healthy Eating Week and to encourage more active playtimes.**
- **Every class was set a 'Be the Chef' challenge and there was an impressive uptake. Some of the photos were shared in a presentation with parents. If you missed this, please take a look by using the following link;**  
<https://www.broadwater.w-sussex.sch.uk/2176/Healthy-Eating-Challenge-Update>



- Amazing classwork was completed in every year group.



## What happened during the week?

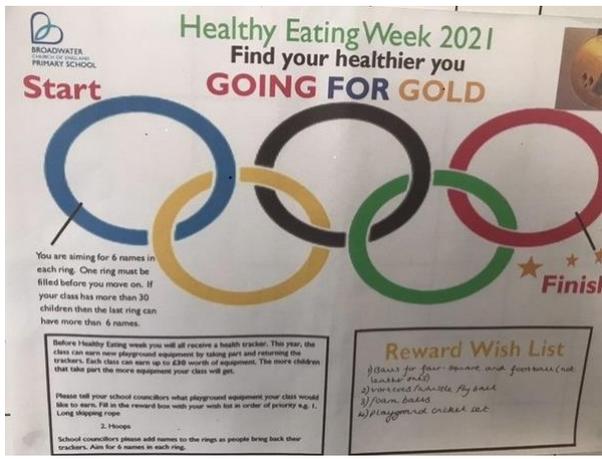
During the week, planned classroom activities took place such as tasting different fruit; creating persuasive posters about eating healthily; learning about being sugar smart and making healthy swap; sorting foods into their food groups; learning about the different food groups; looking at labelling on packaging to understand the nutritional content of food and designing healthy lunches. There were three assemblies which promoted making healthy choices including one by the British Nutrition Foundation. There were also fantastic 'Be the Chef' activities set by teachers and completed at home. Extra runs to support the Travel to Tokyo challenge took place and health trackers were introduced at school and completed at home. Also, some adults chose to print trackers to complete alongside their children. Additional recipes were also added to the newsfeed to encourage healthy cooking. It was fantastic to see so much food preparation and cooking being undertaken at home.

## How did the collaborative reward work?

For the first time classes were rewarded for their hard work and participation rather than individuals, although everyone still received a certificate. Prior to healthy eating week the children discussed with their teacher and class councillor what playground equipment they might like to make their playtimes more active and they wrote a wish list. This was added to a 'Going for Gold' reward chart. As trackers were returned names were added to the olympic rings. Six names could be added in each ring and the children could then see the progress their class was making. The more children that returned the trackers the more

play equipment the class earned. This inspired the children to work hard and complete their trackers.

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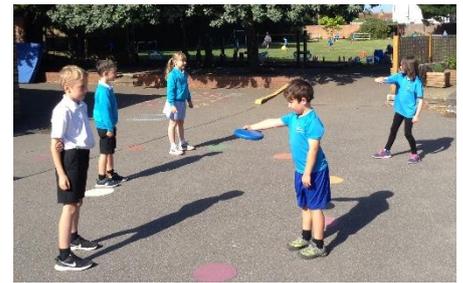


## New Equipment

Here are some photos of the children enjoying playing with the new equipment they received.



## Juniors



### **How were the whole Broadwater community involved?**

We heard about families who took part in Healthy Eating Week together, including adults who printed off the trackers. Well done and thank you. It was lovely to hear that families were making small changes to their lives trying to be healthier. Thank you also to all the adults that supported their children with the 'Be the Chef' challenge.

### **How can the impact continue?**

We hope some of these changes will continue into the future. If you would like to find more ideas about how to support your child with living healthily, please look at the following websites which also include some great recipes.

<https://www.nutrition.org.uk/healthyliving/hew/videos-themes-and-cooking.html#cook>

<https://www.foodfactoflife.org.uk/>

<https://www.nhs.uk/change4life>

Thank you for your support.