

Healthy Schools Greenwich

March 2022

Please note our updated Healthy Schools email address for all correspondence:
healthy-schools@royalgreenwich.gov.uk



One-off mental health and wellbeing grant for schools

Schools will shortly be sent information (via the weekly ebulletin to schools) on how to apply for a local, one-off mental health and well-being grant. The applications will use the Healthy Schools London (HSL) Silver form.

In preparation for this, any schools that don't have Bronze HSL should now be applying for Bronze (or renewing an out-of-date Bronze). All Bronze forms should be sent to healthy-schools@royalgreenwich.gov.uk for review.

To check whether you have an up-to-date Bronze, please check your school's pages in the HSL website at where you can also download a copy of the bronze form: london.gov.uk/what-we-do/health/healthy-schools-london/awards/get-award/schools-taking-part?borough=OOAL



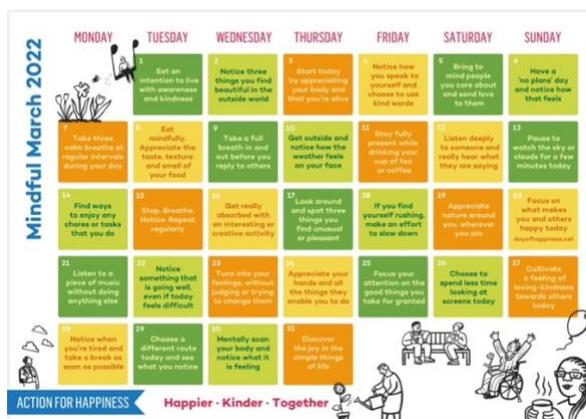
Eat Them To Defeat Them caterers challenge

The mission of Veg Power is to get children eating more veg. Through their Eat Them To Defeat Them campaign they aim to make veg more fun for kids, with schools programme that focuses on a favourite family vegetable each week.

This year they are challenging school catering teams to lay on amazing spreads of vegetable tasters for each week of Eat Them To Defeat Them. These spreads make the veg the hero of lunch and create a perfect opportunity for kids to give them a taste.

Entry for the challenge opens on 14th March through 10th April for schools to create delicious vegetable displays and vibrant tasting tables to encourage children to give new things a try. Each school will be provided with stickers to give to the kids who try, and each kid receives a reward chart and sticker pack to take home which encourages them to try those same veg again. Catering teams will also receive a framed certificate and the chance to win one of 20 £100 prizes and attend a winners presentation at the LACA awards dinner.

For information and to register please visit:
<https://eatthetodefeatthem.com/en/caterers-challenge>



Action for Happiness

The mission of Action for Happiness is to promote a happier world, through a culture that prioritises happiness and kindness. They do this by helping people get together regularly (face-to-face where possible) to learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, both for themselves and others.

They say it's helpful to look for what's good and be optimistic about life. But we also need to accept our full range of emotions and make space for difficult feelings when they arise. Trying to numb unpleasant emotions blocks pleasant ones too; accepting them helps us understand them and move on. It's helpful to talk about how we're feeling with people that we trust.

As part of Mindful March they have developed a calendar that features a different action to undertake each day of the month to encourage us to live in the moment.

They also have a schools toolkit, Keys to Happier Living, an engaging, accessible and evidence-based programme to promote the emotional wellbeing and resilience of children aged 5-11.

Access the calendar here:

<https://actionforhappiness.org/calendar#download-block-anchor>

And the schools toolkit here: <https://actionforhappiness.org/toolkit-for-schools>



Adapted Eatwell Guides

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet and is a key resource for food education for children over 5 and adults.

There are now two new versions available for use, both developed by nutritionists/dietitians for African-Caribbean and South Asian populations in the UK. The updated guides retain the foods already on the standard Eatwell Guide with added popular foods relevant across South Asian and African & Caribbean communities in the UK.

These new guides are attached with this bulletin and will be a good addition to food education lessons throughout KS1 and KS2.



Prizes to be won from Food for Life

For our Food for Life schools, a new challenge is running for the chance to win £100 worth of gardening vouchers for your school garden or growing spaces. From now until **31st March** each school who completes **five** or more Food for Life Award criteria will be entered in their prize draw competition.

They have produced two handy guides for five quick wins to support you to complete the criteria, including an excellent instructional on how to make a *rotbot*.

Five Quick Wins: <https://file-us.clickdimensions.com/soilassociationorg-axbcj/files/5quickwinsprintableversion.pdf?m=3/9/2022%208:42:07%20AM>

Make a rotbot: <https://file-us.clickdimensions.com/soilassociationorg-axbcj/files/makingarotbotprintableversion.pdf?m=3/9/2022%208:56:55%20AM>