



# Eat Smart Sheffield Summer 2021 Newsletter

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*Welcome to the latest edition of your Eat Smart Sheffield Newsletter!*

*Firstly, we'd like to take this opportunity to say a massive 'well done' - we've almost made it to the end of what has been another challenging and difficult academic year. The resilience and determination shown by pupils, parents, all school staff and our wonderful friends, colleagues & partners has been inspiring!*

*And despite everything, the Eat Smart Sheffield programme is flourishing with a flurry of activity from Sheffield schools in recent weeks which has been so nice to see!*

*Around 40 schools across Sheffield are now working towards their Food for Life Award showing their commitment to a good food culture, and over 70 schools and additional settings have engaged with us so far!*

***But we know we can do even better! :-)***

*So if you'd like to get your school or setting involved, please do not hesitate to contact Lisa Aldwin,  
Eat Smart Sheffield Programme Manager: [lisa.aldwin@learnsheffield.co.uk](mailto:lisa.aldwin@learnsheffield.co.uk)*

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## Eat Smart Sheffield Webinar - For Parents/Carers

'10 Top Tips for a Healthier Family'  
2021 9.30am - 10.30am

Thursday 1st July



**Do you struggle to get your 5-a-day?**

**Are you looking for quick & easy ways to improve your diet?**

**Do you want some advice on how to keep your family healthy?**

**Then why not join us for this FREE online webinar for our 10 Top Tips for a Healthier Family!**

Part of the Eat Smart Sheffield '**10 Top Tips Webinar Series**', this session includes advice on how to keep you and your family healthy including simple swaps, portion control, making the most of mealtimes, and how to deal with fussy eating.

Presented via Zoom and delivered by nutrition professionals, the session will be informative but fun, with time throughout to answer any of your questions.

To register, please follow [this link](#):

For more information, please contact [lisa.aldwin@learnsheffield.co.uk](mailto:lisa.aldwin@learnsheffield.co.uk)

## Congratulations to Wybourn Community Primary & Nursery School!



We are delighted to announce that another one of our fabulous Sheffield schools have achieved a [Food for Life Award!](#)

**Wybourn Community Primary & Nursery School** only started on their Eat Smart Sheffield journey 6 months ago, yet they've already successfully obtained their Food for Life Bronze Award – such an amazing achievement!

A Food for Life Schools Award is a great way to demonstrate that a school is doing fantastic work to provide healthy school meals, great lunchtimes and food education that has a positive impact on both pupils and the wider community.

Wybourn have done a whole host of activities to demonstrate this including setting up a SNAG (School Nutrition Action Group), consulting with pupils & parents on school food, looking at Healthy Packed Lunches, and discussing topics such as hydration and sustainability.

They have also done a brilliant job in providing growing opportunities for pupils which has been particularly successful (special thanks to Mrs Lewis!).

**Assistant Headteacher Miss Booth said:**


*“The children love the process of growing - from planting seeds and watering, through the waiting period, to watching plants, flowers and vegetables grow. Thankfully we have some green fingered and enthusiastic staff so the children in nursery and through school get to enjoy, and learn from, the experience. We just can't wait to eat what their hard work produces now.”*

**Congratulations and well done again Wybourn – we are so proud of you!**






## Eat Smart Sheffield Healthy Breakfast Factsheet



### Start the Day the Right Way - Have a Healthy Breakfast!





Breakfast provides your body & brain with fuel after an overnight fast; that's where the name originates - 'breaking the fast'!

Without breakfast you are effectively running on empty, like trying to start a car with no petrol!

Eating breakfast has many **health benefits** for us all, including:

- Improving brain function
- Reducing the risk of diabetes
- Reducing the risk of heart disease
- Helping maintain a healthy weight
- Reducing the risk of high blood pressure




In addition, children who have a healthy, nutritious breakfast before school have been found to have improved reading, writing & maths results, and have better levels of concentration & behaviour!

#### What does a healthy breakfast look like?

Breakfast **cereals** are a quick and easy option. Many provide nutrients such as fibre, vitamins & minerals which are needed to keep our bodies healthy.

Try to aim for low sugar ones such as:

- Muesli
- Porridge
- Weetabix
- Shredded Wheat



Be sure to check out the latest resource from Eat Smart Sheffield – this Healthy Breakfast Factsheet!

This has been developed off the back of a specific request from a school who want to encourage their families to choose healthier options at breakfast time, but we thought it was worthwhile distributing wider so please feel free to share this with your families too.

It explains why breakfast is important and the benefits it brings, as well healthy breakfast ideas, serving suggestions and top tips.

It is available via [this link](#).

And also on our website (under 'Policies & Guidance') [here](#).

# Sheffield Hallam University

As part of our offer to our Targeted Support Schools, Eat Smart Sheffield works with Sheffield Hallam University Food & Nutrition students offering schools a resource in terms of student placements.

**Here are some insights into recent activity, written by some of the students themselves:**

***By Olivia Burley, 3rd year BSc Nutrition & Public Health student***

I have thoroughly enjoyed my placement with Eat Smart Sheffield over the past few months. I have been mainly creating resources for Norfolk Community Primary School for children aged 7-11, including interactive PowerPoint presentations and activities on topics such as the 'Eatwell Guide' and 'Food Miles'. Currently, I am focusing on the positives of growing food and how this links to sustainability.

I look forward to hearing how the children are benefitting from these resources and hopefully how they are being encouraged to follow healthy and sustainable lifestyles.

This experience during my final year as a Nutrition student has been extremely valuable and my creativity skills have developed much further than I expected! I look forward to continuing.

***By Maisie Downing, 2nd year BSc Human Nutrition & Health student***

I was assigned to create resources on Healthy & Sustainable Food for Bents Green school. The resources were aimed to help pupils and their families understand what Healthy & Sustainable Food is, why it is important and how simple changes to what we eat can make a big difference.

My placement was such an amazing experience; it gave me the opportunity to deliver my knowledge on nutrition and put it into practice. Along the way I also learnt some new facts and information on Healthy & Sustainable eating for myself!

It has been a very rewarding experience and I wish all the pupils at Bents Green the very best of luck with achieving their Food for Life Award and with their whole Eat Smart Sheffield journey.



## Food Miles

Next time you go to the supermarket, investigate where your food has come from!



The back of the product tells you where the food has come from and fruit/vegetables should have signs or stickers that tell you where they were grown.

Activity: Choose 5 products, use the map provided and draw a line to where your food has come from.

Which product had the furthest journey to your plate?



## Building a packed lunch box

<p>Carbohydrate to fill you up Choose 1 of these</p> <p>Bread Pasta Rice Potatoes</p>	<p>Don't forget a drink</p> <p>Water Milk</p>
<p>Protein to help you grow Choose 1 of these</p> <p>Meat Eggs Fish Beans Tofu</p>	
<p>Fruit and vegetables Choose 2 of these</p> <p>Cucumber Tomato Sweetcorn Blueberries Apple Kiwi Peppers Carrot Orange Banana Strawberries</p>	
<p>Dairy or fortified alternative Choose 1 of these</p> <p>Cheese Milk Yoghurt</p>	

Do I like it?

Soft or crunchy?

Taste

Appearance

Texture

Sweet or salty?

Hot or cold?

Smell

### My Mindful Eating Diary

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**By Ruth Harrison, 1st year MSc Nutrition & Public Health Management student**

After chatting with Lisa (Programme Manager, Eat Smart Sheffield) and hearing about the work she does, I was tasked with creating some resources around Healthy Packed Lunches for Woodhouse West Primary School.

For this, I did a video explaining the benefits of eating a nutritious lunch and highlighted the importance of including a variety of ingredients. The video also offered money saving tips including, for example, using frozen fruit and vegetables, filling reusable drinks bottles with water instead of buying cartons of juice, and even using leftovers from the night before!

I also created a poster and worksheet for the children to design their own packed lunches. This allowed them to think about all of the different elements and ingredients needed to make a healthy lunch.

I really enjoyed working on this as it allowed me to put my knowledge into practice as well as to learn new skills and use software I had never used before. I hope to work with Lisa and Eat Smart Sheffield again as I have found this experience extremely beneficial to my studies and it has also given me an insight into how healthy eating is promoted in schools.

Summer of Sport OR #SummerofJunkFoodAds? 🍷 📺 ⚽ 🏏



**Coca-Cola and the EUROS. McDonalds and the Olympics. Lionel Messi and Pepsi. Peter Crouch and Just Eat. Red Bull and Formula 1. KP Nuts and Cricket. Any of this ring a bell?**

With the Summer of Sport kicking off with large scale sporting events such as EURO 2020, Wimbledon, The Hundred and Tokyo 2020 Olympics & Paralympics coming to our screens, unfortunately that also means less healthy food and drink brands set their marketing strategies into overdrive to take advantage of the occasion.

**Food Active and the Children's Food Campaign** have launched a NEW survey to find out what parents, carers and guardians in the UK think about the food industry using sport as a way to market less healthy food and drink options.

If you live in the UK and have children under 18, you can take part [here](#):

You can also tweet any examples of food and drink brands using sport to market their products you may find – tag [@food\\_active](#) [@childrensfood](#) and use the hashtag [#SummerOfJunkFoodAds](#).

Sheffield is Sweet Enough!

Order your copy of **The Sheffield Family Guide to Smart Sugar Swaps!**



We're delighted to announce that Sheffield City Council's first book has been published!

This is part of our Sheffield is Sweet Enough initiative to help everyone consume less sugar. Local parents, Sheffield Hallam nutrition students, group leaders and business owners have all shared their low-sugar recipes and tips with us over the last six months and we've worked incredibly hard to pull all the content together in this beautiful family guide.

The Sheffield Family Guide to Smart Sugar Swaps will be available at [Waterstones](#), [Amazon](#) and selected independent bookstores in Sheffield.

And we want to make sure all families can benefit from this book which is why we're running a **Buy-One-Give-One Free** scheme. For every copy somebody purchases, we will give one away for free to be accessed by members of our Sheffield community who might not be able to buy one themselves. We will also be gifting copies to schools, libraries and community centres across the city!

You can read more about the book and see some of the recipes on our dedicated website – [www.sheffieldissweetenough.org](http://www.sheffieldissweetenough.org).

If you would like a copy for your lending library, please contact us via the website or email [Jessica.Wilson2@sheffield.gov.uk](mailto:Jessica.Wilson2@sheffield.gov.uk).

**Please also follow us on:**

Twitter: [@sweetenoughshef](https://twitter.com/sweetenoughshef)

Facebook: [@sheffieldssweetenough](https://www.facebook.com/sheffieldssweetenough)

Instagram: [@sheffieldissweetenough](https://www.instagram.com/sheffieldissweetenough)



## Sheffield Healthy Early Years Award



Sheffield City Council encourages all early year's settings including nurseries, schools, and childminders to apply for **Healthy Early Years Status**. Achieving the Director of Public Health award demonstrates that you are giving children and families you work with the very best start in life. This quality assurance award acknowledges and recognises the work you undertake as an Early Years Provider and can be used to evidence your commitment to ongoing self-reflective practice in-line with Ofsted requirements and support you in meeting the requirements of the New EYFS being roll out in September 2021.

### **To undertake the Healthy Early Years Award, you will need to:**

Attend the 3 days of training

- Day 1 - we explore the current health data for the city and some of the support available to families
- Day 2 – we explore the elements of Leadership and Management, Health & Safety, the Prime areas of the EYFS and Parent Partnership & Involvement
- Day 3 – we explore the elements of Food & Healthy Eating, Building Relationships, Supporting Infant Feeding & immunisation

Once you have attended the Healthy Early Years training, you are all set to start utilising the toolkit as a whole setting to assist in evaluating your practice. This toolkit will support your holistic reflective approach to self-evaluation, by highlighting and celebrating your good practice and identifying areas you feel need developing to achieve the Healthy Early Years Status. You will be supported through the process by a member of the Early Years Team.

Once the toolkit is completed and submitted, the toolkits are moderated and assessment visits arranged. Following this, a report is submitted for consideration by the Healthy Early Years panel.

Once the Healthy Early Years Status is achieved, you will receive a certificate acknowledging your achievement. You will also be added to the city's Good Practice Register, acknowledging your areas of good practice. You will be able to use the Healthy Early Years Status Logo on your paperwork, websites etc.

We continue to have positive feedback from early years providers who have achieved the award and the changes they have made to their practice.

**We have new dates available in the Autumn term starting on the 15th of September.**

If you are interested and would like more information, please contact:

Claire Murgatroyd, Early Years Team Manager - [Claire.murgatroyd@sheffield.gov.uk](mailto:Claire.murgatroyd@sheffield.gov.uk)

## Schools' Climate Education South Yorkshire



Coming up on July 5-7, it's the South Yorkshire Schools Climate Conference, with an amazing range of workshops and wonderful content to help young people engage with the climate change agenda, including an opening address from Dame Sarah Storey, a live new piece of vegetable theatre: Beanworld! from Mme Zucchini starring the Veg Avengers & Greta Iceberg (pictured) as well as veg based workshops, and much more!

It's not too late for schools to get involved. You don't have to attend the whole conference, and you can pick and choose which sessions suit their class/es & groups most. Some sessions are live others are pre-recorded. Many will be available to watch after the conference.

Here's the [sign up link](#).

## Digging for Victory!

As part of **Food for Life** Get Togethers, **Ecclesall Primary School** were successful in applying for a small grant and awarded funding for a community-based, food-related activity... which allowed them to 'dig for victory'!



**Here's what Mrs Gould, Year 6 teacher had to say:**

*“As part of the WWII topic, Year 6 children have started ‘Digging for Victory’ and are growing their own vegetables. The children have been fully engaged in planting and looking after beetroot, strawberries, tomatoes, swede, squash, beans, peas and lots more!*

*They have connected with Fairthorne Retirement Apartments who have given growing tips as well as shared their experiences of rationing and how food has changed since they were children.*

*It has been great to see the excitement as children care for and watch the plants grow!”*

If you'd like more information about FFL Get Togethers, check out their [website](#).

## Hungry For More?

For all the latest updates, info, foodie facts and top tips, remember to follow us on our social media channels:

**Facebook:** [@eatsmartsheff](#)

**Instagram:** [@eatsmartsheffield](#)

**Twitter:** [@eatsmartsheff](#)

And if you'd like to get involved with the Eat Smart Sheffield programme, **contact Lisa** (Eat Smart Sheffield Programme Manager): [lisa.aldwin@learnsheffield.co.uk](mailto:lisa.aldwin@learnsheffield.co.uk)

