

Supporting Communities to have Healthy Hearts for Life



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Presented by Mikaela Battaerd and Bek Parry



Working with Schools

What can we do?

Help schools positively influence student learning outcomes by supporting changes to their food and physical activity environments.



Who do we work with?

We work with all schools in New Zealand. We have 18 nutrition advisors located throughout the country who can help support school nutrition needs.



How we have changed?

No longer promoting the Heart Start programme to school.

We have changed it up!

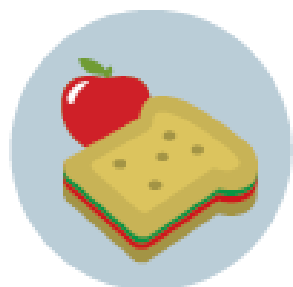


What do we do with Schools?



Nutrition Policy

- Support to develop your school nutrition policy and incorporate nutrition planning into your school charter



Canteen

- **Fuelled4life** healthy recipes and resources
- Sample canteen menus
- Tips for promoting your canteen menu



Professional Development

- Free professional development workshops for staff



Nutrition Education

- **Foodstuffs Food for Thought**
in-class nutrition sessions for years 5 & 6
- Free curriculum level 1-5 nutrition unit plans
- Recipes for classroom cooking and lesson plans



Water only school

- Formulate policy
- Templates, resources and ideas

Ferndale Special Education School

We loved having the Food for Thought nutrition programme at Ferndale School! The students loved the interactive parts and were excited to visit the supermarket for their last lesson. Mikaela was great at adapting the lessons to suit the needs of our students and was super flexible throughout!

Jasmine, Teacher at Ferndale School





Connecting with your community

- Resources and workshops for parent groups
- Support to plan a healthy school event e.g. health expo



Spread the healthy word

- Healthy eating snippets for your school newsletter or Facebook page
- Ideas for school fundraising and celebration events
- Tips for a nutritious lunchbox
- Help with starting or supporting your student health team





Fuel up for learning

- Tools to help schools identify a clear process to support hungry students



Healthy changes at your local shop

- A toolkit for working with your local takeaway or convenience stores



Working with Early Learning Services



Bek Parry – Nutrition Advisor,
Heart Foundation

The early years

A crucial period developing behaviours, attitudes and preferences for future health and wellbeing.



How we can support early learning services

- Help assess current situation
- Brainstorm at staff meetings or with leader on ways forward
- Help collate parent feedback and identify gaps
- Manned stalls in Foyer
- Parent evenings & teacher PD
- Resources
- All in line with achieving HHA



Programme: Healthy Heart Award



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Healthy Heart Award Rito

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The first level of the Healthy Heart Award is Rito. This level helps you to put some strong foundations in place around healthy eating and physical activity. Embarking on your Rito journey means we will help you with the following:

Strand 1: Governance and Management Whakahaere

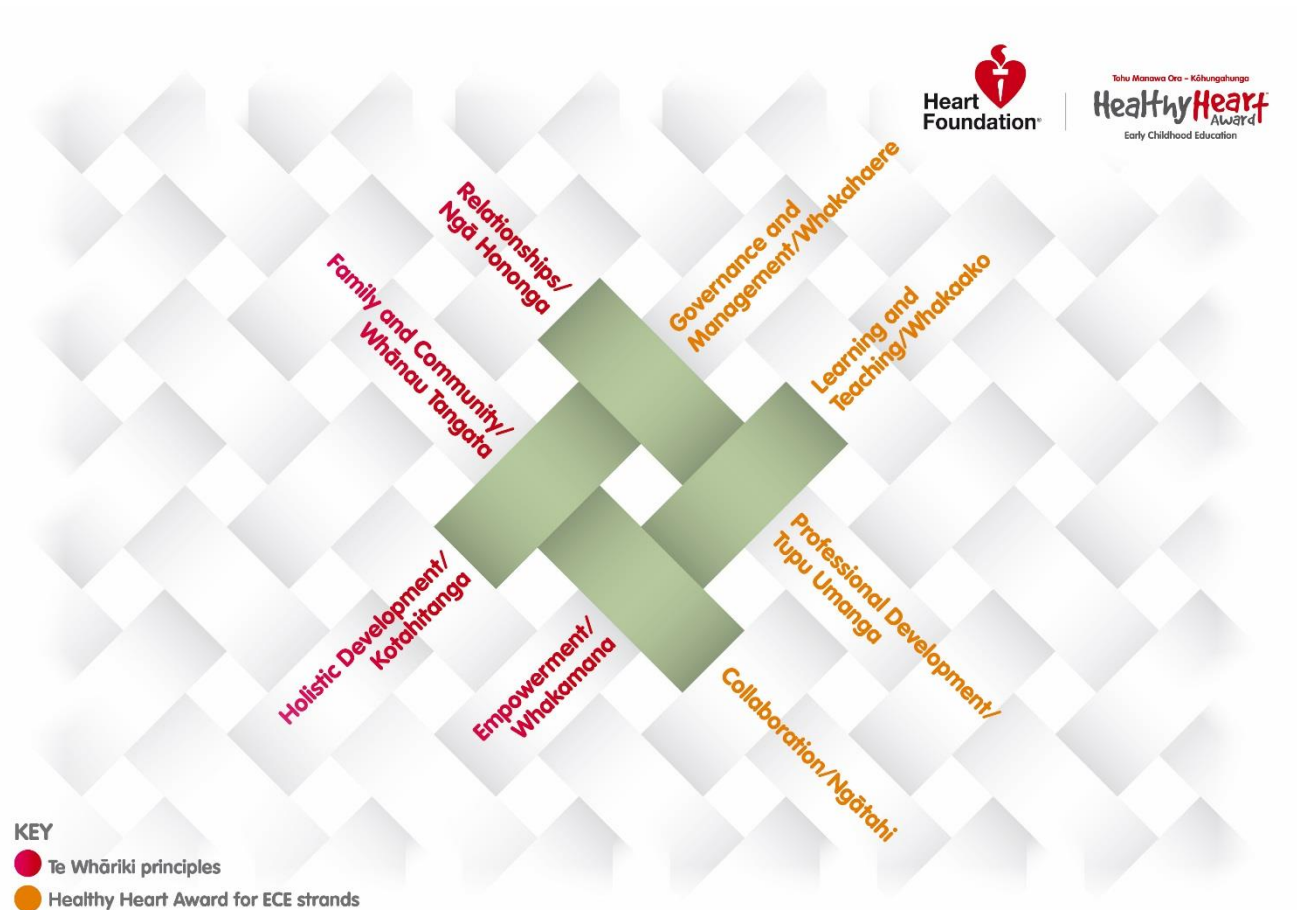
- Develop or review healthy eating and physical activity policies
- Develop or review lunchbox guidelines to support your parents and whānau
- Develop or review a cyclical menu and display it to parents

Strand 2: Learning and Teaching Whakaako



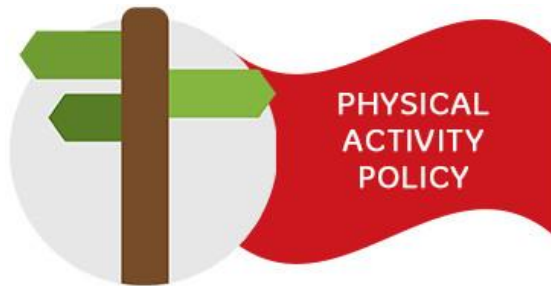
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The Healthy Heart Award in the context of Te Whāriki

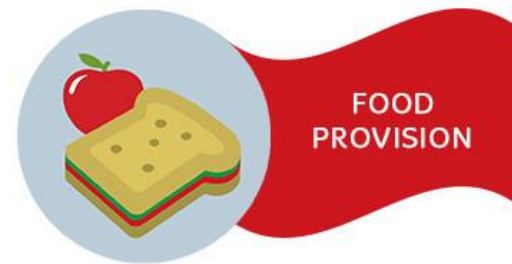


Strands of the Healthy Heart Award

Supportive policies



Healthy menus and lunchboxes



Learning experiences
for tamariki



Collaboration with
whānau



Upskilling and
empowering staff



Together, the strands strengthen each other, creating sustainable practice

Successes of Healthy Heart Award

- Uptake
- Teaching staff who embrace it
- Environmental change
- Healthy celebrations
- Easily linked to Te Whāriki



Challenges

- Often the same as successes
- Cookie-cutter programme
- Other priorities over food
- Environment & Food security
- Personal – that I wasn't as helpful as I could or should be



Changed Approach

- Deliver to PHO funding contract
 - *To support early learnings services & wider communities in low-equity Christchurch*
- Work with centres in a way that supports them
 - Bottom up not top down
 - Identify obstacles in centres
- Create supportive environments for slow sustainable change



“what you are doing is amazing so just keep doing what you are doing, the children are really enjoying it!”
Centre Manager New Beginnings Preschool



Vegetables made easy

To improve the food knowledge and cooking skills of families.

Partnership - Heart Foundation, Health Promotion Agency (HPA) & Vegetables.co.nz.

- Target - families with limited skills, budget and equipment
- Series of short, engaging recipe videos on social media over the last 6 months
- The meals focus on cheap, quick and easy to prepare meals with vegetables.
- Free **'Skills Cards'** available (carrot, kumara, pumpkin and silverbeet and more are in the pipeline) (through HPA)
- Welcome to share the videos via Facebook and you tube and use the cards in cooking classes, vegetable co-op boxes or within healthy lifestyle programs etc
- An example of this: the videos and skills cards will also be used within a new 'Cooking Curriculum' project which is currently in development. This project aims to support food technology and home economics teachers to make healthy meals within their classes and for children to learn practical cooking skills by the end of Year 8.



Questions?

Thank you.