



NEWSLETTER



Issue April 2019

Hearty-BEATS is a project which helps primary schools run activities promoting healthy hearts and lifestyles. We aim to establish a programme of activities within primary school settings to improve healthy eating and increase levels of physical activity. If you want more information about available activities please contact **Rachael Proud at Middlesbrough Environment City: Telephone 01642 579820.**

The Soup Bag



The young chefs at Sunnyside Academy, enjoying their freshly made vegetable soup, along with reward charts and stickers received through the Veg Power #EatThemToDefeatThem initiative.

Middlesbrough Environment City (MEC) has teamed up with Tesco and other local supermarkets to deliver a project to increase the amount of veg school children eat. The idea of the **Soup Bag** project is to teach home cooking skills and the value of eating healthier meals together within family budgets.

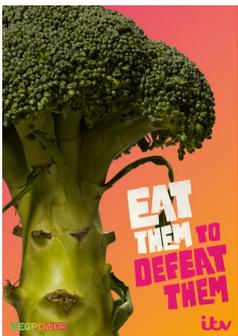
The Soup Bag project is available to all Middlesbrough schools - if you are interested in taking part, contact Rachael at MEC on 01642 579 820 or rachael.proud@mencity.org.uk.

MEC will deliver cooking demonstrations in schools on how to make tasty and healthy soups, and the school will then 'adopt' that soup as their own. At the end of the session every pupil will be given a **Soup Bag** with all the ingredients for the schools soup and a step-by-step simple recipe card to take home and cook with their family.

Schools are also encouraged to utilise growing sites they have on school grounds where pupils could grow the ingredients for the school soup. If you need help setting up or supported to do this, the Hearty Beats project can help. Just get in contact.



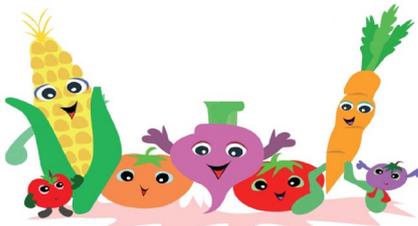
Tuesday 26th February 2019 saw the launch of the Soup Bag project at Sunnyside Academy. The pupils were joined by Hearty BEATS project mascot 'Arty', John Burnickle and Oli Connett from Tesco, Val Lambert, Joe Dunne and Elizabeth Homan from Middlesbrough Environment City and Councillor Julia Rostron, Middlesbrough Environment City Chair. Roary the Lion also came to see the children as the MFC Foundation is looking to include the **Soup Bag** project as a part of its Fit for Families initiative.



The **Soup Bag** project is also part of the national Veg Power campaign #EatThemToDefeatThem as seen on ITV and on social media. MEC have arranged for every primary school pupil from reception to Y6 to receive a Veg Power sticker and reward pack to encourage them to eat more veg and get involved in Veg Power. If your school would like to do more as a part of Veg Power, visit www.vegpower.org.uk or get in contact with MEC at rachael.proud@mencity.org.uk.

For more info : Why not visit the **British Heart Foundation** website to get more advice on keeping your heart healthy (www.bhf.org.uk).





Arty is here to promote Heart Health



Let us know what you are doing, if you would like Arty to visit your school with an Arty STAR award. Arty is keen to support any initiatives that promote heart health.

Please contact Rachael Proud on 01642 579820 or email rachael.proud@mencity.org.uk if you would like Arty to visit your school.

HEALTHY COOKING

Since the beginning of the year we have delivered cooking sessions with parents at [Abingdon School](#) and [Unity City Academy](#). All of the parents enjoyed the course, with some of them wanting to go ahead with further Food Safety Training.

Slow Cooking sessions are planned for [Archibald School](#) during April.

If any schools require any further support to run their own cooking groups, please contact the Healthy Cooking Team on 01642 579827. E-mail: lesandkim@mencity.org.uk



ARTY STAR AWARD

This term saw Arty go to Sunnyside Academy to present an award on Thursday 14th February - Valentines Day - for all their hard work in the Allotments. Sunnyside Academy had a competition to guess how many heart sweets were in the jar. And the winner was Noah in year 5. **Well Done!**

If you want Arty to come to your school contact Rachael on 01642 579820 or email Rachael.proud@mencity.org.uk



Aldi and Team GB have teamed up and created free materials for teachers and parents to support young people 5-14 in developing their understanding and love of fresh, healthy food, the skills they need to cook for themselves and the desire to celebrate food with friends and family.

To find out more visit <https://getseteatfresh.co.uk>

Funding available for breakfast clubs

Over the next two years the Government will be investing up to £26m in healthy breakfast provision in over 1,700 schools in disadvantaged areas of England. A large proportion of this money has come from the Sugary Drinks Industry Levy.

For all information, including the expression of interest form, visit: www.magicbreakfast.com

A number of Middlesbrough schools received support as part of the Sugar SMART campaign to make the food they serve more healthy.

If you would like to do the same or need a bit of support see below or contact: **Rachael Proud on 01642 579820**



Don't forget, there is a heavily subsidised package for full scale teaching gardens at schools that also provide on-the-ground bespoke support to the school for a year to embed into the school curriculum. For more information visit

<https://www.treesforcities.org/our-work/edible-playgrounds>

Or contact: **Rachael Proud on 01642 579820 or email rachael.proud@mencity.org.uk**



Middlesbrough are a part of the national **Sugar SMART** campaign that aims to reduce sugar overconsumption.

We have 34 settings in Middlesbrough including eight schools pledging to help reduce sugar consumption..

To sign up for the Sugar Smart Start Policy - make sure your breakfast club is **Sugar SMART** by

- diluting fruit juice 50/50
- make sure all cereal is less than 10g per 40g serving.
- Have at least 2 days free of sugary toast toppings per week.

Then Choose from a Display Board, Individual/Family Challenges or Promote **Sugar SMART** lunchboxes.

For more information go to <https://www.sugarsmartuk.org/>

The Children's Food Campaign welcomes the start of a government consultation on proposals to introduce a 9pm watershed on the advertising of high fat, salt and/or sugar (HFSS) products on TV and equivalent restrictions online. More information can be found here: https://www.sustainweb.org/news/mar19_9pmwatershed/

Have your say - responses to the consultation can be submitted via [the official online portal](#) or by emailing childhoodobesity@dhsc.gov.uk

