**An interactive whole school approach to healthy eating**

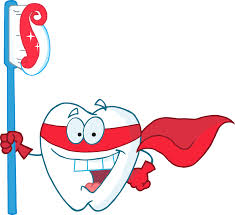
**Eat Right Stay Bright***is a programme developed to support schools and ensure food and healthy eating is covered through a whole school approach engaging pupils, parents, teachers and governors to develop a shared responsibility for food in schools. An interactive whole school approach to healthy eating*

We have delivered lots of healthy eating school initiatives within schools with lots of fun engagement with staff, pupils and parents including taster sessions, classroom/assemblies sessions and after school healthy eating workshops for pupils and parents including our Craft trainer/ Chef who delivered cooking demo’s all with fabulous feedback.

Schools are setting up **(SNAG) School Nutrition Action Group or linking in with the school council. A steering group is a vital ingredient** for the success. It will provide the powerhouse for change within your school. *Please contact me if you would like support, setting one up.*

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**We have some exciting news!** We will now be delivering Oral health promotion within Eat Right Stay Bright Programme. Raising awareness and linking oral health messages with healthy eating messages. We can also offer support and delivery sessions for the National Curriculum Healthy eating year 3 section on healthy teeth for your school. *Please feel free to contact me if you would like further support.*

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**Lucky Plate Day!** We are now in our second term of delivering the incentive. The "Lucky Plate" competition has been popular with pupils; designed to encourage more children to have a school lunch on the schools low up-take days! With the chance of a fruit flavoured ball. (To encourage exercise) *If you need more prizes please contact me!*



If you have any questions about the Eat Right Stay Bright programme, or would like some more information or to speak to the Health & Wellbeing Coordinator, please contact Sarah Fretwell from Chartwells on [sarah.fretwell@compass-group.co.uk](mailto:sarah.fretwell@compass-group.co.uk) 0758770395