

Healthy Eating in Schools

School-based training for Primary School Lunchtime Supervisors/Staff

THE TRAINING

For real change to take place in children's food intake and attitude, the whole school community needs to be involved. Lunchtime Supervisors play a vital role in helping create the right atmosphere and guiding children to eat healthily. They can be effective in a range of ways.

Aims of the course are to provide for participants a greater understanding of:

- ❖ The importance of healthy eating
- ❖ What constitutes a healthy diet
- ❖ An introduction to the new nutrient based standards for schools
- ❖ Possible whole school initiatives to encourage healthy eating
- ❖ The role of the Lunchtime Supervisor in encouraging and supporting children
- ❖ Coping with faddy eaters



All participants will receive handouts and a certificate.

Total cost is £275.00 per half day training.

SHIRLEY ROSE

I am a freelance trainer who is currently delivering packages for support staff in schools. I have extensive experience in teaching counselling skills to groups. I have also designed and delivered training courses to school support staff in a range of child related subjects including behaviour management, safeguarding children, bullying, and developing relationships with children.



FOR FURTHER DETAILS & BOOKINGS CONTACT SHIRLEY ROSE:
020-8886-2161 - shirley@crorose.eclipse.co.uk - www.shirleyrose.co.uk