

# Health Education Trust

# Training Courses

Courses on offer  
from The Health  
Education Trust

2014 - 2015



**food**  
for **life**  
PARTNERSHIP

**HEALTH**  
**EDUCATION**  
TRUST®

## Introduction to training for the Health Education Trust

HET has 7 core training modules.

### Booking training process

Contact Marjon Willers, Director of operations, to discuss your needs, venue and timescale for delivery.

E-mail: [marjon@healtheducationtrust.com](mailto:marjon@healtheducationtrust.com)

Mobile: [07774 516 221](tel:07774516221)

### Costs of HET training

- Full day training is charged at £900 per day.
- Half day training is charged at £700 per day.

Two half day training courses can be delivered within one day at the cost of a full day.

## Course Details

### HET offer:

1. For starters: How to get started on the transforming food culture
2. Getting to bronze, silver or gold: Policy and action planning!
3. SNAG master class
4. Dining room dilemmas
5. Positive lunchtimes
6. But what do the pupils say?
7. Governors and food culture

Training can be delivered to clusters of schools or in-school, allowing it to be school specific.

## COURSE 1: For starters: How to get started on transforming food culture

### Course Description

If you would like to transform your school's food culture – this course is for you! We will give you an overview of the issues and identify key tools, techniques and strategies that will help you take a co-ordinated, whole school approach to delivering food and nutrition messages in your school.

### Target Audience

Senior leadership team, teachers, governors, school business managers, school cook (Primary, Secondary and Special).

### Key outcomes

Having completed this course you will...

- be familiar with the issues and solutions related to school food culture.
- be familiar with the Food for Life Partnership website, school webpage and on line resources.
- have a table top assessment of your schools current position.
- have commenced the development of a personalised action plan for your school.
- understand the function of a School Nutrition Action Group (SNAG), know who to involve and how to run SNAG meetings.
- have a range of consultation and engagement techniques to use with pupils, parents and colleagues back at school – and further inform your table top assessment.
- have reviewed your school food policy



Duration: 1 day (09:30-3:00)

## COURSE 2: Policy and action planning!

### Course description

Take some time out from the hurly burly of the school day to consider your schools current strengths and weaknesses in relation to promoting a healthy eating environment. By the end of the session you will have a clear picture of where you are, the issues you need to address and techniques to help you plan your response...

### Target audience

Member of senior leadership / management team, teachers, governors, school business managers (Primary, Secondary and Special)

### Key outcomes

Having completed this course you will...

- have a table top assessment of where your schools is in relation to a health promoting environment current position in
- have commenced the development of a personalised action plan for your school



Duration: half day (09:30 - 12:00 or 13.30 - 16.00)

## COURSE 3: SNAG master class

### Course Description

You will have heard that School Nutrition Action Groups (SNAGs) are a recommended tool to transform food culture in your school. But what are they and how do you get started? This session will demystify setting one up – or solve any problems you may be having.

### Target Audience

Member of senior management or leadership team, teachers, governors, HLTA, school business managers (Primary, Secondary and Special).

### Key outcomes

Having completed this course you will...

- be familiar with the concept of a School Nutrition Action Group (SNAG)
- know who should be on a SNAG
- know how to run an inclusive SNAG session



Duration: half day (09:30 - 12:00 or 13.30 - 16.00)

## COURSE 4: Dining room dilemmas

### Course description

Taking the recent School Food Plan and making it real – this session will help you look at your school dining room with a fresh pair of eyes and provide you with inspiration for change.

### Target audience

Members of senior leadership team, teachers, governors, school business managers, area catering manager, lunch time supervisors, HLTA and TA, school cook (Primary, Secondary and Special).

### Key outcomes

Having completed this course you will...

- understand some of the issues at lunchtime and have some solutions
- have ideas on changes to implement in schools to create happier lunchtimes
- have some tools and techniques for involving pupils in debate about their lunchtime experience



Duration: half day (09:30 - 12:00 or 13.30 - 16.00)

## COURSE 5: Positive lunchtimes

### Course description

A well-managed lunchtime enables staff and pupils to have an enjoyable experience and sets everyone up for a successful afternoon. This course will provide your key players with an understanding of the importance of lunchtime within the Food for Life Partnership programme and their role within it, as well as providing the opportunity to discuss common lunchtime issues and how they can be addressed.

### Target audience

Midday/lunchtime Supervisors, HLTA and TA (Primary, Secondary and Special)

### Key outcomes

Having completed this course you will...

- understand the important role Midday Supervisors play at school
- have discussed common issues faced by Midday Supervisors and looked at strategies for addressing these issues at your school
- be aware of positive behavior management techniques
- have discussed common issues faced by Midday Supervisors and looked at strategies for addressing these issues at your school



Duration: half day (09:30 - 12:00 or 13.30 - 16.00)

## COURSE 6: But what do the pupils say?

### Course description

Tired of surveys? Want to find some fresh ways of gathering pupils' opinions and giving them a voice? This highly participatory session will equip you with a set of tools and techniques that can be adapted for a variety of age ranges, abilities and topics.

### Target audience

Members of senior leadership team, teachers, HLTA, governors, school business managers (Primary, Secondary and Special).

### Key outcomes

Having completed this course you will...

- have a set of tools and techniques for consulting and engaging with your pupils in a meaningful way
- be able to justify the use of these techniques in your setting



Duration: half day (09:30 - 12:00 or 13.30 - 16.00)

## COURSE 7: Governors and food culture

### Course Description

Time to transform the school's food culture? Wondering what this will mean and how to go about it? This session will give you an overview of key issues you will need to think about.

### Target Audience

Governors (Primary, Secondary and Special).

### Key outcomes

Having completed this course you will...

- have an overview of the issues common in schools.
- be familiar with how food culture fits into current national policy/targets
- be clear on your role in relation to transforming food culture.



Duration: half day (09:30 - 12:00 or 13.30 - 16.00)

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