HEALTHY SCHOOLS NEWSLETTER

MARCH 2026 #HEALTHYSCHOOLSKNOWSLEY

Schools Achieving Bronze

Congratulations to....

Prescot Primary
Huyton with Roby Primary
Holy Family Primary (Halewood)
Westvale Primary
Whitson Willis Primary
St Lukes Primary
Evelyn Community Primary
Millbrook Primary
Willow Tree Primary
St Laurence Primary
Malvern Primary
Knowsley Village Primary
Our Ladys Primary
St Columbas Primary
Kirkby Primary
St Joseph the Worker Primary
Ravenscroft Primary
Blacklow Brow
St Brigids Primary
St Annes Primary
Bluebell Park
St Andrew the Apostle Primary
Holy Family (Cronton) Primary
St Margaret Marys Infants Primary
St Marys and Pauls Primary
St Maries Primary

Schools Achieving Silver

Congratulations to....

Westvale Primary
Blacklow Brow Primary
St Brigids Primary
Holy Family (Halewood) Primary
Prescot Primary
St Columbas Primary
Knowsley Village Primary
Bluebell Park
Huyton with Roby Primary
St Laurence Primary

Schools Achieving Gold

Congratulations to....

Blacklow Brow Primary

Free Course for Parents- Launch into Veg!

Launch into Veg by Simply Veg Learning is a free online eLearning programme specifically designed to help parents whose children eat little or no vegetables. Through a series of online video tutorials and simple steps it will help them progress their child from little to no veg to at least one or two vegetables they eat on a regular basis.

Launch into Veg!



Chefs in School Fully Funded Programme!

Chefs in Schools are seeking expressions of interest from primary and secondary schools in Greater London and the North West now!

Nourishing, tasty and filling school food should be as fundamental as reading and writing. Yet across the UK, hunger and poor-quality food continues to hold pupils back and schools that want to change this rarely have the capacity, resources or support to do it alone.

Led by Chefs in Schools, School Food Matters, Jamie Oliver's Ministry of Food Foundation, The Food Foundation and Bite Back, this fully funded, whole-school programme helps schools set the standard for outstanding food. With practical, hands-on support, schools receive:

- Expert-led training and support for staff, catering teams and pupils
- A structured whole-school food programme tailored to your school's values
- Opportunities for pupils to develop advocacy, cooking and leadership skills
- Lasting capability and school-wide pride

From classroom to kitchen to staff room, this programme unites the whole school around high-quality real food, improving outcomes for children, and teaching lifelong habits that support their health and wellbeing into adulthood.
Expressions of interest are now open. Schools can register via this link to arrange an exploratory call. This programme is fully funded - there is no cost to participating schools.
Deadline : Friday 17th April 2026

Huyton with Roby Pledge Event- Parents Evening

Huyton with Roby Primary have been working towards their silver award, which involves delivering a launch event for the Pledge. We had great commitment from the school meals service who put on a range of food tasters for pupils and parents! The menu was also promoted using picture menus this is to help pupils know what to expect when choosing an item they perhaps have not had before.



Schools new picture menus



Well done to all schools taking part in Eat Them to Defeat Them!

This year 18 schools took part in the Eat Them to Defeat Them Campaign! Thank you to all the school cooks for putting on the extra vegetables and supporting the campaign! We have had some great feedback from participating schools.

"We've even had a child who has ARFID and is trying the veg to gain the stickers. He can't wait for tomorrow because he is desperate to gain the pea sticker."

"Another child who never eats veg at lunchtime and has very little exposure to it at home has had a try and found out he loves sweetcorn and broccoli. In fact he has tasted something new each day this week including different fruits added to yogurt."

VEGPOWER

Kirkby Primary Pupils tried some new dishes!

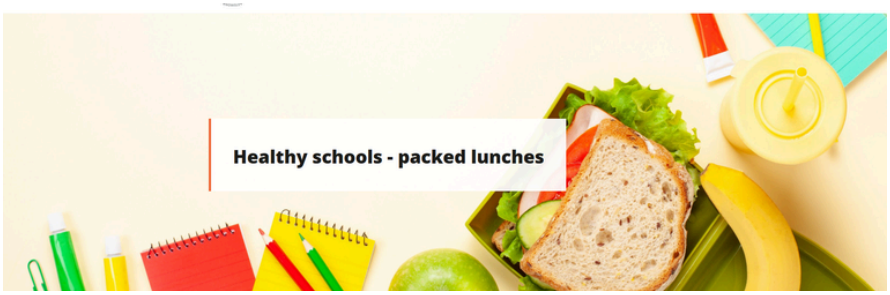


Carrot day at St Joseph the Worker Primary & new healthier eater of the week certificate! (created by chef Kerry)



New Healthy Packed Lunch Page!

Our new healthy packed lunch guidance page can be found on the councils education section. It is filled with lots of easy ideas to promote healthier packed lunches.
Please send in your great examples from your pupils in your dining hall. we would love the page to be filled with our Knowsley pupils healthy lunches to inspire others! Healthy schools - packed lunches | Knowsley Council



Everything you need to deliver a lesson on the EatWell Guide..

Food A Fact of Life has created a Topic Hub page which shares everything teachers would need to deliver sessions on the Eatwell Guide. On the page has links to lesson plans, activity sheets, interactive games. These suit a range of ages and abilities. These might not just be used for lessons but could be great for breakfast and afterschool club activities. Follow the link to access the page- Topic Hub: Eatwell Guide



Free Youth Sport Trust Resources..

Youth Sport Trust have a range of free resources to use in your school to help improve physical activity across the school day. Resources include 60 second challenges, active breakfast club activities and improving engagement ideas.
Take a look at the website to access: Youth Sport Trust

School Food Matters- Gardening Resources

With spring and summer on the way it might be time to get outside into your school allotments. There are a range of resources on the School Food Matters website where you can get ideas and tips for sowing and planting. School Food Matters Resources