

## Registration form for Brennans Healthy Heroes Lunch Club 2015-16

To receive your Brennans Healthy Heroes Lunch Club Pack, please fill out this form and email, post or fax to the following:

**Email:** healthyheroes@realnation.ie

**Post:** Brennans Healthy Heroes Lunch Club,  
Real Nation, Fumbally Court, Fumbally Lane, Dublin 8,  
Republic of Ireland

**Fax:** 00 353 1 522 4809

**Alternatively, you can register over the phone on 01 522 4846  
or if calling from Northern Ireland 00 353 1 522 4846**

School Name:

School Roll Number (if applicable):

Address:

Telephone:

Email:

School Principal:

Representative Teacher:

Principal/Teacher Signature:

Date:

Throughout the course of the year we will contact you about the Brennans Healthy Heroes Lunch Club.

Tick here if you **do not want** to be contacted.

Please note that this may mean your school will miss out on vital information about the programme.

Join our  
**MISSION** to be  
healthy & stay  
active!



The Family Bakers  
**Brennans**  
TODAY'S BREAD TODAY

**HEALTHY  
HEROES!  
LUNCH CLUB**

**Registration Form**

## What is the Brennans Healthy Heroes Lunch Club?

The Brennans Healthy Heroes Lunch Club is a lunchtime club for 6<sup>th</sup> Class/P7 pupils who are encouraged to set up lunchtime activities for their peers and younger classes.

## What will the children do?

The children will look after activities and games as part of the lunch time club. A committee is formed and is changed on a regular basis depending on the needs of the individual school. The committee will take charge of running the activities by ensuring all the equipment is ready, leading the activities themselves and making sure everyone has a chance to get involved.

## Why should your school take part?

- The Brennans Healthy Heroes Lunch Club offers an opportunity for children to come together and enjoy healthy food and physical activity in a social setting
- Running a lunch club can contribute towards your Active School Flag
- Childhood obesity is a real concern for children today with one child in four being overweight or obese and many remaining so into their teens and adult life

## What input will teachers have?

The teachers will:

- Help to facilitate the selection of the committee
- Lead the informal discussion around nutrition while children are eating using discussion touch-points and information provided by Dr Mary McCreery, Consultant Clinical Nutritionist and Dietitian at The Blackrock Clinic
- Supervise the activities led by the pupils

## How is this different from other programmes?

The Brennans Healthy Heroes Lunch Club gives the children an opportunity to take ownership of their own club and develop leadership skills whilst having fun and taking part in a range of activities to develop a healthy and active lifestyle.

## How do we get involved?

Taking part is easy! Simply register, using the form overleaf, and send it to us to receive your Brennans Healthy Heroes Lunch Club Pack or call our team who can sign you up over the phone.

Throughout the year, visit our website [www.BrennansBread.ie/healthy-heroes](http://www.BrennansBread.ie/healthy-heroes) for more information and downloadable activities.

## What will the pack contain?

- Teacher's booklet containing:
  - Guidelines on setting up and running a successful and productive club
  - Suggested timings on meetings
  - Nutrition discussion points
  - Fun facts about food
  - Lunch ideas
  - Curriculum links
- Pupil's booklet containing:
  - Information for the committee about running the club
  - Ideas for activities (both for in the classroom and playground)
  - Fun facts about food
  - Basic nutrition information
- Brennans Healthy Heroes Lunch Club Noticeboard poster
- Badges for committee members

