

Registration form for Brennans Healthy Heroes Lunch Club 2016/2017

Places are limited, so register now to ensure your place in this FREE programme. 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**

Representative Teacher Name:

Class:

School Principal:

School Name:

School Roll Number (if applicable):

Address:

Mobile Number:

Email Address:

Principal/Teacher Signature:

Date:

Throughout the course of the year we will contact you about Brennans Healthy Heroes Lunch Club and with updates and new activities. 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.



Registration Form

What is Brennans Healthy Heroes Lunch Club?

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

More than 800 schools from all over Ireland have participated since Brennans Healthy Heroes started in 2014 and this year is set to be its biggest yet!

What will the children do in Lunch Club 2016/2017?

The children will look after activities and games as part of the lunchtime club. A pupil 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?

- 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

Of those who took part in the 2015/2016 programme:

➤ **81%** of teachers surveyed said their pupils now bring healthier lunches to school

➤ **61%** of teachers surveyed said their pupils are now more active at lunchtime



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, Dublin
- Supervise the activities led by the pupils

How is this different from other programmes?

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 in this FREE programme 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-lunch-club for more information and downloadable activities.

What will the pack contain?

Teacher's booklet containing:

- Curriculum links
- Nutrition discussion points
- Fun facts about food
- Lunch ideas
- Guidelines on setting up and running a successful and productive club
- Suggested timings for meetings

Pupil's booklet containing:

- Ideas for activities for both classroom and playground
- Basic nutrition information
- Fun facts about food
- Information for the committee about running the club
- Badges for committee members
- Stickers for committee members
- Brennans Healthy Heroes Lunch Club Noticeboard poster