



Heart Start Modules

Modules	Aim
Setting our direction	<ul style="list-style-type: none"> To support schools and students to develop nutrition policy and make informed decisions about food and nutrition To create healthy communities and environments through responsive and critical action <p><i>*If your school is completing Heart Start Excellence, please complete this module.</i></p>
My tuckshop rules	<ul style="list-style-type: none"> To make healthy changes to the food and drinks sold at school That the school food service can reinforce nutrition education and positive learning opportunities <p><i>*If your school has a school food service please complete this module to help your school provide healthier food and drink to students.</i></p>
Fuel up for learning	<ul style="list-style-type: none"> To have a clear process to support students who experience food insecurity or come to school without adequate breakfast or lunch
Spread the healthy word	<ul style="list-style-type: none"> To promote healthy eating and physical activity and encourage students to develop healthy attitudes To make a positive contribution to your school community and your environment
Brain booster – students	<ul style="list-style-type: none"> To provide essential and engaging learning opportunities in the key area of learning: food and nutrition For students to develop knowledge and practical skills to make informed decisions about food and nutrition
Brain booster – staff	<ul style="list-style-type: none"> To offer professional development in the area of food and nutrition or physical activity To increase the whole school community's knowledge of food and nutrition or physical activity





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Let's get physical	<ul style="list-style-type: none"> To increase student participation and engagement in fun, quality physical activity before, during and after school For teachers to gain ideas on how to make physical activity fun and more engaging for students
Student health team	<ul style="list-style-type: none"> To encourage student-led initiatives that promote healthy eating and physical activity at school For students to develop skills to improve their own well-being and their environments
Connecting with our communities	<ul style="list-style-type: none"> To engage parents/caregivers/whānau and the wider school community to support healthy eating and physical activity at school.
Healthy changes at our local shop	<ul style="list-style-type: none"> To encourage local food outlets to make healthy changes to the food and drinks sold To support students to make healthier choices and nutrition education is reinforced
Fuelled4life 	<ul style="list-style-type: none"> To use Fuelled4life to help guide healthier food and beverages provided at school To support students to make healthier choices
Jump Rope For Heart 	<ul style="list-style-type: none"> To support schools to provide a fun physical activity fundraiser, developing rhythm, balance and fundamental movement skills For students to develop a positive attitude towards physical activity by accepting new challenges and extending their personal capabilities and experiences

