

Heart Start* vs Heart Start Excellence



Compare our programmes to see which level would best suit your school

	Heart Start	Heart Start Excellence
SETTING OUR DIRECTION	<ul style="list-style-type: none"> Develop a school nutrition policy and sign it Upload it to the website with a review date and examples of how the policy was communicated to the school community 	<ul style="list-style-type: none"> Develop a nutrition policy and sign it Upload it to the website with a review date and examples of how the policy was communicated to the school community Include the nutrition policy in the school charter and share this with us <p><i>Compulsory module for Heart Start Excellence</i></p>
MY TUCKSHOP RULES	<ul style="list-style-type: none"> Ensure your food service menu meets the Heart Foundation's Food-Service Checklist at Heart Start level (see last page) Upload a copy of the new menu and outline any changes made <p><i>Compulsory module if your school has a food service</i></p>	<ul style="list-style-type: none"> Ensure your food service menu meets the Heart Foundation's Food-Service Checklist at Heart Start Excellence level (see last page) Upload a copy of the new menu and outline any changes made <p><i>Compulsory module if your school has a food service</i></p>
FUEL UP FOR LEARNING	<ul style="list-style-type: none"> Identify your school's food insecurity needs Upload information from your needs assessment and what your possible next steps could be <p><i>Module automatically completed if your school takes part in kickstart, milk or fruit in schools programmes</i></p>	<ul style="list-style-type: none"> Identify your schools food insecurity needs Upload your written procedure for addressing food insecurity at school and how this has been communicated <p><i>Module automatically completed if your school takes part in kickstart, milk or fruit in schools programmes</i></p>
SPREAD THE HEALTHY WORD	<ul style="list-style-type: none"> Promote healthy eating and/or physical activity to the school community through at least one initiative in the school year Upload evidence of your promotion (newsletter/photos/media/event etc). <p><i>Module automatically completed if your school takes part in the Food for Thought programme</i></p>	<ul style="list-style-type: none"> Promote healthy eating and/or physical activity to the school community through at least one initiative per term (4 initiatives per year) Upload evidence of your promotion (newsletter/photos/media/event etc). Include the initiatives in your school plan.

BRAIN BOOSTER - STUDENTS	<ul style="list-style-type: none"> • Provide students with at least two lessons on food and nutrition in the school year • Upload your lesson plan and samples of your students work <p><i>Module automatically completed if your school takes part in the Food for Thought programme</i></p>	<ul style="list-style-type: none"> • Students from at least three year levels undertake an inquiry based unit on food and nutrition within the school year • Upload the unit plan delivered and samples of students work
BRAIN BOOSTER - STAFF	<ul style="list-style-type: none"> • A staff member upskills in the area of food and nutrition or physical activity • Provide evidence of the professional development attended (certificate or notes from the session) and outline how new knowledge has been included in teaching practice <p><i>Module automatically completed if your school completes Food for Thought programme</i></p>	<ul style="list-style-type: none"> • A staff member upskills in the area of food and nutrition or physical activity • Provide evidence of the professional development attended (certificate or notes) and outline how new knowledge has been included in teaching practice • Present new knowledge to other staff members and upload a copy of your presentation
LETS GET PHYSICAL	<ul style="list-style-type: none"> • Conduct a needs assessment with students around physical activity • Upload a copy of your findings and some possible next steps 	<ul style="list-style-type: none"> • Conduct a needs assessment with students around physical activity • Use this to plan and deliver relevant and achievable physical activity to students • Upload your needs assessment findings and evidence of your curriculum and/or co-curriculum planning documentation
STUDENT HEALTH TEAM	<ul style="list-style-type: none"> • Appoint a student health team if you don't already have one • Student healthy team to complete at least one initiative that promotes healthy eating and/or physical activity within a four term period • Upload evidence of this initiative 	<ul style="list-style-type: none"> • Appoint a student health team if you don't already have one • Student health team needs to plan and implement at least one initiative per term (four per year) that promote healthy eating and/or physical activity • Upload evidence of all four initiatives.

CONNECTING WITH OUR COMMUNITIES	<ul style="list-style-type: none"> Identify a community group that could support a healthy eating and/or physical activity initiative at school and tell us how you established the relationship (eg. parents who would like to learn practical skills to create healthy affordable meals at home - you could look at providing workshops; or help with growing their own vegetable garden at home) 	<ul style="list-style-type: none"> Identify a community group that could support healthy eating and/or physical activity initiative at school and establish a relationship with them Work with them to implement at least one initiative Upload information on the community group approached, how the relationship was established, and evidence of the initiative(s) completed over the last school year
HEALTHY CHANGES AT OUR LOCAL SHOP	<ul style="list-style-type: none"> Establish a relationship with a popular local food outlet and tell us how you did it 	<ul style="list-style-type: none"> Establish a relationship with a popular local food outlet Tell us how you did this, and provide evidence to show one healthy change that has been made to the food or drinks sold at that outlet
FUELLED4LIFE	<ul style="list-style-type: none"> Identify how Fuelled4life could improve the food and/or drinks provided in your school Upload information on your findings 	<ul style="list-style-type: none"> Identify how Fuelled4life could improve the food and/or drinks provided in your school Upload evidence to show one area where improvements have been made Include a copy of your signed nutrition policy that includes Fuelled4life
JUMP ROPE 4 HEART	<ul style="list-style-type: none"> Sign up to Jump Rope 4 Heart and complete a sponsored skip-a-thon 	<ul style="list-style-type: none"> Sign up to Jump Rope 4 Heart and complete a sponsored skip-a-thon Incorporate JRFH into classroom teaching and upload some examples of what you did to the website

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Food Service Checklist



Heart Start checklist:

- ☐ Occasional foods are available on a maximum of two out of every five days that the food service is available
- ☐ No occasional drinks are available, at any time
- ☐ If beverages are sold, water or low-fat/ reduced-fat milk is available



Heart Start Excellence checklist:

- ☐ Occasional foods are available only one out of every five days that the food service is available
- ☐ No occasional drinks are available, at any time
- ☐ At least one wholemeal/wholegrain bread-based option is available
- ☐ At least one fruit- and/or vegetable-based option is available
- ☐ At least one low-fat/reduced-fat milk or milk product is available
- ☐ If beverages are sold, water or low-fat/reduced-fat milk is available



Occasional foods include:

- Confectionary: boiled sweets, toffees and caramels, fudges, nougat, gels, gums, jellies and chocolate
- All deep-fried foods: deep-fried fish, hotdogs, hot potato or kumara chips, wedges, hash browns and doughnuts

Occasional drinks include:

- Full-sugar carbonated beverages (soft drinks and fizzy drinks)
- Full-sugar sports drinks
- Full-sugar and artificially sweetened *Energy drinks (not recommended for children or young people)

*An energy drink is a non-alcoholic water-based flavoured beverage which contains caffeine and may contain carbohydrates, amino acids, vitamins and other substances, including other foods, for the purpose of enhancing mental and physical performance.