

THEY ARE WHAT THEY EAT!

Showcasing
good practice

healthy schools,
healthy communities

Thursday, 18 May 2006
Herbert Smith LLP
Exchange House,
Exchange Square, London EC2

Hosted by
Herbert Smith and
supported by the
Esmée Fairbairn Foundation

Herbert Smith



What are the aims of this conference?

The correlation between obesity, bad behaviour and negative attitude on the one hand and the imperative for a sensible, healthy diet on the other is indisputable, whatever our age. The evidence is so compelling that in September 2005 OFSTED started assessing schools for their level of health promotion. More and more schools are now playing a pivotal role at the heart of learning communities. How can schools and colleges ensure they are instrumental in successfully laying the foundations for whole healthy communities of the future?

This key HTI event will concentrate on exploring the practicalities of building healthy schools and communities through healthy eating and aims to help participants:

- find out the likely impact new legislation will have
- hear what research has to tell us – the stark facts and figures
- check out the very latest developments in encouraging healthy eating in schools – and beyond the school gates
- share, compare and showcase good practice, with real life examples.

Who will be there?

- Senior management team members from schools, sixth-form colleges and further education colleges
- Senior staff from local authorities and county councils concerned with encouraging healthy eating in schools and colleges
- Catering organisations supplying schools and colleges with food and drink
- Senior government staff including Department of Health and DfES representatives as well as social services and youth justice personnel.



Programme

Leader: Prue Leith OBE

Chair, Focus on Food, British Food Trust; 3E's Enterprises, formerly RSA and Leith's Group of Food Companies

- 8.30 Registration, displays, networking and healthy refreshments
- 10.00 Welcome to the Conference
Anne Evans, Chief Executive, HTI; and
Norman Green, Chief Operating Officer, Herbert Smith
- 10.05 Setting the scene: *School meals today*
Dr Helen Crawley, Science Director, The Caroline Walker Trust
- 10.25 The effects of diet on behaviour
Bernard Gesch, Director, Natural Justice, Oxford University
Laboratory of Physiology
- 10.50 A healthy refreshments break, displays and networking
- 11.20 The case for joined-up action: *The need for collaborative working*
Healthy food uptake, not healthy food choice – knife and fork eating – the demise of the tuck-shop – water on tap – cooking in and out of the curriculum
Prue Leith OBE
- 11.45 Discussions with the morning speakers
- 12.10 Case studies: Session 1
The win/win scenario – kids – schools – providers – communities
Participants choose one case study from the selection opposite
- 1.00 A healthy buffet lunch, displays and networking
- 2.00 Case studies: Session 2
The win/win scenario – kids – schools – providers – communities
Participants choose a second case study from the selection opposite
- 2.50 A blueprint for healthy nutrition: *The holistic perspective*
Gillian McKeith, Holistic Nutritionist and Presenter of 'You Are What You Eat'
- 3.15 Forum: Engaging parents and other members of the community: *towards whole community engagement*
Forum, led by Prue Leith OBE, featuring Jeanette Orrey, School Meals Policy Adviser, Soil Association; joined by John Dunston, Headteacher, Leighton Park School, Reading
- 3.45 Where next? The priorities
Prue Leith OBE
- 4.00 Close of Conference and healthy refreshments

Ample time will be set aside during the event for questions and discussion.



Case Studies

A 'Food for Life':

A whole school approach

This Guardian and Soil Association Award Winning initiative at 11 schools in East Ayrshire illustrates that the schools have successfully pioneered ambitious menus using 30% organic, 50% local produce and 75% unprocessed food
Robin Gourlay, Head of Catering, East Ayrshire Council, with **Marie Smith**, Headteacher, Hurlford Primary School, Kilmarnock

B Let's do lunch!

A novel business

A parents' SME start-up which supplies school meals
Ray Norman, Head, Lethbridge Primary School, Swindon; with **Pam Shipperbottom** and **Laura Illsley**, Co-Directors, Let's Do Lunch Ltd

C Forget the school kitchen!

An organic model of provision

Demonstrating how organic school meals can be delivered direct from the farm – by Land Rover
Robin Smith, Headteacher, Landscope Church of England Primary School, Newton Abbot

D Personalising the food chain

How first hand experiences of the food chain, such as farm visits, encourage healthy eating in young people

Bill Graham, Head of Farming and Countryside Education (FACE)

E An holistic approach

Dave Lucas, School Chef, with **Chris Dean**, Headteacher, Icknield High School, Luton

Booking Conditions

- 1 No reservation can be accepted unless a deposit of £40.00 plus VAT (£47.00) per person accompanies the booking form, or an official body has agreed to be invoiced for the full fee.
- 2 The balance must be received at least four weeks before the conference.
- 3 In the event of a cancellation, if notice reaches HTI in writing (Fax: 024 7641 5984 or Email: c.collingham@hti.org.uk):
 - four weeks before the conference, a full refund will be made.
 - between two and four weeks before the conference, a refund will be made, less the deposit.
 - less than two weeks before the conference, no refund can be made. Substitutes will be accepted.

Full details and joining instructions will be sent to registered participants four weeks in advance.

If you have not received details within two weeks of the conference, please telephone Caroline Collingham on 024 7669 8519 or email: c.collingham@hti.org.uk

Forthcoming HTI Events:

Please tick those events on which you would like further information. To receive updates and news on HTI activities please provide your email address and fax or post back to HTI (details overleaf).

Email:

- Creative Leadership Conference**
The Lowry Centre, Salford
Thursday 23 March 2006

- Generating Leaders for the New Global Economy**
Central London
Wednesday 14 June 2006

- Making sense of Every Child Matters - A National School Governance Conference**
Regent's College, London NW1
Thursday 22 June 2006



Booking Form

Please complete in BLOCK CAPITALS and send to:

Caroline Collingham, HTI, Herald Court,
University of Warwick Science Park, Coventry CV4 7EZ
Tel: 024 7669 8519 Fax: 024 7641 5984
Email: c.collingham@hti.org.uk Web: www.hti.org.uk

Booking Details:

Title: Mr / Mrs / Ms / Other:

Last Name:

First Name:

Position:

Organisation/Institution:

.....

Address:

.....

.....

..... Postcode:

Tel:

Fax:

Email:

Special/Dietary Requirements:

.....

Booking Details:

Please book me a place on the 'They Are What They Eat!' conference.

Conference Fees:

- Businesses: £199 Plus VAT (£233.82)
 Educationalists: £165 Plus VAT (£193.87)
 Exhibitors: There is limited space for displays at this event. Please tick this box for further details.

Bookings received on or before Friday 31 March 2006 will qualify for the 'Earlybird' discount.

Earlybird:

- Businesses: £175 Plus VAT (£205.62)
 Educationalists: £145 Plus VAT (£170.37)

Payment Details:

- Please send me a VAT invoice.
Purchase Order No.
- Please find attached full/part payment (£40.00 plus VAT (£47.00) deposit to secure booking if purchase order not available), for the amount of: £
- (Please make cheques payable to 'HTI Leadership Centre')*

Authorised Signature:

Date:

I have read and accept the booking conditions overleaf.
Please make sure you have signed this booking form as this confirms your contract with HTI.

NB. For additional bookings please photocopy this form.

Data Protection Act

Please note that the information supplied on this form may be stored on our computer records for data processing purposes. We are registered under the Data Protection Act (1998)

About HTI

HTI is an independent, not-for-profit social enterprise. Our mission is to work in partnership with education, business and government to enhance education - and business - leadership and the employability of young people.

For further information please visit our website at www.hti.org.uk

Herbert Smith

About Herbert Smith

Herbert Smith is an international law firm. We are acknowledged as being in the top tier in each of our main areas of work: transactions, disputes and projects. Herbert Smith is recognised as one of the UK's "magic circle" and one of the world's "global elite" law firms.

Our clients include major corporations, financial institutions and governments. In addition to our own offices, we have established relationships with leading law firms in the world's major financial centres to assist in delivering seamless cross-border legal services to all clients. This includes an alliance with the German firm Gleiss Lutz and the Dutch and Belgian firm Stibbe.

For further information please visit our website at www.herbertsmith.com



Esmée
Fairbairn
FOUNDATION

About Esmée Fairbairn

Esmée Fairbairn Foundation is one of the largest independent grantmaking foundations in the UK. It makes grants and loans in four programme areas: Arts & Heritage, Education, Environment and Social Change; Enterprise and Independence. The Foundation also takes on other initiatives when it believes important opportunities remain unexplored. In 2006 it expects to make grants of £29 million across the UK.

For further information please visit www.esmeefairbairn.org.uk

hti

LEADERSHIP
IS OUR BUSINESS

Head Office:

HTI, Herald Court,
University of Warwick Science Park,
Coventry CV4 7EZ.
Tel: 024 7641 0104
Fax: 024 7641 5984

London Office:

HTI, 1 London Bridge,
London SE1 9BG.
Tel: 020 7785 6248

Email: enquiries@hti.org.uk

Website: www.hti.org.uk