

How do we get involved?

Please contact your regional *Health Promotion Coordinator* (*see phone list of Heart Foundation branches) if you wish to be involved or have any queries about the *Healthy Heart Award for Schools*. You will be sent a *Commitment Form*, which serves as an agreement between the Heart Foundation and the school, and sets out clear expectations and responsibilities for both parties. This form can also be used to promote awareness about the programme within the school and wider community.

What happens when we commit?

Your school will receive the *Healthy Heart Award for Schools Handbook*. You will also receive a member's login and password for special access to the Heart Foundation's interactive website, **DigiVillage**, which provides specialised health/nutrition resources for schools. These resources allow schools to take an active role in improving the heart health of their students and staff members, while learning more about what other New Zealand schools have achieved!

www.digivillage.org.nz



DigiVillage – inspiring and encouraging healthy eating and physical activity, in a fun and interactive environment.



What About a Physical Activity Programme?

Physical activity is also an essential part of school community life and goes hand-in-hand with healthy eating. The *Healthy Heart Award for Schools* acknowledges the role of physical activity in improving health for better learning outcomes.

The Heart Foundation also supports SPARC's 'Active Schools' and 'Sportfit' initiatives implemented throughout New Zealand.



Additionally, the Heart Foundation offers *Jump Rope for Heart* to primary, intermediate and area schools:



Jump Rope for Heart – Taura Peke mo te Manawa Ora is a New Zealand physical activity institution – with over 1.5 million students having completed the programme since the 1980s.

Jump Rope for Heart is a curriculum-linked resource for Years 1–8. The programme develops fundamental movement and motor skills through skipping and helps children develop lifelong positive attitudes towards physical activity and heart health.

Who can we contact?

To find out more, please visit or contact your local Heart Foundation branch.*

Throughout the programme, schools may contact the Heart Foundation with queries through:

- The Health Promotion Coordinator in your region (contact through local Heart Foundation branch)
- Email: education@nhf.org.nz
- Free phone: 0800 863 375
- The DigiVillage website www.digivillage.org.nz
- The Heart Foundation website www.heartfoundation.org.nz

Healthy Heart Award for Schools: Tohu Manawa Ora – Kura

The National Heart Foundation of New Zealand
PO Box 17-160, Greenlane 1546, Auckland
Ph: 09 571 9191, Fax: 09 571 9190
www.heartfoundation.org.nz



*Heart Foundation Branches

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Tairāwhiti 06 867 9003

Taranaki 06 758 2863

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Southland 03 214 5444

Northland 09 459 6518

Hamilton 07 852 5145

Rotorua/Taupo 07 349 0635

Hawkes Bay 06 833 7446

Wanganui 06 348 9267

Wellington 04 472 2780

Otago 03 477 3999

Alternatively you can call **0800 863 375**

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Healthy Heart Award for Schools
Tohu Manawa Ora – Kura



Together we will beat heart disease.



Help the Heart Foundation beat cardiovascular disease (heart, stroke and blood vessel disease) – New Zealand’s number one cause of death.

Together we care for the heart health of New Zealanders through:

- Funding heart research
- Advancing cardiac rehabilitation
- Promoting healthy lifestyles.

The Heart Foundation’s *Healthy Heart Award for Schools: Tohu Manawa Ora – Kura* is a free programme that supports primary and secondary schools to develop an environment that promotes nutritional health messages and lifestyles to the whole school community.

The programme provides resources, guidance and support to develop a heart healthy environment and assists in identifying and addressing a variety of nutritional needs, resulting in a whole school approach to healthy eating.

Why should my school become involved with the Healthy Heart Award for Schools?

- It is well documented that consuming healthy foods and drinks every day improves children’s immediate and long-term health. The good news for teachers is that there is also “a clear and consistent relationship between nutrition and academic outcomes in the long term.”¹
- Recognition from the Heart Foundation – a credible and leading authority on nutrition and heart health
- Assistance in creating an environment that promotes and supports healthy choices
- Positive publicity for your school’s achievements
- Assurance for parents expecting a high-quality nutrition environment – especially for those whose children attended an early childhood education service with a current *Healthy Heart Award – Early Childhood Education: Tohu Manawa Ora – Kōhungahunga*.

¹Ball, J., Watts, C. & Quigley, R. (2005). *A Rapid Review of the Literature on the Association Between Nutrition and School Pupil Performance. Report for the Obesity Action Coalition: Wellington.*

What support would we receive?

The Heart Foundation supports schools with specialist advice and information to help develop a health promotion culture throughout the whole school community.

Heart Foundation *Health Promotion Coordinators* deliver the Heart Foundation’s education programmes to schools and early childhood education services nationally, while supporting Ministry of Health nutrition and physical activity initiatives.



The Award helps you!

- Meet government healthy eating regulations
- Incorporate nutrition into school community life, enquiry learning and staff professional development
- Develop consistent messages about healthy eating and well-being for the whole school community
- Prioritise the areas of food and nutrition that will contribute most to health and learning in your school community
- Facilitate the entire school community’s celebration of healthy eating and its benefits
- Address concerns about on-site food and nutrition.

Resources

Resources are provided in a number of ways; including printed materials, the DigiVillage Teachers’ Forum for sharing best practice between educators, regional Heart Foundation Health Promotion Coordinators, and pertinent information about current issues through newsletters and other resource materials.

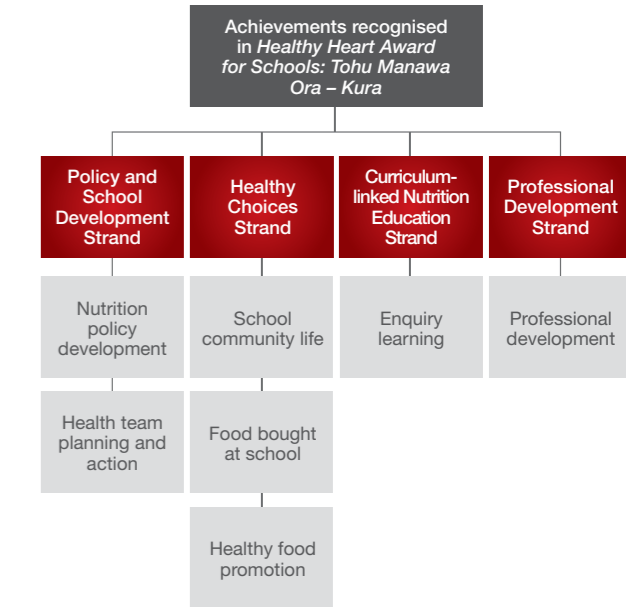
The three levels of the *Healthy Heart Award for Schools* provide tangible recognition of your school’s health and nutrition achievements.

Bronze: te Rito Award: recognises your school’s commitment and achievement in developing a healthy nutritional environment.

Silver: te Whānau Award: recognises the promotion of healthy eating within the wider community.

Gold: te Harakeke Award: provides recognition of best practice and sustainability.

Creating a Heart Healthy Environment – the four strands



Policy and School Development Strand

The development and implementation of a comprehensive school nutrition policy along with active involvement by members of the school community.

Healthy Choices Strand

The development of a school environment and community life, which reinforce classroom education around health and well-being.

Curriculum-linked Nutrition Education Strand

From the many existing opportunities, teachers select a relevant context in the school community to meet the identified food and nutrition learning needs of students.

Professional Development Strand

Each school has unique professional development needs for their teaching, and other staff members, in the area of food and nutrition education. These needs are recognised and the Heart Foundation is committed to an ongoing response to them, in partnership with other education and public health agencies.

