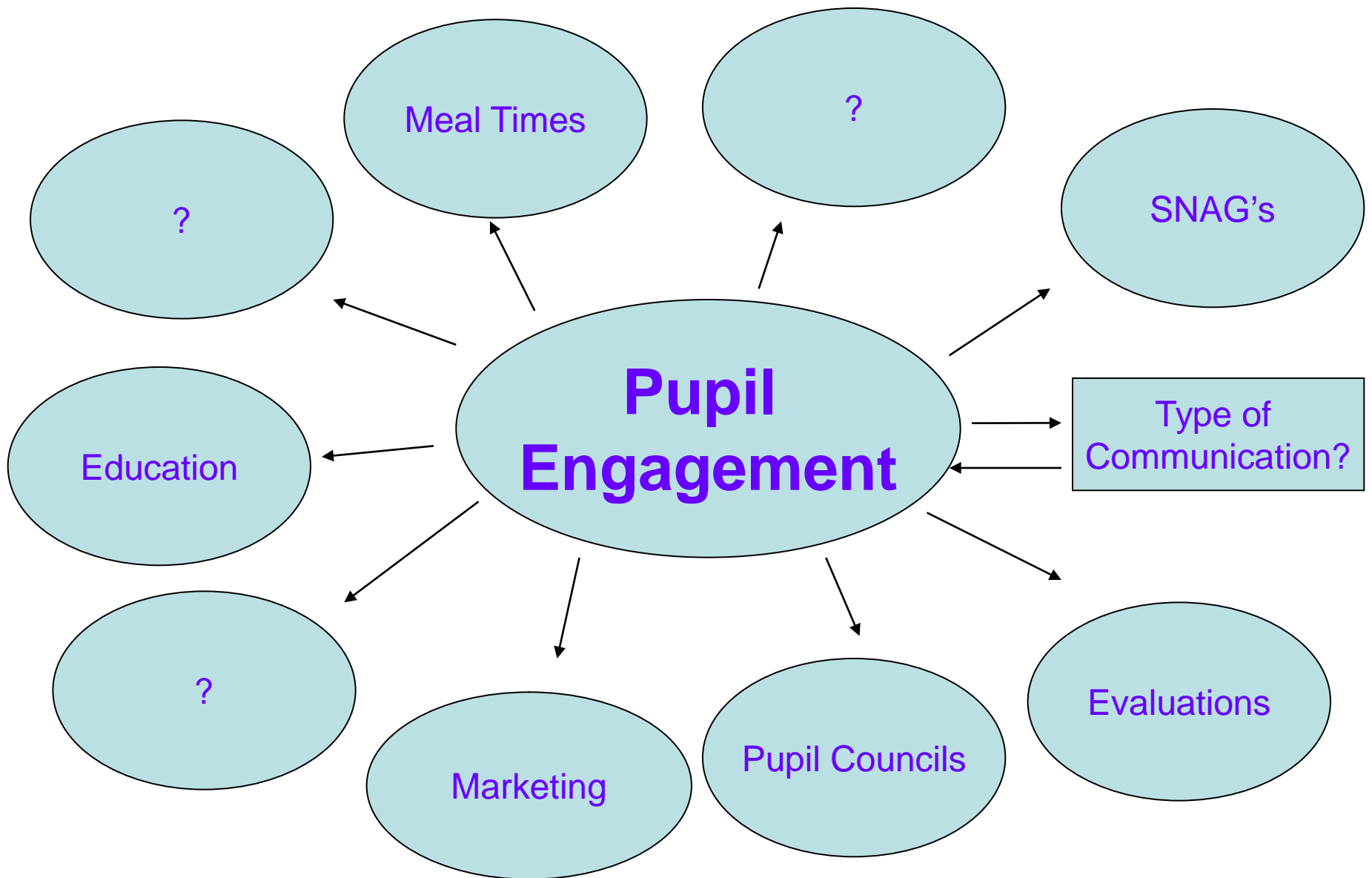
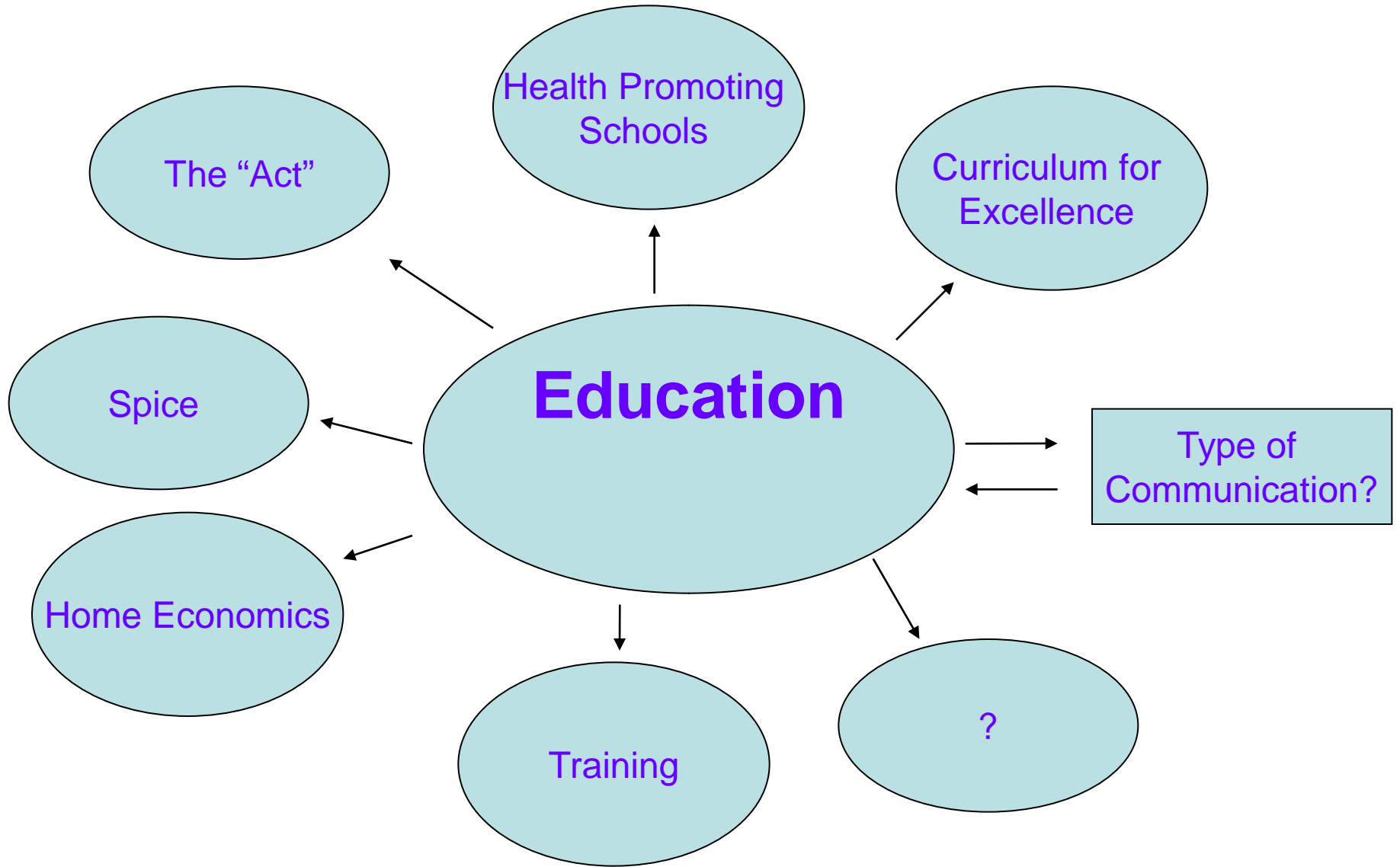


# Pupil Engagement

- What is it?
- Why do we need to do it?
- How do we do it?
- Who should be involved?
- Where should it be carried out?
- When should it be done?

# What is Pupil Engagement?





# Health Promoting Schools Guidance



**Guidance for celebrations, special events, school trips and rewards**

Highland Health Promoting Schools  
Àgallan Fòrain na Gàidhealtachd

Food is an important part of our lives. It should be a source of enjoyment, interest and knowledge and we should all eat healthily.

All food should be eaten by the school's Green team at events.

The school's Green team should follow good practice and guidelines. They should be encouraged to eat healthily. They should be encouraged to eat healthily. They should be encouraged to eat healthily.

Booklet provided for the Green team to use at all school events.

**"Let them eat cake!"**

**Guidance for Healthier Home Baking**

Highland Health Promoting Schools  
Àgallan Fòrain na Gàidhealtachd

The school's Green team should follow good practice and guidelines. They should be encouraged to eat healthily. They should be encouraged to eat healthily. They should be encouraged to eat healthily.

**Guidance for School Snacks**

Highland Health Promoting Schools  
Àgallan Fòrain na Gàidhealtachd

The guidance within it is for the school's Green team to use to ensure that the school's snacks are healthy and nutritious. It is for the school's Green team to use to ensure that the school's snacks are healthy and nutritious.

Food for celebrations - guidance

Healthier home baking - guidance

School Snacks - guidance

# ***Rising Stars – Leaflet Cover***



# ***Rising Stars is aligned to the nationally recognised Eatwell plate.***

**The eatwell plate**

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

**FOOD STANDARDS AGENCY**  
food.gov.uk

**Fruit and vegetables**

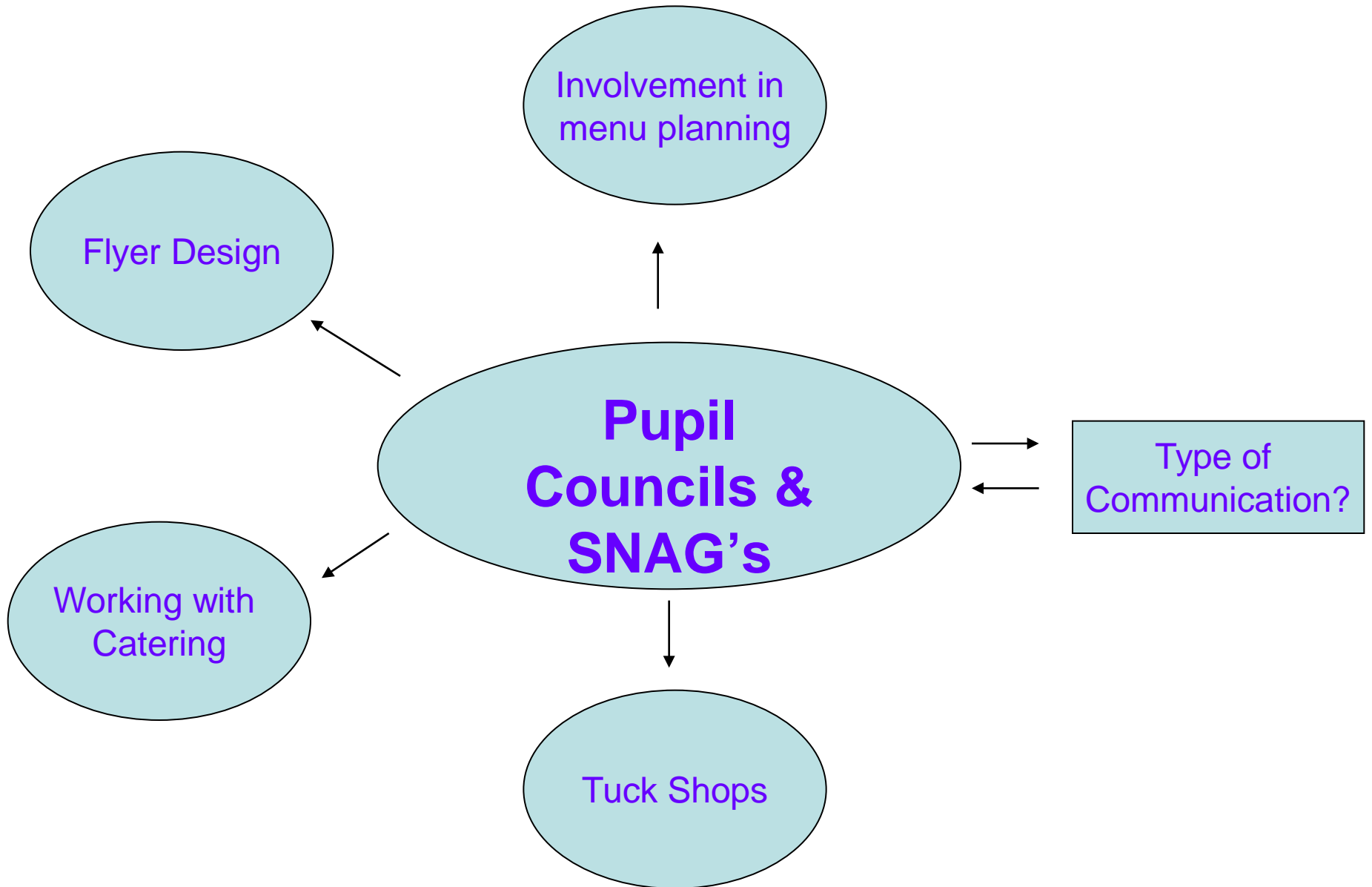
**Bread, rice, potatoes, pasta and other starchy foods**

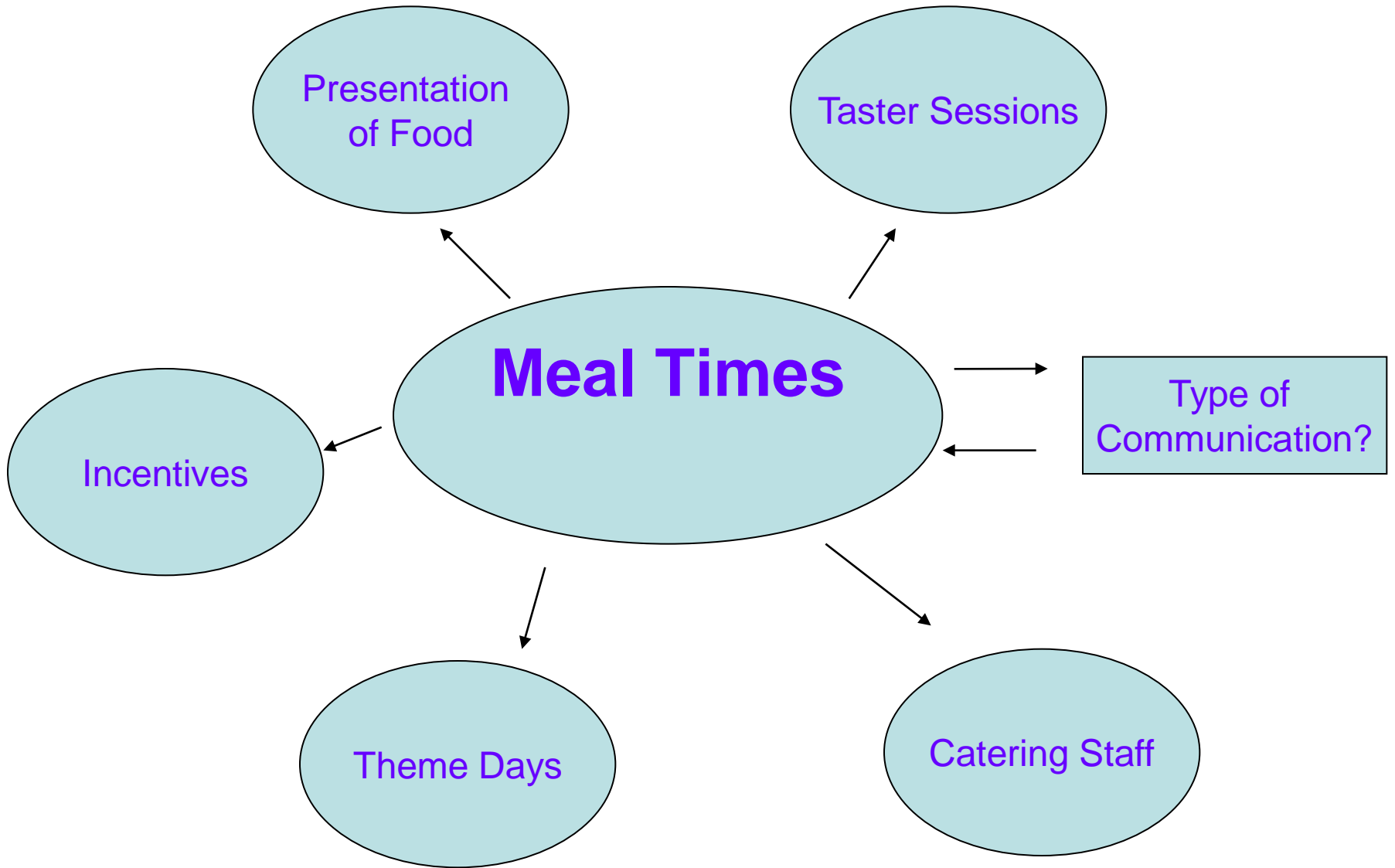
**Meat, fish, eggs, beans and other non-dairy sources of protein**

**Foods and drinks high in fat and/or sugar**

**Milk and dairy foods**

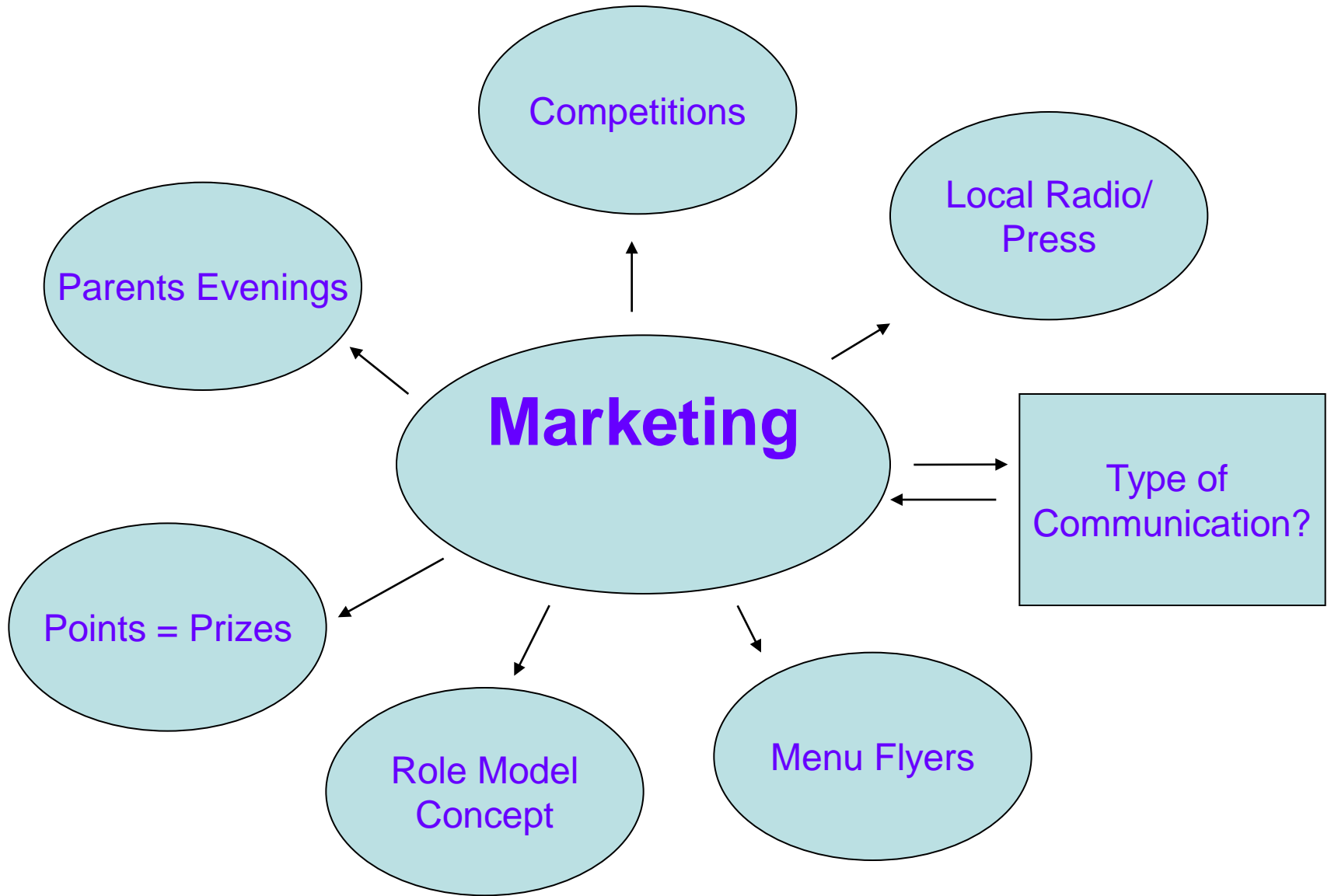
© Crown Copyright 2017











# Suppliers Involvement

## Bargan Bídhe

A HEALTHY FUN OPTION!

Pasta pot, fresh fruit  
and a free drink \*

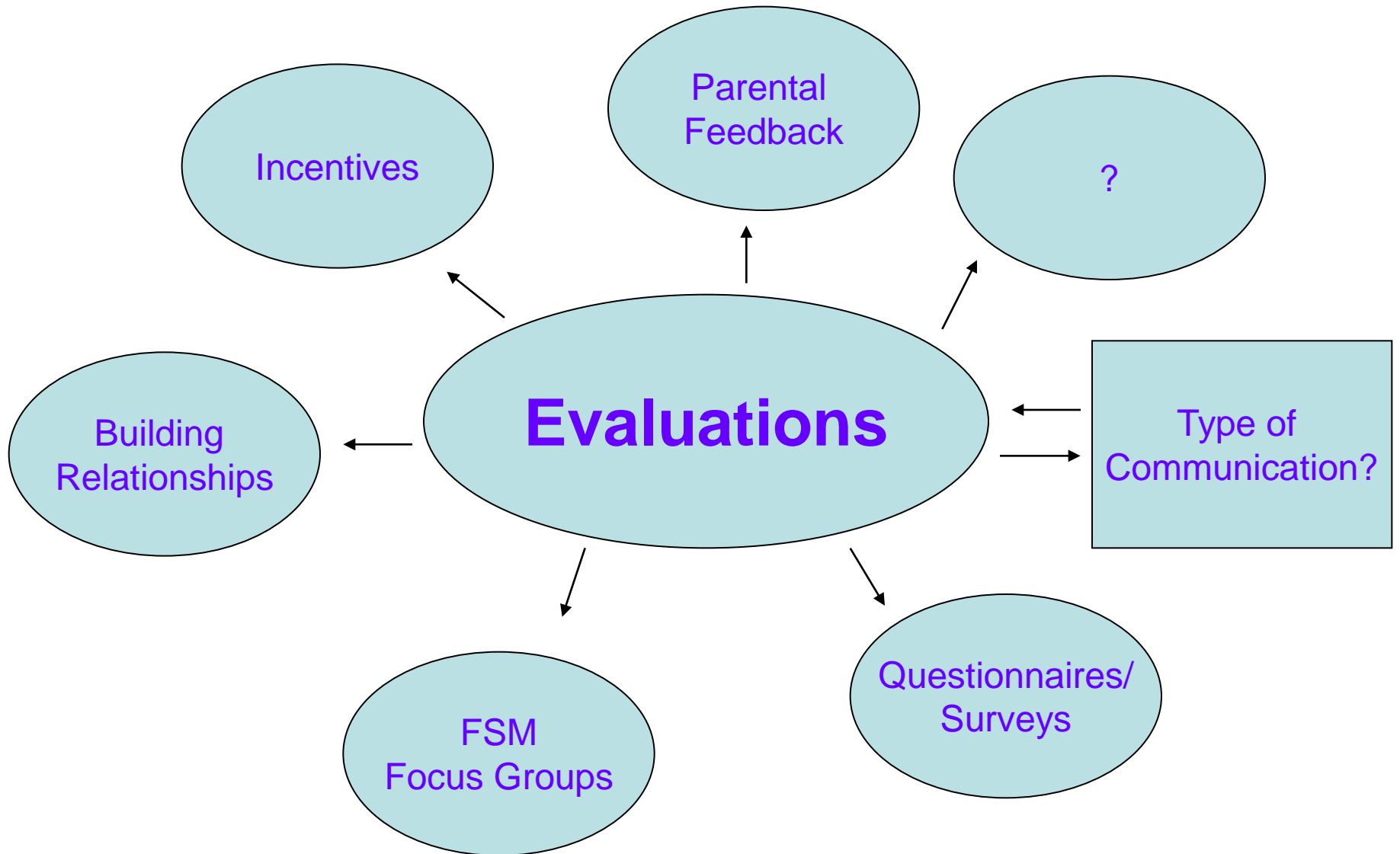
\*Drinks included in this offer are  
Calypso Aquajuce 67 200ml  
& Calypso Fairtrade 200ml.



£1.60

In association with:





# Summary