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ADDITIVE FREE SCHOOL TRIALS FOR ACADEMIC SUCCESS

Suggest a 2 or 3-week, additive free food trial. A five-day/forever additive-free food trial can be very productive.

OBJECTIVES

- Calmer schools and happier families.
- Improve concentration, mood, behaviour, health and learning of children, their siblings and families.
- To create an awareness of what added and natural food chemicals including gluten, can cause:- sleep disorders, stuffy/runny nose, arthritis, asthma, irritable bowel symptoms, eczema, loss of memory and concentration, lack of energy, stomach problems, migraines and headaches, anxiety and depression, oppositional defiance, irritability and restlessness, frequent colds, glue ear, flu, itchy skin, disturbed sleep, dyslexia.
- Provide information on common problem causing foods, additive free alternatives and what to look for when checking food labels.
- Present better food choices for the family.
- Encourage all members of the family to be involved in the preparation and cooking of meals.
- Present Harvard School of Public Health Food Pyramid
- Foster knowledge sharing with the help of the NZ Dental Association, the NZ Heart Foundation, Diet and Behaviour (UK) Fed Up (Australia) Coeliac New Zealand

- Make available copies of 'Fed Up' and 'The Failsafe Cookbook' by Sue Dengate and the trifold parent nutrition brochure 'Brain Food' A guide to food for better learning written by Dr. Jenny Scott, Dr Patricia Holborow and Julienne Law NZ and International Teacher.
- Present first aid for problem behaviour as outlined in Sue Dengate's book 'Fed Up' and endorsed by Dr. J.A. Chunn MB(NZ),MRCPE,Fellow American Academy of Allergy, Fellow Australian College of Allergists. Half a tsp of sodium bicarbonate(baking soda) in a glass of water can be safely taken up to five times a day.

BENEFITS

- Improved sleeping habits
- More focused student behaviour in the classroom and at home with better levels of concentration and learning capabilities, less classroom disruption.
- Better health and wellbeing of students.

THE 1,2 Or 3 Week additive free trial programme.

- Avoid additives, colours, preservatives in the diet.
- No fruit juice (too much salicylate) Water is the best drink for the brain.
- Avoid perfumes.(cleaning agents, soaps, air fresheners)
- Physical Education. Introduce the Landy'Ready-to-Use P.E.ACTIVITIES for Grades K-9, Books 1-4.

Approach 1. A few voluntary families.

Approach 2. Whole class with an enthusiastic teacher.

Approach 3. Entire syndicate.

Approach 4. Whole school

P.T.A. Parent Teacher Association to hold an initial parent information evening to engender interest and boost support with guest speakers. There is

a need to outline the effects of food chemicals and the benefits of additive free foods as well as an explanation of how to read food chemicals.

Suggested meeting agendas:-

- Show 'Jamie Oliver's School Dinners', 'Super Size Me' 'The Food Revolution' 'That sugar Film' etc
- .Invite guest speakers such as

Dame Alison Holst has been pleading for the resumption of cooking lessons but has now retired.

Jean Stewart or the of the Heart Foundation's schools manager.

Wendyl Nisson who takes packaged food items and decodes labels for you in the Weekend Herald.

Professor of Nutrition, Elaine Rush, Auckland university of Technology

The Dental Association.

Suggested learning activities.

- .Whole school cooking lunch together ie healthy sandwich day , healthy pizzas, healthy muffins etc This approach could be supported by the Heart Foundation.
- Fruit breaks with fruit from local orchards and gardens etc Picking blackberries, raspberries, strawberries etc Picnics under the blossoms.
- Fishing competitions. Take a kid fishing. Smoked fish for lunch. Support from local organizations and fishing magazines.
- School gardens safaris to visit schools in the district with gardens and/or market gardens.
- . Sausage sizzles with additive free sausages. These can be made by the butcher in bulk, everyone buying kgs for the family and storing in the freezer. Refer to 'The Failsafe Cookbook' Sue Dengate, Random House/ Penguin will sell 10 discounted copies of 'Fed Up' and

‘Failsafe’ to schools with accounts. Failsafe is an acronym for Free of Additives and Low in Salicylates, Amines and Flavour Enhancers

Daily Assessment/Evaluation Use these headings:-

HEALTH, MOOD, LEARNING, BEHAVIOUR

Parents to score their children.

Children to score their parents.

Children to score themselves.

Teachers to score pupils.

Pupils to score their teacher.

Kindergartens could rates changes under the headings :-

MOOD EXCITABILITY CONCENTRATION COMPLIANCE SLEEP

Use – / + Children to make their own sheets as part of a research project. Young children are capable of research activities. Little drawings could be used

A diet sheet could be used to track down any food intolerances. This would have the dates across the top, each food or drink listed down the side. Any marked problem, mental or physical would need to have exactly listed the previous two meals. This research can be valid and helpful if conducted through three weeks.

FIRST AID

For disruptive behaviour, half tsp of baking soda in a glass of water can be given 5 times a day. ‘Fed Up’ the late Dr. Jerry Chunn, Parnell, Auckland.

Communications and Publicity of Trial Test Results. These results need to be shared with the whole school community, local newspapers, local and national radio and TV programmes.

RESOURCES FOR FAMILIES

- Recipes from ‘The Failsafe Cookbook’ by Sue Dengate Alison Holst’s has written at least nine cook books for children. Mary Pat

Fergus has written microwave recipe books for children. There are many other cookbooks for children. The School Library Service could be approached. Use a whiteboard or share recipes on ipads. Arrange cooking classes using breadmakers and microwaves

- Foods in season to be discussed at the P.T.A. meeting. Farmers and orchard owners could make suggestions. Visit market gardens.
- Copies of the 'Harvard School of Public Health Food Pyramid. Note the emphasis on Physical Education.
- Copies of the parent, trifold, nutrition brochure 'Brain Food' A guide to food for better learning.

DURING THE TRIAL

Children could write letters/ to the local newspapers and TV channels.

- Older children could approach local businesses with research projects on how many people bring additive free lunches to work, percentage of additive free loaves/sausages/bread etc for sale etc. Results could be published in the local newspaper.
- A group of children could learn the Heart Foundation songs and sing them in the local shopping mall or airport.
- 'Ready-to-Use P.E. Activities' by Joanne M. Landy and Maxwell J. Landy make it possible for teachers to quickly prepare and take P. E. lessons that kids will love.
- Parents might take cooking lessons during the day, playtime, lunchtime etc
- Additive free recipe books could be compiled by older students.
- Younger students can cook very successfully with a microwave or breadmaker.
- Bulletin board for great additive free recipes.

- 'Research' projects in the school newsletter.
- Visits could be made to the town water supply.

COSTS

Local businesses may be willing to help if approached.

Guest speakers need petrol vouchers and some command a fee.

Children to bring ingredients for cooking classes.

Several copies of 'Fed Up' and 'Failsafe' for the school library

A hangi and/or international dinner brings communities together.

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