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## Celebrating Positive Nutrition, Good Hygiene & Oral Health Principles

Welcome new members and congratulations to long time members, some of which have been with the scheme since 2006. 60 pre-school settings have worked hard to achieve Gold status. As always, many thanks for continuing to relay the Golden Apple's key health messages to staff, children and families that you work with, helping to make Bury a healthier place to grow up in.



## The Bury Directory

When you receive your Golden Apple accreditation this is highlighted on the Bury Directory, a one-stop information point for advice, support, activities and services in our area. Parents or others who look on this site can view which settings are signed up to the Golden Apple by the GA logo. To view our information page or to download Golden Apple packs go to: [www.theburydirectory.co.uk/goldenapple](http://www.theburydirectory.co.uk/goldenapple)

Childminders can also pledge to follow the Golden Apple principles. Follow the above link and download your pack from the bottom right hand corner of the page.

Settings that are taking part in the Brushing Bus Scheme will also be highlighted on this page.

## Oral Health News

National Smile Month is the UK's largest and longest-running campaign to promote good oral health [www.nationalsmilemonth.org](http://www.nationalsmilemonth.org)

National Smile Month highlights three key messages:

- Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist regularly, as often as they recommend.

Smile Month helps educate, motivate and communicate positive oral health messages and improve the quality of smiles. Your Oral Health Team have many posters and interactive resources that can be emailed to you (so you have your own kit). For contact details see the last page of this newsletter.



The Brush Bus Scheme has arrived!

*“Early Years providers have a responsibility to promote the health of children in their setting, set out in the EYFS. Good oral health can form a part of this.” DfE statement.*

Tooth decay is the most common reason for 5-9-year-olds needing a general anaesthetic procedure. Daily tooth brushing with family fluoride toothpaste is an effective method of reducing tooth decay. Benefits can be maximized, if brushing with toothpaste is started early in a child's life.

The Oral Health Promotion Team have successfully launched the Brush Bus scheme in targeted early years childcare settings, in order to increase exposure to fluoride among the under fives in Bury.

All participating settings have found ways to incorporate tooth brushing into their daily routine.

Many parents struggle to brush young children's teeth at home. Parents who have children in nurseries where brushing programmes have been implemented, report that their children are much more enthusiastic about having their teeth brushed at home.

Good habits developed in early childhood can have a great impact on a child's future health. The Brush Bus programme, in conjunction with the Bury Council Golden Apple Award scheme, could in time have a real impact on children's dental health.

## Within Your Community

### The Daily Mile

The daily mile campaign has been well received in schools around the country. The children walk, jog or run in the safety of their own playground. Everyone has fun taking part - it is not P.E. and it is not competitive - while building relationships, confidence and resilience. Although pitched at school aged children, a daily toddle for younger aged children has also been started in some areas. The Daily Mile builds self-esteem and confidence, improving children's perception of exercise for life. Please see the link for more information <http://thedailymile.co.uk/>

### Are you thinking about being healthier?

Then you're in luck! Bury Lifestyle Service provides **free** personalised motivational support to anyone aged 16+ years\* and will help you to:

- Eat healthier and manage your weight
- Improve your sleep
- Drink sensibly
- Quit smoking
- Self-manage your medical condition
- Improve your overall health and wellbeing

To find out more, or book to your first session, call the Lifestyle Service on 0161 253 7554 - appointments available throughout Bury.

Visit our Facebook and Twitter pages for daily motivational tips and recipes follow us on:

<https://www.facebook.com/burylifestyleservice>

<https://twitter.com/LifestyleBury>

*\*anyone that lives, works, studying in Bury and/or is registered with a Bury GP*

## It's in Your Hands

Hand hygiene remains the most important means of preventing infection from spreading. It's the time of year when children may be more involved in trips to venues providing contact with animals. A recent outbreak in Greater Manchester was linked to a petting zoo/stables where hand gels were used as the main method of hand hygiene. It is very important that hands are washed with liquid soap and water and dried thoroughly, particularly after contact with animals and always before eating. Hand washing should be used rather than gel whenever there is a possibility of organic matter (soil, faeces, urine, saliva, mucus,) being present, whether there is visible soiling or not, to ensure that organisms are removed. Please pass this message on to all parents of children in your care.

Also just to let you know that you will soon be receiving information promoting the flu vaccination programme for 2, 3 and 4 year olds. There are different strains of flu each season and it is expected that one of the circulating strains this year will predominantly affect younger people. Many 4 year olds will be vaccinated as part of the schools programme this year but it's important that parents are aware of and encouraged to access the vaccination for those children attending nursery. You may also wish to encourage your staff to be vaccinated.

The Health Protection Nurses (Julie Parker, Lead Health Protection Nurse and Felicity Keeling) at Bury Council are available for advice on infection prevention and control and notification of infectious incidents. They can be contacted on 0161 253 6900 or by email ([gcsx\\_infectioncontrolprevention@bury.gov.uk](mailto:gcsx_infectioncontrolprevention@bury.gov.uk)). Advice about preventing infection, including exclusion periods following infection is also available in Public Health England's 'Guidance on infection control in schools and other childcare settings' available on the [www.gov.uk](http://www.gov.uk) website.



## How it all works:

1. Go to [BurydTreasure.org.uk](http://BurydTreasure.org.uk)
2. **Choose** a Bury'd Treasure hunt
3. Download your **map**
4. Find all seven **puzzle answers**
5. Enter your answers **online**
6. Enter the **prize draw!**

We set sail on **26th June** and the puzzles will be hidden in seven of Bury's parks until **3rd September...** including **TWO NEW routes for 2017!**

Ready to join us on a summer adventure?

Email [iwillifyouwill@bury.gov.uk](mailto:iwillifyouwill@bury.gov.uk) to sign our scroll!

 @BurydTreasure

 @Buryd\_Treasure



## Bury'd Treasure

Try some of these recipes to get your 5 A DAY the pirate way!

## Welcome to Captain's Jack's Table!

### Melon Boats

You will need: drinking straws, colourful paper, scissors and sticky tape.

### Ingredients

Half a melon, sliced and seeds removed with a spoon. You can use any type of melon. Just check that it is ripe by smelling the fruit; if it smells fruity then it is likely to taste good.

### Method

- 1 First make sails for your boats by cutting straws in half. Cut out triangle shaped sails from colourful paper. Draw patterns on the sails and attach to the straws with sticky tape.
- 2 Cut slices of melon to make the bottom part of the boat.
- 3 Press a straw sail into each slice.





## Bury'd Treasure

Try some of these recipes to get your 5 A DAY the pirate way!

## Welcome to Captain's Jack's Table!

### Cannon Meatballs

You will need: a mixing bowl, 2 plates, a large non-stick pan with a lid, a medium saucepan and a grater.

Makes 4-6 servings.

### Meatball Ingredients

500g lean beef mince (5%fat) or turkey mince

85g of dry sage and onion stuffing mix

½ onion, peeled and chopped

Black pepper, freshly ground

Pinch of herbs

Handful of fresh herbs e.g. parsley chopped

1 egg, beaten

3-4 tbsp of plain flour to roll the meatballs in

1-2 tbsp of olive oil

### Sauce Ingredients

1 courgette or carrot, grated

(this disappears into the sauce)

1-2 cloves of garlic, peeled and chopped

1 carton of sieved tomatoes (pasata)

Pinch of dried herbs and or a handful of fresh herbs

e.g. basil or parsley

Pasta, weigh out 75g of dry pasta per adult

and half this for a child

### Method

1 Mix the mince, stuffing, onion, black pepper, herbs and egg in a mixing bowl.

2. Make about 18 small ping-pong sized balls. Make sure they are well pressed together and roll on a plate of flour.

Remember to wash your hands well after.

3 Heat a large pan with a drizzle of olive oil. Cook 6 meatballs at a time for 5 minutes.

When browned on the edges take out, place on a warm plate and cook the next batch.

4. When all of the meatballs have been browned, use the same pan to cook a grated courgette or carrot with garlic for 3-4 minutes.

5 Add the sieved tomatoes and herbs and stir well.

6 Return the meatballs to the sauce and put the lid on. On a low heat cook for 25 minutes.

7 Meanwhile cook your pasta as instructed on the packet (usually 10-12 minutes) and serve together.





**Bury**  
COUNCIL

## Balance Bike Sessions

### WHAT IS IT?

Balance Bikes have no pedals and teach balance, steering and coordination skills without the risk of falling off. The sessions will include a mix of games to develop skills and free riding time.

### KEY INFORMATION:

Sessions are for 2-5 year olds & delivered by a Clarion Cycling Club Coach

Booking is advised as only 10 Bikes are available but bring along a helmet

Parents/carers will need to take an active role in the session

### VENUE:

Clarence Park, BL9 6LL  
(meet at the tennis courts)

### DATES:

Mondays Starting 8th May  
(term time only)

### TIME:

11-11.45am

### COST:

5 weeks for £18 book  
[burysapas.yapsody.com](http://burysapas.yapsody.com)  
or £4 per session

### FOR FURTHER INFORMATION OR TO BOOK CONTACT:

Bury SAPAS team on 0161 2535912 or  
[sports.development@bury.gov.uk](mailto:sports.development@bury.gov.uk)

 [burybepartoft](https://www.facebook.com/burybepartoft)

 [@burybepartoft](https://twitter.com/burybepartoft)



## Useful Resources

### First Steps Nutrition

For a colourful booklet on portion sizes for children age 1-4 years visit:

[http://www.firststepsnutrition.org/pdfs/Good\\_food\\_choices\\_and\\_portion\\_sizes%201-4\\_for\\_web.pdf](http://www.firststepsnutrition.org/pdfs/Good_food_choices_and_portion_sizes%201-4_for_web.pdf)

### Eat Happy Project

Tesco has teamed up with the British Nutrition Foundation to make cookery resources. For lesson plans, videos, recipes and food themed activity sheets visit:

[tesco.com/eathappyproject](http://tesco.com/eathappyproject)

### Eat Better Start Better

The Childrens Food Trust has a wide range of resources to support your policies around eating well: [www.childrensfoodtrust.org.uk/eatbetterstartbetter](http://www.childrensfoodtrust.org.uk/eatbetterstartbetter)

### National Smile Month

The British Dental Health Foundation make resources ready for National Smile Month in May/June every year: [www.smilemonth.org](http://www.smilemonth.org)

### Change4life

Change4Life has a wide variety of free health leaflets, posters and recipe cards

[www.nhs.uk/change4life.co.uk](http://www.nhs.uk/change4life.co.uk)

[www.nhs.uk/start4life/baby-foods](http://www.nhs.uk/start4life/baby-foods)

### British Nutrition Foundation (BNF)

The BNF's poster Perfect Portions for Toddler Tums can be downloaded:

[www.nutrition.org.uk/healthyliving/toddlers/5532.html](http://www.nutrition.org.uk/healthyliving/toddlers/5532.html)

### GULP

The GULP campaign gives facts and posters highlighting the importance of reducing sugar intake: [www.giveuplovingpop.org.uk](http://www.giveuplovingpop.org.uk)

# Newsletter



## The Golden Apple Team

If you require further information on the Golden Apple scheme or would like to know when your next assessment is due please contact:

### Golden Apple Officer

Zoe Fogarty,  
3 Knowsley Place, Duke Street, Bury, BL9 0EJ  
Tel: 0161 253 6743  
Email: [foodsafety@bury.gov.uk](mailto:foodsafety@bury.gov.uk)

### Nutritionist

Francesca Vale,  
Lifestyle Service, Radcliffe Library (First Floor), Stand Lane, Radcliffe, Manchester,  
M26 1WR  
Tel: 0161 253 7518  
Email: [f.vale@bury.gov.uk](mailto:f.vale@bury.gov.uk)

### Senior Environmental Health Officer

Margaret Waddington,  
3 Knowsley Place, Duke Street, Bury, BL9 0EJ  
Tel: 0161 253 5523  
Email: [m.waddington@bury.gov.uk](mailto:m.waddington@bury.gov.uk)

### Oral Health Promotion Officer

Alison Tabois,  
Pennine Care NHS Foundation Trust, Nutrition and Dietetic Service, Blenheim  
House, Little 66, Roach Bank Road, Hollins Brook, Bury, BL9 8RN.  
Tel: 0161 767 1431  
Email: [alison.tabois@nhs.net](mailto:alison.tabois@nhs.net)