**High 5 - Continuing Professional Development**

Introduction: 4pm to 4.10pm.

Presentation – slides 1 to 23 on the challenge of influencing children’s food choices : 4.10 to 4.30pm. (15 minute presentation – 5 mins discussion).

Staff read through:

* High 5 principles

Feedback – any questions? 4.30 – 4.45pm

Presentation: Slides 24 to 40 – High 5 in action 4.45 – 4.55pm

Staff split into groups (P1 to 3, 4&5 and 6&7 staff to look through lesson plans). 4.55 to 5.15pm

* P4 /5 teachers to look at Eatwell & Rising Stars.
* P6 & 7 teachers to look at Hunger and fullness, body parts/Eatwell, celebrity body image, and breakfast cereals lesson plans.
* P1 to 3 staff to look at “I am unique”, “foods to eat more and less of”, fish, and Give me 5 and Taste the Rainbow

Last slides – Key supporting documents – show them on projector & get general feedback & commitment to running High 5. 5.15pm to 5.30pm