

Mastering Your Diet with Jase Butty and Dale Sidebottom

COURSE

Learn how to build sustainable, balanced, and energising eating habits that support your well-being as an educator, and model healthy choices for your students.



About This Course

Food fuels everything, from our focus in the classroom to our energy, emotions, and overall well-being. In this practical and down-to-earth session, Jase Butty and Dale Sidebottom share their personal experiences and evidence-informed strategies for creating a healthy, balanced approach to eating.

Through open discussion and relatable examples, they explore how educators can optimise their nutrition without restriction or stress, helping participants rediscover food as a source of energy, enjoyment, and vitality both in and out of the school day.



Learning Objectives

By the end of this course, educators will be able to:

Personalise Their Nutrition:

Understand how to tailor dietary choices to fit individual needs, energy demands, and teaching lifestyles.

Adopt Balanced Eating Principles:

Learn how to build meals that include a variety of nutrients, focusing on vegetables, fruits, whole grains, lean proteins, and healthy fats.

Develop Sustainable Habits:

Move away from fad diets toward realistic, long-term approaches that promote consistency and well-being.

Apply Practical Food Strategies:

Implement everyday tools such as mindful eating, meal planning, and food variety to support health and performance.



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Why This Matters for Educators

Healthy eating isn't about restriction, it's about energy, clarity, and balance. For educators, who spend their days giving to others, nutrition plays a vital role in maintaining focus and resilience. This course helps teachers to:

- **Boost Daily Energy Levels** – Create meal routines that sustain performance throughout long teaching days.
- **Model Positive Habits** – Inspire students through visible, healthy choices and balanced attitudes toward food.
- **Improve Mental Well-being** – Understand the link between nutrition, mood, and stress management.
- **Build Long-Term Health** – Learn how to nourish the body in ways that are enjoyable, achievable, and sustainable.

About the Presenters

Jase Butty is a passionate nutrition enthusiast who has spent years experimenting with and refining dietary strategies to suit different lifestyles. His practical approach focuses on real-world application, simple, adaptable methods that improve health and performance without unnecessary complexity.

Dale Sidebottom, founder of *The School of Play* and *Jugar Life*, is an international educator and speaker known for blending fun, wellness, and movement into every aspect of learning. His collaboration with Jase combines relatable insights with playful, accessible strategies to make well-being achievable for everyone.

Perfect For

Educators, leaders, and well-being advocates who want to:

- Improve energy, focus, and daily performance through better nutrition.
- Learn realistic, sustainable ways to manage diet and lifestyle.
- Model healthy habits for students, families, and colleagues.