

# **Kea School**

## **Healthy Eating - Criterion Six**

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**Healthy School Validation 2004**

### **School Details and Context**

One form entry, rural school, 216 children on roll. 8 teaching staff, 11 teaching assistants.

### **How was the need identified?**

We did an audit of snacks that children were bringing into school. It was identified that many were not particularly healthy; we decided to promote healthy snack options.

### **Chosen Criteria**

Criterion Six

### **Steps taken to meet the criteria**

We organised a Healthy Eating Week for the whole school, Children designed, made and tasted different foods. Also, through school council, the "traffic light" system has been introduced in the canteen to help children choose a balanced diet.

### **Who was involved in the process?**

Steering groups, canteen staff, parents, pre-school, health Visitors, Sainsbury's, Penair School, governors.

### **Outcomes/impact on pupils and the wider community**

Children are more aware of what they are eating, the project was useful in helping promote partnerships within school and establishing links with other outside agencies.