

Landulph School

Healthy Eating - Criterion 6

Coordinator: Annie Yull
Contact Number: 01725 845572
Healthy School Validation 2004

School Details and Context

Landulph School is a small rural primary school situated near the River Tamar, north of Saltash. There are 71 pupils in rolls in three classes.

How was the need identified?

The staff at Landulph School were concerned about the unhealthy foods and drinks being consumed at break times and the children's attitude towards healthy eating. It was suggested that the pupils should be encouraged to be more aware of healthy choices and healthy eating.

Chosen Criteria

We decided to choose Criterion 6 - Healthy Eating to help us address these issues. This involved having drinking water available and reducing the amount of unhealthy snacks being eaten in school.

Steps taken to meet the criteria

- A variety of PHSE policies were drawn up and updated, i.e. PHSE, Drugs Education, Behaviour & Relationships Policies. These were discussed and shared with staff and Governors.
- A rolling programme for PHSE was implemented - identifying Healthy Eating.
- Drinking water fountains were out in each classroom and the children were told of the benefits of drinking water regularly.
- Visits from outside agencies e.g. School Nurse and Dental Therapist.
- Introduction of Fruity Fridays where children are encouraged to eat only fruit for tuck.
- A tuck shop has been set up which runs for one week each half term during morning break, to promote healthy eating. Produce is purchased from a local supplier.
- Change of catering service.
- Setting up of a School Forum - Year 2 to Year 6 - to discuss PHSE issues on a regular basis, including issues about healthy eating.
- Visit to Waitrose by the Reception and Year 1
- A Healthy School Week was set up during the Summer Term. Activities revolved around Healthy Eating i.e. diaries, menus, visits, competitions, hat parades and visitors. Children were able to find out about fruit and vegetables with free samples from our local supermarket, and took part in fact-finding from the Internet. Healthy-related exercise was encouraged

and work was supported by the library and loan system from the Health Promotion Service.

- A link was made with the Food Technology Department of Saltash Community School. A member of their staff planned and implemented a Healthy Food lesson with each class. The pupils made Healthy Breads, Healthy Sandwiches and Fruit Kebabs.
- A display board giving pupils information and ideas about healthy eating has been set up.

Who was involved in the process?

Staff, children, Governors and parents have all played their part.

Outcomes/impact on pupils and the wider community

Working towards Healthy School Status has raised the awareness of the whole school community about Healthy Eating and making 'healthy choices'. The pupils have developed a very positive attitude to all aspects of health and enjoyed part participating in the variety of lessons and activities. Parents have been very supportive and become more health conscious which has been reflected in snacks provided at break times and in packed lunch boxes.