

# **Lanner School**

## **Healthy Eating – Criterion 6.**

### **Pupils healthy eating leads to increased exercise.**

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<b>Healthy School Validation</b>	<b>2002</b>

Lanner School is situated in a village between Redruth and Falmouth. Liz Martin the Healthy Schools Co-ordinator tells us about the process.

At Lanner school we were concerned about the children's general fitness and attitude towards food. There was very little fruit being eaten at breaktimes and lunchtimes and it was felt that the children could be more active at playtimes.

To raise awareness amongst the children and parents we held a 'Healthy Week' in the Autumn Term. Crisps, sweets and chocolate were discouraged and rewards given for healthy options (the 'Snack Attack' leaflet proved very useful\*). Local leisure centres and health clubs were very generous with prizes.

The week included a lot of cooking, fruit and vegetables tasting, walks and a variety of physical activities including:-

- a very successful skipping workshop.
- The children learned different games that led to them being more active at playtimes.
- A workshop was held for parents, to provide some information and ideas for providing healthier options in lunch boxes.
- A parent who is an aerobics teacher held a session for parents which led to an after school club for the children.

The school is part of the Private Funding Initiative and has worked closely with the catering department to introduce a healthy tuckshop and the Year 6 helped to produce new lunch menus.

We decided to pilot letting the children take water into the classroom. Two classes were initially allowed to have their own water bottles. This proved to be

so successful that the whole school now has this facility and the staff room has a water dispenser.

The Health Schools team have been very supportive. We have used their expertise in formulating a P.S.H.E policy, workshops for drug awareness for staff and parents and healthy options for packed lunches.

There is still plenty to do. Next term we are going to have a Heart Foundation Skipping Week and a 'Grab 5' week, which encourages eating five portions of fruit and vegetables a day.

This has been a very positive experience and I am sure that it has enhanced the ethos of the school and raised awareness of healthy lifestyles.

*\* The snack attack leaflet is available from the Health Promotion Information Service on 01209 313218.*