

Lanreath Primary

Healthy Eating – Criterion 6

Coordinator: Mrs Jill Watts
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Healthy School Validation 2004

School Details and Context

Lanreath is a very small rural village near Looe. There are at present 28 pupils divided into two classes: Key Stage 1 and Key Stage 2.

As a small school we are able to foster a 'family' atmosphere of caring and support between children of mixed ages and backgrounds.

How was the need identified

We were concerned about the number of pupils coming to school without breakfast and the types of snacks that children were bringing for mid-morning; in addition some of the fizzy drinks and contents of the packed lunches.

Chosen Criteria

Criterion 6 – Healthy Eating

Steps taken to meet the criteria

The School Nurse and Oral Health delivered classroom workshops to raise children's awareness. The school nurse and Health Promotion held workshops for parents and governors. We then reinforced information by having a Healthy School week. Leaflets given to parents, rebalanced diet and healthy lunchboxes.

Who was involved in the process

The Healthy Schools team

The school nurse

Parents, governors, staff and pupils

Health Promotion Service – Sally Hayes

Oral Health – Joy Glasson

Outcomes/impact on pupils and the wider community

Nearly 1/3 of the children were coming to school without breakfast. Now only 1 child does not eat breakfast regularly. Children are more aware of what makes a snack healthy and why they should eat them. Fizzy drinks have been phased out. Water bottles have been purchased for all pupils and staff.