

Leedstown C. P. School

Healthy Eating Criterion - 6

Coordinator: Peter Maddern

Contact Number: 01736 850242

Healthy School Validation 2004

School Details and Context

Leedstown School is a small rural primary school of 60 – 70 pupils. The school is situated between Hayle and Helston with a busy road running through the village.

We like to think of ourselves as a family school where before we even think about academic work our priority is for the children to be safe and happy. We very much hope the vast majority of our children leave with firm foundations on which to build a successful, caring and useful adult life.

PHSE Scheme of Work

As a community we felt it was much more useful if the whole school was looking at the same areas at the same time. This enables assemblies, displays and visits from outside agencies to be whole school events and resources.

To fit with this plan we invented our PHSE wheel as shown below. Hidden within the “being” titles are the Healthy Schools criterion and the National Curriculum Guidelines. For example, the “Being Aware” topic that the whole school followed in the spring of 2004 was really Substance Use and Misuse.

Healthy Eating

Our chosen criterion for Healthy Schools accreditation was Healthy Eating as like many schools we felt our children lacked the knowledge to make informed choices as to their diet.

Before we had even begun our Healthy Schools work we made the decision to become a fruit only school at break times. This was literally done overnight with no choice given – a method other schools have shied away from but one which for us has been a total success.

We obtained a small grant from Health Promotion and for several weeks provided free fruit for all children. A good choice of fruit is provided every day and children are free to eat as much as they like. The fruit is obtained from a local market stall in Hayle with the head teacher or secretary collecting it twice a week. Now that the money has long run out we ask the parents to pay £10 per term for which the children can eat an unlimited amount of fruit each day. Even if a child has not paid we would never stop them having fruit.

At no time – and its been going on for 2 years now – has one child or parent complained or tried to cheat the system.

We regularly try to bring different ideas to the children such as banana sandwiches, cheese and biscuits or dried fruit, e.g. prunes and apricots.

The second main area to be addressed was the provision of an attractive source of water for the children. Having looked into drinking fountains etc. it was decided to provide each child and member of staff with their own drinking bottle – these were paid for by the school and as children leave in year 6 they will be allowed to take them for use elsewhere. These are filled up each morning by auxiliary helpers or the children themselves depending on ages.

The drinking bottles have been a great success although we have found boys much more likely to use them than girls.

Also as part of our work with Healthy Schools the following activities have taken place during 2003/2004:

- A visit from Joy Glasson on oral hygiene
- A visit by year 5/6 to the Flashpoint Centre
- A visit from a Japanese student to work with each class
- Much cooking and tasting of healthy snacks
- The sponsorship of three children in Africa and a guide dog at home to reinforce the school's caring ethos
- The filling of many Christmas shoe boxes for less privileged children;
- and much much more

As a school we have found the whole process of accreditation extremely worthwhile. The process has enabled us to work together and the whole school; children, parents and staff, has benefited.

Being a small school has its advantages in that the whole staff can be directly involved and that is very important.

We would certainly recommend that all schools take part in the Healthy Schools Scheme.