

Lewannick Community Primary

Healthy Eating - Criterion 6

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Healthy School Validation 2004

School Details and Context

A rural primary school on the edge of Bodmin Moor, 6 miles from Launceston. 88 pupils aged 4-11, 3.4 teachers. Soon to have new foundation Stage Unit enabling the school to have 4 classes and 4.2 teachers from September.

How was the need identified?

The selection of items brought by the children to eat at playtime were mainly crisps, sweet biscuits and pre-packed supermarket snacks. We felt the need to try to improve the standard of food consumed whilst the children were in our care.

Chosen Criteria

Criterion 6, Healthy Eating.

Steps taken to meet the criteria

Initially a fruit only day was introduced on Thursday. A small 'healthy' tuckshop was started which sold items at various prices. Gradually over the year the produce at the tuck shop increased to include fresh pineapple, mango, plums, apples, bananas, some dried fruit, cheese & crackers, rice cakes, pitta bread and tuna, smoothies, popcorn, strawberries and many more - all prices at 10p.

Who was involved in the process?

All staff, governors, parents, children and especially the TA who took over the running of the Healthy Eating Tuckshop.

Outcomes/impact on pupils and the wider community

Many pupils at the school buy from the tuckshop everyday. They have been introduced to many fruits and breads etc that they have not tried before. Some parents have said their children are asking for more fruit at home and that eating patterns are changing. A high profile is given to healthy eating issues in assemblies & newsletters. Two members of staff have written an article for the Times Ed (Teachers magazine) about the Healthy Tuckshop.