

Lostwithiel Primary School

Healthy Eating – Criterion 6

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Lostwithiel Primary School has 5 classes, with about 140 children in total. The school mainly serves the town of Lostwithiel and a few outlying properties.

The staff had been aware for a while that the children were consuming too many unhealthy foods and drinks.

The chosen criterion was Healthy Eating.

First the steering group surveyed the parents and the children to find out what their opinions were regarding snacks at break times and the provision of school dinners. The survey showed that there was support for more healthy snacks and meals. The school introduced a system that involved the children and staff only having healthy snacks during break times on Mon – Thursday and a free choice on Fridays. The school now has a snack shop which sells fruit at break times on Mon – Thurs and fruit and biscuits on Friday. The school dinner system encourages the children to choose healthy options. Packed lunches are left to the parents to decide upon. The children are also encouraged to bring a plastic bottle of water to drink during lessons. These are put in holders on their desks.

The steering committee included two children from the School Council, a governor (who is also the local G.P.), an interested parent and two teachers. The Head teacher and the school cook were also involved at times.

The children and staff are eating healthy snacks during at least 4 break times each week. There is hardly any litter on Mon – Thursday. Many children drink water during lessons. Children and parents have responded positively to the initiative and some have reported that more fruit and vegetables are being eaten at home. It has encouraged all of us to think more about what we are eating and drinking.