

Pennoweth Primary School

Healthy Eating - Criterion 6

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Healthy School Validation 2004

School Details and Context

Pennoweth Primary School is a new school, situated in Redruth. The school opened in September 2002 following the amalgamation of Cardrew Junior School and Gweal-an-Top Infant School. There was extensive building work carried out on the Cardrew site. This has created a wonderfully bright and stimulating learning environment for our 332 pupils.

How was the need identified?

We decided as a school to focus on Healthy Eating. As a new school we believe that it was important to create and promote an environment which would encourage all children to take an interest in and be informed about healthy food and drink. The amalgamation of infants and juniors seemed to be the ideal opportunity to pursue this project.

Chosen Criteria

Healthy Eating - Criterion 6

Steps taken to meet the criteria

We have encouraged children to bring water bottles into the classroom so that they may drink freely throughout the day. We have found this to be beneficial both for the children and staff. We also decided that we would introduce a healthy tuck shop at break times. The children are also encouraged to bring in their own lunch boxes. We keep parents informed that we are working towards healthy School status through our weekly newsletters and have taken this opportunity to address healthy eating issues.

As part of our development as a new school we have created a Healthy School Committee, this involves a number of staff and pupils. The pupil committee members have created posters to place around the school and are points of contact for other children who have ideas about healthy activities. We also have a Healthy Schools suggestion box. This is maintained by our pupil members. Pupils throughout the school are encouraged to submit their ideas.

We were visited by Joy Glasson, who spoke to the children about caring for their teeth and the types of foods, which would assist with this. The children found this to be very informative.

A group of children were taken to Safeway Supermarket in Pool, where they received a guided tour around the store looking at and discussing different types of healthy food. The children were then able to answer question sheets whilst sampling a wide range of healthy foods. We found this trip to be highly interesting and enjoyable.

Our catering staff has always ensured that there is a wide range of healthy foods for the children to choose from. We have worked together to implement a traffic light system for our school diners. Children are able to use the red, amber and green cards to help them to make an informed choice each day.

The children have had the opportunity to sample foods from different cultures. Also, as part of our harvest celebrations the children sampled breads from around the world.

Ongoing Plans.

We have encouraged small groups of children to help to choose Huff 'n' Puff equipment. We are working in partnership with parents on the Huff 'n' Puff scheme.

We are in the process of starting a lunch time asthma club for the pupils. This will be run by a member of staff who has asthma.

We have developed strong links with our local secondary school and our Y6 pupils are regular visitors. This enables them to feel confident and comfortable prior to their move.

Outcomes

There have been positive comments from parents about healthy tuck shop and water bottles. We encourage parents to give feedback through the use of questionnaires and informal chats.

Whilst we have focussed on healthy eating we have also realised that there are lots of activities carried out in school which all add to the emotional well being of our children. For example we promote weekly circle time, Year 6 playgroup buddies, known as yellow caps, praise assemblies, pupil of the week awards and a special dinner table, where chosen children can invite a friend to dine with them.

The children enjoyed being asked for their input on Healthy School issues and we feel that the implementation of a school council will build in this positive response for other school issues.

As a new school we needed to create policies and we have received help from the Healthy Schools scheme with this.

Future Plans

We are planning to create a magical garden within the school grounds. We have approached local artists who will be helping us to design this very special place. With the aim that children can visit the garden and use it as a stimulus for creative thinking and also as a calm and restful place. We are hoping to create an area to stimulate the senses; our ideas include a herb garden, wind chimes, and sculptures. The children will be giving their ideas and requests to the artists. We will be asking parents to work with us both with regard to raising further funds and developing the site. We plan in the future to ask parents and visiting storytellers to use this special area to interact with the children.

As a school we have found the Healthy Schools scheme to be helpful and inspiring.