

# Penryn Junior School

## Food and Eating – Criterion 6

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**Healthy School Validation 2003**

### **School details and context**

Penryn Junior School is a co-educational Community Primary School. It has, at present, over 300 children whose ages range from 7 to 11 years. There are parallel classes in each year group with an average of 30 children in each class. We have an additional class (Area Resource Base) for those children with moderate learning difficulties.

Most of the school was built in the late 1960s. It is spacious, well decorated and very well resourced. We have a computer system based on a computer suite which is linked to all classroom computers. There are two play courts and two grassed pitches on our site and we are able to share the many other pitches belonging to Penryn College, which is situated adjacent to us. We also have a large swimming pool.

School dinners are cooked on site, the provider being Initial Catering. Approximately half the children bring packed lunches daily.

### **How the Need was identified.**

Members of the Healthy School Team visited our school early in 2002 and identified targets. These were then discussed with staff and children and an action plan formulated. Initial Catering were contacted and needs discussed. Parents were informed of the school's intention of achieving the Healthy School award and audited were audited for their opinions on various areas of school life.

### **Steps taken to meet the criteria.**

- A variety of PSHE policies were drawn up and updated ie. Science, SRE, PSHE, Substance policy, Bullying, Healthy Eating, PE, RE< Discipline, Racism and Equal Opportunities. These were discussed and shared with Governors.
- Steps taken to improve and make children aware of the benefits of healthy eating and the benefits of drinking more water during the school day and at home. Children

are encouraged to have water bottles on their desk. The staff room now has a chilled water dispenser for all staff and visitor use.

- Healthy Eating awards given in conjunction with Initial Catering for those children making a healthy meal choice at lunchtimes. Stickers and prizes awarded to those participating in each class and shared with the whole school during assembly.
- Tuck shop set up during morning break with the aim of promoting healthy eating. Children given the opportunity to purchase fruit and healthy warm snacks.
- Initial Catering promoted themed lunches to encourage children to eat healthily eg. St Piran's Day, Valentines Day. Also, a VIP lunch was won by a Year 4 child who invited the headteacher and a friend and were waited on at table by Year 6 children.
- Visits were made to Penryn Sports College to take part in a food festival demonstrating the diversity of foods in other countries ie. China and South America. This helped with the transition of Year 6 pupils to Year 7.
- Our school was invited to take part in the 100 Club, promoted by the County, which encourages children to walk to promote health and to reduce traffic congestion around the school campus. After a slow start, 72% of pupils now walk to school, compared to 42% at the beginning of this initiative. Parents have worked hard to support this and children have been awarded stickers and certificates to promote this. The school will be awarded a brand new display board to maintain communications with the parents and community.
- Various curricula activities and playtime activities have been devised and extended to promote health ie. Huff and Puff, credits and awards, school council, assembly notices and discussions, newsletters to parents, newspaper coverage, extra-curricular sporting and musical clubs.
- Staff health and wellbeing has not been forgotten with workshops offered to all staff including Tension Tamers, impact on staff health and wellbeing, Dance Workshop, Circle Time workshop etc.
- PFI plans have now been drawn up to improve school buildings and the environment and are now under consideration.
- Visits from outside agencies eg. Nurse, local PC, and visits from those promoting the care of the environment and animal welfare.

### **Who was involved in the process**

By participating in the Cornwall Healthy Schools Award our school has been offered the opportunity to continue to enhance staff development, raise pupil self-esteem and confidence, encourage parent involvement, promote inter-agency support and promote community links. We also received support from Health Promotion Officers and education advisors, training on health issues and access to a wide range of resources and expertise.

### **Outcomes**

- The 2002 end of Key Stage 2 SATs showed marked improvement. Could this be the water?
- Pupils are now aware of "healthy choices" and are actively selecting healthier options.
- Pupils are aware of exercise benefits to wellbeing and health.
- Parents, children, staff and Governors are kept well informed of activities and various promotions in school to promote health and wellbeing.
- Participating in the Healthy Schools Scheme has reinforced our school motto "Happy to Learn".