

Richard Lander School

Food & Eating – Criterion 6

Coordinator: Mr Graham Burn

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Healthy School Validation 2004

School Details and Context

Situated on the main road towards the outskirts of Truro, RLS is a Technology Specialist School with a roll of 1175 children (8 form entry) under Phase II of PFI the school is due to be relocated for Sept 2007.

How was the need identified?

Healthy Schools criterion: Diet and Nutrition. There was general concern regarding the nutritional value of pupils' eating and that this could in part account for some pupils' behavioural difficulties. Concern came mainly from members of staff who regularly witnessed pupils selecting an imbalanced menu at the school canteen. Concern also arose from the content of some pupils' packed lunches and reliance upon sugared fizzy drinks.

Chosen Criteria

Diet and Nutrition

Steps taken to meet the criteria

Monitoring of students' eating at the school cafeteria

Questionnaire of students re: their daily diets.

Information letters to parents regarding our concerns, our action plan and nutritional detail including packed lunch ideas.

Working closely with our new Catering Manager meant greater variety of healthy foods were available. we were also able to open a Breakfast Club from Sept '03.

Who was involved in the process?

We set up a School Nutrition Action Group (SNAG), which included pupils (all years), staff including the headteacher, governors, the Catering Manager and a small number of parents (3).

Outcomes/impact on pupils and the wider community

Increased awareness of nutritional value of food choices. Visual displays in / around canteen and dining area of healthy foods. School's fizzy drinks vending machine was removed, increased number of water fountains were installed, water bottles allowed in class. Canteen staff now control choices of pupils on free school meals. Breakfast Club – over 50 pupils / day. SNAG Group meets monthly to monitor extent of their work and to plan future initiatives.