

# **St Maddern's School**

## **Healthy Eating – Criterion 6.**

**Co-ordinator:- Tish Smith**  
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**Healthy School Validation 2003**

### **School details and context**

A small village school about 3 miles from Penzance. 54 children on roll in three classes.

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

We had felt for some time that the canteen and menus all needed updating and reorganising. The service needed to be speeded up – the choices were too wide to promote healthy eating.

### **Chosen Criteria.**

Healthy Eating – Criterion 6,

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

- Reviewed the canteen arrangements and menu.
- Introduced fruit at playtime.
- Introduced a huff and puff type scheme in school to make play more active and fun.
- Lunchtimes were re arranged for speedier serving.
- Food technology taught on 4 year rolling programme and health aspects are covered in many areas as highlighted by our cross curricular mapping.

# **St Madderns. School**

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

The whole school, initially head teacher school cook, healthy schools co-ordinator but this soon involved the rest of the staff and children.

## **Outcomes/Impact on pupils and the wider community.**

The play equipment has meant most of the children are occupied at playtime. Lunch is eaten quickly and quietly in a more peaceful and efficient environment. There is less waste. The children are more aware of what they eat at school and home.