

# Treloweth Community Primary School

## Food & Eating - Criterion 6

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**Healthy School Validation 2004**

Over the last year we have been aiming to achieve the second phase of the Healthy Schools. It is important to us that we achieve and maintain this as we have a commitment to actively promote the well being of the staff and pupils.

Initially we reformed our committee and met to discuss the targets we had set for criterion 6 - Food & Eating.

Access to water at all times for pupils and staff was something that we had looked at previously. The children had each been supplied with a bottle donated by a local business. Unfortunately the lids were screw tops as opposed to the sports style "pop tops". As we had encouraged children to keep their drinks on their tables for easy access, we found that their work was often ruined by spillage's. It was therefore decided that we should order plastic sports style water bottles and sell them to the children for a £1. The children were taught the reasons that we must drink water and the effects of dehydration. Extra water dispensers were also made available to the staff.

The next step was to encourage children to bring in healthy tuck for break time. To begin we had to ensure that the children were aware what healthy food was. A lot of work was done throughout the school on the food pyramid and the importance of a balanced diet. Statistics say that one on ten six year kids and as many as one in six fifteen year olds are now obese. We feel that as a school it is our responsibility to help tackle obesity, poor diet and lack of exercise among children.

To begin with healthy tuck charts were placed in the classrooms and Schoolwatch, the school council, collected these each week and a class was nominated Healthy class for the week. This made a big improvement overall, but we still felt that some children, particularly those that we felt really lacked a healthy diet, were still bringing in unhealthy food and *lots* of it.

The next step was to tackle our own in-school tuck shop, which at this time sole sausage rolls, chocolate doughnuts, buns and biscuits. We arranged a meeting with the school cook and the catering service and discussed what types of foods we could offer the children at the right prices. We took advice from the dental association as well as the NHS. It was then time to get the children excited about the new tuck shop. We decided to hold a poster competition advertising the opening of the tuck shop. The winners of the poster competition win a hamper of healthy snacks. The children were also asked to give suggestions on what they would like to see in the tuck shop.

We also sent a letter home to parents explaining what was happening and giving a list of suggestions for healthy tuck. We contacted local shops and explained what we were doing and suggested that they might like to display some healthy options. We then had 2 assemblies promoting the tuck shop and the foods the children were allowed to bring in, also explaining that occasional treats were fine. On the first day of our new tuck shop only 3 children in the whole school brought tuck that wasn't considered healthy - we were delighted!! At the moment the parents are putting together a list of ideas for healthy snacks and our tuck shop now sells a variety of fresh and dried fruit, yoghurt covered raisins, carrot sticks, celery sticks, wholemeal rolls with low fat fillings and occasionally low fat banana or carrot cake.

As part of the Learning to Learn project that we are currently involved in, the children have been taught the importance of being ready to learn. This, of course, involves a good breakfast, plenty of water and a good night's sleep. We encourage the children to look at the food pyramid and decide what a healthy breakfast might consist of. We also discussed the effects food can have on children's learning and how fresh foods which are high in certain vitamins and minerals are far more effective as "brain food" because they increase concentration and a feeling of alertness.

Children in different year groups made menus for a healthy meal in their literacy lessons and all around the school children were actively involved in becoming healthy eaters.

A lunchtime club was also started involving year 3 and 4 children called The Activators. This is based around an interactive CD-ROM promoting enjoyable healthy eating and physical activity to primary school children. It introduces 2 families. One of which, The Activators, has a healthy lifestyle and the other, The Dolittles, does not. The club supports areas of the curriculum such as PSHE, science, ICT, literacy and numeracy. The main objectives of the club are:-

- To know that we should
- Always eat a healthy breakfast
- Aim for 5 fruit and vegetables a day
- Be active

The children began by recording what they were eating for breakfast and then we looked to see if there were any improvements that could be made. Some children changed their breakfast completely whilst others made minor adjustments such as adding banana to their cereals, to start with their 5 a day off. Some changed to wholemeal bread or had a piece of toast as we explained that the carbohydrates found in bread were far better for producing energy that lasts throughout the day as opposed to foods high in sugar that can give an instant "rush" of energy followed by a feeling of profound lethargy. Next we looked at breakfasts from around the world and worked out, using the food pyramid, which were the healthiest. We then looked at our daily diet and how many fruit and vegetables we were currently eating and ways in which we increase the amount. The children were then asked to pass their knowledge on to the rest of their peers; this resulted in a small presentation

and lots of banana sandwiches on wholemeal bread! Our next step with The Activators will be promoting exercise.

Although our main focus has been on healthy tuck, we have also noticed a huge difference in the children's pack lunches and we are sure that local sales in fruit and vegetables have increased! The children are taking great pride in showing off their healthy food.

We then realised that it was time to tackle the food safety and storage issues, particularly as an increasing amount of children were bringing yoghurts and dairy products that needed to be refrigerated. It was decided that we should provide a small refrigerator for each year group to store their food in each day.

Our breakfast club also decided to join in our healthy eating project and changed from white to wholemeal bread. They also decided to look at the range of cereals they were providing and decided to introduce healthier options. The children were keen for this to happen and we have had positive feed back from many parents.