

# **Bosvigo School**

## **Healthy Eating - Criterion 6**

**Coordinator: Ms Alison Shaw**  
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**Healthy School Validation 2004**

### **School Details and Context**

Bosvigo School, in the City of Truro, has about 285 pupils with a reception class and the full primary range, housed in buildings constructed between 1897 and 2002.

### **How was the need identified?**

School, staff, governors and pupils themselves had for sometime been concerned about the content of packed lunch boxes and the quantity of crisp packets and sweet-snack wrappers around the school. Members of the school forum had encouraged us to establish a Fruit Tuckshop (February 2003). A survey of all KS2 pupils revealed a wide range of knowledge about food in all year groups. We wished to raise awareness in the whole school community of many elements of a healthier lifestyle.

### **Chosen Criteria**

Criterion 6 - Healthy Eating

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

We informed everyone associated with the school through newsletters, posters, letters and assemblies about the Healthy School Initiative. We focussed on food additives at the Annual Parents Meeting (March 2003). The co-ordinator and a governor attended training sessions. We held a Healthy School Week (June 2003), established a SNAG, and consolidated existing good practice. Introduced "Fruity Fridays" to encourage children to bring fruit from home. Arranged for drinking water for all.

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

School forum, 2 representative from each KS2 class, SNAG, Year 6 Forum reps, HS Co-ordinator, Head teacher, teacher, CSA, parents, 2 governors (PSHE and Health & Safety govs), Health Promotion Service, advisors, parents and others with appropriate skills. School catering staff involved in discussions.

### **Outcomes/impact on pupils and the wider community**

The scheme has definitely raise awareness in children, parents and staff of healthy eating issues, it has enabled some excellent cross-curricular work, and healthier attitudes have become embedded as part of school life. It has produced much enjoyment, enthusiasm and invited effort.

The validation visit on 25<sup>th</sup> March 04 was our opportunity to show all that we have achieved, and to celebrate the schools enjoyment of the scheme. We established a comfortable base for our two visitors in the school library where they were able to do paperwork and to talk with members of the school community.

A tour of the school was ably led by Ginny and Jordan, Year 6 representatives in the school forum, and we saw arrangements for the Fruit Tuck Shop, posters in classrooms, hall and notice boards promoting the eating of fruit and vegetables, the outdoor areas where much work has been done to improve the school environment, including the recycling bins, compost heap, murals and playground facilities. We were in the reception class while they enjoyed fruit, cheese and milk (healthy eating and social education) and we attended a very impressive presentation by class 9 (Yr 5 and Yr 6) on the subject of Teeth. Class 10 were involved with the production on computers of a quiz and the "Healthy Herald" and throughout the school there was much evidence of work on a wide range of health and all PSHE/C issues. The visitors asked many probing questions in the classrooms and the children revealed impressive knowledge and understanding. We were delighted to become an accredited school and now we look forward to building further on our achievements and to focussing on health-related exercise.

I am very pleased to be associated with this initiative, and am impressed that it has become so much a part of school life. As a health professional, I am particularly concerned that we enable children to live life to the full. Sue Pettit, Governor.