



"If you have chocolate it gives you lots of energy but you lose it in a couple of seconds."  
Pupil Quethiok School 2004

"The breakfast club is fantastic. It gives you a chance to socialise and even mums who don't use the club can come in and relax."  
Parent Boyton School 2004



"The breakfast club is good value for money and serves bacon rolls, eggs, cereals and toast. It is attracting those pupils who might otherwise not eat breakfast or who would have filled up on packets of crisps."  
Teacher Richard Lander School 2004

"One of the children told me 'I'm the only one in generations of my family who hasn't had a filling by the age of 8'. "  
Teacher Leedstown School 2004

"We are encouraging changes in the menu. Now is the time to move on with it. I was heavily involved in the recipe book. I would like more healthy options in a more visible way in the canteen. I want to get rid of the vending machines."  
Governor Helston School 2004

"I've noticed that the other children work better now that they are eating more healthily. They used to feel icky and couldn't concentrate after the break. Now they want to work."  
Pupil Treloweth School 2004

"My children are more keen to try a variety as well as eat grapes and satsumas. Children are influenced by what you're doing, so I try to eat an apple out on the playground."  
Teacher Bosvigo School 2004

"I was talking to friends at work about how unhealthy our food is compared to school. The canteen only sells rubbish. We're now trying to get fruit introduced at work. We've put it in the suggestion box."  
Parent Landulph School 2004

"When my youngest daughter wanted to become vegetarian she was quite happy to research her dietary needs. This is because the school encourages her to take responsibility and carry out research."  
Parent Richard Lander School 2004

"Water helps you think, helps your brain."  
Pupil Germoe School 2004

"It helps you concentrate. I've been getting higher marks since we've had water."  
Year 6 pupil Roskear School 2004

"The whole of Year 7 held a competition to see who had water bottles with them. Our tutor group won. Our prize was four trays of fresh fruit."  
Year 7 Pupil Budehaven School 2004

