

# **Manaccan Primary School**

## **Food & Eating – Criteria 6**

**Coordinator: Mrs. Miron Quick**  
**Contact Number: 01326 231431**  
**Healthy School Validation 2004**

### **School Details and Context**

With fifteen pupils currently in roll, aged 4 to 11 years old, Manaccan is the smallest primary school in the County/. It is situated in a rural village just above the River Helford on The Lizard.

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

There was a general concern about children's diets and levels of fitness. The school lacked playground markings, and staff and parents alike were keen to develop opportunities for play, exercise and other activities.

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

#### Playground markings

1. Application for Healthy Schools Grant to provide Playground Markings.
2. Consultation with children
3. Playground Markings delivered
4. Evaluation on impact of Playground Markings

#### Fruit Scheme

1. Drawing up of No Sweets Policy
2. Consultation with parents on Fruit Scheme
3. Investigation on funding for fruit
4. Investigation of alternatives means of supplying fruit
5. Evaluation of Fruit Scheme

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

School staff, governors, parents and children.

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

#### Playground Markings

The playground markings provide a balance of activities to promote both imaginative play and sporting activities. They have had a significant effect on the children and have generated much excitement and enthusiasm. Parents have commented that their children get up earlier so that they can come to school to play in the playground, while at the end of the day they are reluctant to go! The children are much more active and much more focussed in their play. The children who attend Manaccan pre-school Playgroup, which meets daily on the school site, also fully benefit from the installation of the playground markings, as do pupils from other schools who visit from time to time.

#### Fruit Scheme

With no funding opportunities available to provide fruit for the children, parents volunteered to donate fruit themselves. This they do by sending in a piece of fruit on Mondays and Wednesdays each week. In addition to this, The Friends of Manaccan School Association has donated a small sum of money to enable the headteacher to supplement this, from time to time, with more unusual varieties of fruit and other healthy options. Staff prepare and distribute healthy food during break-times throughout the week. As well as the obvious advantages of not eating sweets to teeth and general welfare, parents feel much more in control, benefiting from the knowledge that their children are eating healthily.