

St Tudy CE VA School

Healthy Eating – Criterion 6

Coordinator: Jackie Long
Contact Number: 01208 850548
Healthy School Validation 2004

School Details and Context

St Tudy is a village school with 48 pupils arranged in 3 classes, KSI Foundation, Lower KSII, Upper KSII

How was the need identified?

We were concerned that there was no water available to the children during the school day and that many of them were eating crisps and biscuits for break and we wanted to encourage healthy eating snacks and particularly to promote eating fruit.

Chosen Criteria

Healthy Eating

Steps taken to meet the criteria

We consulted parents, children, staff and governors about setting up a healthy tuckshop and providing water. We investigated the practicalities and talked to other schools. We arranged for fruit to be delivered from Safeway weekly, children pay £1 per week and there is a very good range of fruit. We found a supplier of water butts and children have these available all day.

Who was involved in the process?

Staff, governors, children and parents.

Outcomes/impact on pupils and the wider community

Almost all children love fruit for tuck, crisps are actively discouraged. Children are trying different fruits, parents report that they will willingly eat fruit at home now. Children have water available all day; they are more alert in the afternoon.