

CASE STUDY - INCREASING PARENTAL INVOLVEMENT

NAME OF SCHOOL

PRINCETOWN PRIMARY SCHOOL

HEALTH THEME

MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY EATING & PHYSICAL ACTIVITY



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Parent Forum established with support from Devon Parent Services
- The Parent Forums have replaced the former PTA group
- Parent Forum has 4 working parties contributing to school improvement, one of which is to review and support the Healthy Schools Plus actions
- Healthy / biodegradable packed lunch challenge as part of the school trip to Dartmoor Training Centre – trophy awarded to winning class. Has become a regular feature of whole school trips
- Curriculum planning session plans a whole school topic based on the Healthy Schools Plus agenda and sustainable school framework
- Introduction of system to healthy eating for children having school lunches and for those having healthy packed lunches. System communicated to parents
- Agreement for Breakfast Bar to be introduced – run by TA and a parent. Gradually developed to include ‘themed days’ and parents invited to eat breakfast with their children as well
- School consultation and agreement of a ‘Healthy Lifestyle’ Policy – promoted via school newsletter and website
- Parent Forum fund daily fruit for KS2 children

- Fair Trade café set up and run by children in Years 5&6
- Future plans – to develop the school garden and to create a ‘Top Tips’ booklet for a healthy / biodegradable lunch to go on the school website and be part of the induction pack for new children

EVIDENCE OF IMPACT

- Parent Forums have been much more successful [PTA had only 3 members]
- The school has seen a significant increase in the number of children who have their ‘5 A-Day’ snack, particularly in KS2. Three children who had never had fresh produce as part of their lunch are now eating it daily
- Children are very enthusiastic about sharing their knowledge of ‘5 A-Day’ with staff and other children
- The majority of families have responded enthusiastically to the bio-challenge
- Healthy Lifestyle topics are included as part of the curriculum mapping each year and staff use opportunities within the school provision to promote healthy lifestyle/choices
- The Breakfast Bar has been well attended by children, parents and staff

REFLECTIONS FROM THE SCHOOL

The Parent Forum has encouraged more parents/carers to get involved in school life – they have a much louder voice. It has set up a committee and meets regularly each month. It now contributes to school improvement. The weekly ‘5 A-Day’ trophy, lunchtime stickers and certificates given out by the MTAs has had a huge impact on the children’s enthusiasm to eat fresh fruit and vegetables. The children show a better understanding of what bio-degradable means and the global issues around waste products.

For further information regarding this intervention, please contact -

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