

**CASE STUDY - TO IMPROVE THE QUALITY OF THE PACKED LUNCHES & INCREASE THE VARIETY OF FOODS CHILDREN EAT – STARTING BY CHANGING 1 THING**

<b>NAME OF SCHOOL</b>	<b>TEIGNMOUTH COMMUNITY SCHOOL – PRIMARY PHASE</b>
<b>HEALTH THEME</b>	<b>MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY EATING</b>



**SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS**

- The intervention is aimed at making improvements for the whole school but with particular focus on Years 5 & 6. The target is for children to bring in 4 or more healthy options.
- Began by engaging the support of parents/carers to discuss their child's eating patterns. Each class did this differently
- Baseline questionnaire carried out and used to identify most vulnerable
- First 'Family Lunch' held – very successful
- All classes promoting healthy eating through the curriculum, arranging tasting sessions to introduce children e.g. to a wider variety of breads and fillings
- After school cooking club set up – targets the 'fussy eaters' in Years 2-4 [parents and siblings invited to join in too]
- 'Bush Tucker Trial' activities arranged and 'Guess whose lunch?' photo competition
- All classes plan age appropriate activities to make a commitment to change one thing in their diet to make it healthier
- Posters, leaflets, 5 A-Day postcards, simple games and stickers promoting healthy eating ordered and given to children and their families, and displayed

around the school

- Prominent Healthy Eating photographic displays in school celebrate the successful food activities involving the parents/carers and promote positive role models.
- School Food Policy on break time snacks reviewed
- School works towards the criteria for the Food for Life Bronze Award
- Whole school participation in the Healthy Living Road Show
- Year 6 enjoyed healthy snacks before SATs and understood why they were important
- School participated in the 'Big Grow' to provide growing opportunities
- PSHE Co-ordinator/HS+ Lead teacher provides ongoing support to all staff re: ideas and collecting evidence of behaviour change
- Healthy eating part of the dialogue with parents at parents' evenings
- Food a key part of the PSHE topic One World
- Future plans to highlight the importance of healthy packed lunches as part of the induction process for all new children joining the school

### EVIDENCE OF IMPACT

- Original target of 30 children improving the quality of their lunch boxes was exceeded by 18.
- The weekly snack tasting very successful – staff have noticed that children are not only trying new foods but are beginning to bring in snacks that they have tasted in class
- Classroom staff fully supportive of this intervention. Clear consensus and expectations among staff about what is a healthy snack
- Because different teachers had different approaches to the Healthy Eating theme there are now some really good models for successful class based activities to take forward into the new academic year
- The wider choice of break time snacks means that more children are bringing in healthier snacks than previously

### REFLECTIONS FROM THE SCHOOL

There is such a lot of pressure especially in a school like ours which serves an area of disadvantage to improve standards that it is easy to get bogged down in literacy and numeracy strategies and all that goes with that. What I wanted to do was to encourage all staff and parents and children to see that what we eat contributes hugely to learning and standards. It is important to remember that the focus of the work undertaken with children was not to dictate that they could not bring in unhealthy snacks but to encourage them to bring in more items of healthy food and to make a pledge to swap unhealthy snacks for healthier options. This intervention was very successful. We have shown that it is possible to increase the number of healthy options that children bring in their lunch boxes. The Bush Tucker Trials went down really well, we had such a good laugh together; with pupils who are reluctant eaters rising to the challenge.

#### Other successful Interventions

- Healthy Eating – Improving the lunchtime experience
- Healthy Eating – mentoring vulnerable children to make sustainable healthy choices in their diet

**For further information regarding this intervention, please contact -**

#### CONTACT NAME

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