

Case Study - Shottermill Junior School



Project Title:

To raise the profile of healthy eating in school and beyond.

Healthy Schools Theme:

Healthy Eating

School Context:

Shottermill Junior School is a two form entry school with an additional year group as three forms. There are 278 pupils on roll. Our children benefit from an engaging and creative approach to learning, which aims to foster children's enthusiasm and commitment to succeed in all aspects of school life. We currently have 14% Pupil Premium children and 22% SEND children.

Identified Priority:

As an Eco-School, children have always been encouraged to bring in a piece of fruit or another healthy choice snack, which could be recyclable. Teachers were reporting that more and more were bringing in unhealthy snacks such as crisps, so the staff felt it was time to highlight the importance of children making healthy choices for their mid-morning snack. When we surveyed the snacks being eaten back in October, only 73 children were making healthy choices. There was also confusion about which snacks would be classed as 'healthy' or 'unhealthy'.

Outcomes:

We wanted more children to bring Green or Amber snacks for mid-morning break and for fewer children to bring in snacks from the Red Group. We also wanted children to understand the food labelling and be able to explain it to others.

Specific outcomes were:

- The PSHE/Science and DT curriculum to have an increased focus upon cooking and food and nutrition, inc the importance of a healthy, balanced diet.
- For an increased number of pupils to be able to explain accurately and confidently the importance of a healthy diet (inc. which foods & snacks are classed as unhealthy, moderately healthy or healthy inc why a food may be labelled Red, Amber or Green.
- For an increased number of pupils to eat healthy snacks at school

Activities / Interventions:

In May 2017, the DT coordinator, PSHE coordinator and Science coordinator met twice to plan some Healthy Eating activities for our Feeling Good Week and to include an increased focus within the taught curriculum.

The Deputy Head worked with the School Council to look at a range of snacks and analyse the sugar content.

They then decided which snacks should be classed as Green (and could be eaten frequently), which should be Amber (to be eaten occasionally) and which should be classed as Red and should not be brought into school.

A baseline survey was conducted in October to establish which snacks were being eaten and the results reported to all classes.

The information was disseminated to all pupils and they were invited to participate in a Healthy Snack competition to display this information. Lower School pupils had to create a poster and Upper school had to create a leaflet. Then the winning leaflet was photocopied and sent home with all pupils to share with their parents.

Then I hosted a Pupil Voice session with one representative from each class and we discussed a range of issues connected with Healthy snacks including their attitudes to Healthy Eating as well as their knowledge of which snacks would be classified as Red, Amber or Green.

In May, another snack sampling was carried out and the results shared with all the teachers and classes. The leaflet was once again circulated and discussed within the classes.

The leaflet will be included throughout the year in newsletters and uploaded onto the School website. It will also be shared with Governors as a reminder of our Red, Amber, Green Snack system.

Impact:

When snacks were sampled in October 2017, 73 children chose healthy snacks (ie 26%). In May, there were 139 out of 278 children doing this (i.e.50%).This was an increase of 24%.

In the Pupil Voice Survey, 7 out of the 9 children said they would be able to explain how the snacks were classified and that most of the time they ate healthy snacks.

A range of activities will now take place during our Feeling Good week, beginning June 25th including the school kitchen holding an Option 2 sampling occasion as well as Tesco bringing in fresh fruit and vegetables for the whole school to sample. Learning focusing upon healthy eating, cooking and nutrition will have a larger focus within the planned curriculum.

Next Steps:

We need to repeat the snack sampling at intervals throughout the year to raise awareness and remind children of the healthy choices they should be making. We also need to work on reducing the number of snacks in wrappers and discuss whether it is beneficial to have a snack.

Senior Leader Quote:

We are delighted that the children are now more aware of the healthy snacks and that they have been willing to change their lifestyle to include these in their diet.

Pupil Quote:

One of the Pupil Voice participants said "When I do have a snack, I usually eat fruit, but my parents choose it for me. I would like to be able to choose my own Healthy Snack in future."