

St Stephen's School Case Study



Project Title:

Becoming a Healthy School

Healthy Schools Theme:

Healthy Eating

School Context:

Location: South Godstone, Surrey.
Number of Pupils: 210
SAT Performance: See appendix
%SEN : 14%
% FSM/PP: 14%

Identified Priority:

Healthy Eating: To help our children understand what is required to be physically healthy in terms of food choices and exercise.

Outcomes:

Consistent coverage of healthy eating throughout the school in line with Science and PSHE SOW, effectively evidenced through a range of monitoring techniques.

Prior to this project the coverage of healthy eating was 'patchy' at best. It wasn't a focus for the school and although it may have been touched on through the teaching of Science it was not given the priority it required for children to have the knowledge to live healthy lifestyles. Staff meeting time was given over to identifying where coverage of healthy eating could take place in each year group. Now, Healthy Eating is taught and planned for in every year group. This planning is monitored by SLT on a fortnightly basis as well as PSHE lead and Science lead to ensure coverage is met. A recent individual pupil questionnaire specifically asked about healthy choices with children giving positive feedback. Please see attached SOW for PSHE.

Change in the culture of food - not used as a reward and a change in emphasis of fundraising events.

Food is not used as reward system for the school.

Fundraising is no longer limited to 'Cake Sales'. There has only be 1 Cake Sale this academic year.

Healthier menu at Breakfast Club

The Breakfast Club Menu is now filled with Healthy Options for the children to choose from. The menu is now food standards compliant.

Rise in the % of take up of school meals for both KS 1 and KS 2

KS1 take-up increased by 12%.

KS2 take-up increased across all year groups. Year 6 increased from 50% to 75%.

KS2 take-up of school meals increased by 16%.

Greater awareness for the need for a healthy packed lunch with tighter restrictions in place and guidance for parents.

Packed lunches are now monitored with a 'Healthy' lens. Praise is given to children who have Healthy Packed Lunches and gentle reminders are given to those children who have a treat in school.

Guidance for parents has been created and was sent home to all parents. New parents have guidance given to them on arrival.

At least 80% of PE lessons to include an element (at least 10 mins) of cardio-vascular exercise.

Increased from 14% Physical Activity to 74%

Activities / Interventions:

- Held staff meeting to plan for coverage of healthy eating.
- Developed new MTP/SOW for PSHE that included Healthy Eating across all year groups.
- Monitored planning and books.
- Purchased class rewards that were not food based so that children were not seeing sugar as a reward.
- Met with Surrey Commercial Services to ensure that there was more choice of healthy food.
- Re-structured the eating experience for children. Food is now served hot and children eat from plates. Eating is a conscious act.
- Promotion of new 'options' at lunch.
- With School Council input, we created advise for Healthy Packed Lunches.
- Whole-staff discussion on the need for greater physical activity in PE lessons.

Impact:

- A more robust medium term plan and more strategic monitoring has meant better coverage of Healthy Eating across the whole school.
- Children know that sugar is not a reward but part of a balanced diet and should be thought of as such.
- Children are more mindful when eating.
- A rise in the number of children consuming hot meals- 78% to 85% in KS1- 45% to 55% in KS2
- Parents are now aware of what a healthy packed lunch consists of. Every new parent is given the information leaflet and they are used as gentle reminders for the parents of children who have made unhealthy choices.

- PE lessons are now more physically active. Children are physically active for 73% of the time. An increase of 14% of the time.

Next Steps:

- Continue to monitor planning to ensure that Healthy Eating is given the priority it deserves.
- Monitor children's packed lunches to ensure that they are meeting the given criteria but also incentivise children so they are making choices to be healthy as opposed to being 'policed'.
- Continue to work on school dinners so that the number of children taking hot meals.
- Develop dedicated zones in the playground where physical activity is promoted.

Senior Leader Quote:

Since the school has started teaching about healthy choices, there has been a real culture shift. Children are now openly talking about and debating what healthy eating is. We have changed the mindset of our children, we now need to work on ensuring the culture is embedded for the future.

Photograph(s):