

CASE STUDY - INTRODUCTION OF A HEALTHY TUCK SHOP

NAME OF SCHOOL

PATHFIELD SCHOOL

HEALTH THEME

MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY EATING

The majority of pupils at Pathfield who are either over or underweight are pupils with Autism. The issues regarding their weight are driven by limited diet, much of which is a direct result of their autism



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Toasters removed from the classrooms
- Healthy Tuck Shop introduced and used by all classes
- Students in KS5 taken on responsibility for the Healthy Tuck Shop and are also cooking healthy snacks to sell
- A token system introduced to support curriculum development and pupil understanding of exchanging token/money for a snack
- Introduction of in-class strategies to promote a healthier lifestyle and support students extending their diet
- Links promoted between tuck shop and healthy living element of sports course, PE curriculum and enrichment activities
- The weight of the children of concern is regularly checked
- Monitoring sheets used in class to provide the School Nurse with additional information when referring pupils to the Dietician
- Partnership links with the parents, School Nurse and Dietician – both work with class teacher and families to affect lifestyle and change

EVIDENCE OF IMPACT

- There has been a significant number of pupils that have improved their height/weight ratio
- Total loaves of bread consumed each week reduced from 18 to 10
- Toasters removed from classrooms has reduced the number of fire alarms
- Pupils enjoy having a wider range of snacks available to them
- Less food waste produced
- Clear strategies in place to support pupils where weight is a concern
- Healthy snacks now being made in school by KS4 and KS5 pupils. This has provided opportunities to be involved in marketing, social interaction and business development
- Numeracy and literacy/communication skills have developed through running the tuck shop
- Staff report that pupils understand more how to make healthy choices for themselves

REFLECTIONS FROM THE SCHOOL

Not only has there been a marked decrease in the amount of bread being consumed on a weekly basis, pupils have developed a more varied palette in terms of their own food choices. Some pupils are now independently going to the tuck shop and making a purchase, managing money, understanding they need change, waiting in a queue and making healthy choices. This supports the work targeted through the life skills modules of our curriculum.

Due to the Autism, it is not possible to predict which pupils will be able to develop their tasting skills to impact on their diet, however the data does demonstrate that for 4 pupils [over 50%] there has been success in reducing weight through establishing a healthier diet and an increase in exercise. For our pupils, this is a significant step forward.

For further information regarding this intervention, please contact -

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