



Healthy Schools Plus
SOUTH WEST
DEVON
2011

CASE STUDY – TO INCREASE THE NUMBER OF CHILDREN HAVING SALAD AS PART OF THEIR SCHOOL MEAL

NAME OF SCHOOL

FORCHES CROSS PRIMARY SCHOOL

HEALTH THEME

MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY EATING



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Purchase of Salad Bar equipment
- Introduction of a Salad Bar with minimum of 6 choices of salad daily
- Year 5 & 6 children trained by Catering staff to promote and encourage Salad Bar to younger children. Uniforms provided
- Promotion of Fair Trade produce during Fair Trade fortnight
- Salads offered varies to encourage children to try new flavours and different seasonal vegetables
- Lunchtime arrangements changed in September 2010 – children in years 3, 4 & 5 trained to run the Salad Bar
- Class visits organised to local restaurants to see how they promote healthy options

- Promotion to parents of salad options available to children having school lunches
- Future plans to introduce a 'healthy points' reward scheme for those children choosing salad with prizes for winning class. To also give training to kitchen staff to extend the range of salads on offer. To target Foundation Class to start developing healthy eating habits when they begin school

EVIDENCE OF IMPACT

- Although the initial Target was not achieved, the regular data collected demonstrated that there was a steady increase in the number of children having salad from baseline of 10/100 meals to 45/100 [with only a slight dip in the autumn term take-up]
- 'Salad Monitors' working very well
- Children now much more aware of healthy eating options at lunchtimes
- School Cook commented that she has never had to prepare so much salad. Even after she has cut up what she expects to use in a day, she is often asked by 'Salad Monitors' to provide more
- Lunchtimes are a happier place – the change in lunchtime arrangements and increase in healthy eating, MTAs and teaching staff have noticed less behavioural issues

REFLECTIONS FROM THE SCHOOL

This Intervention has been very successful at our school. Two years ago children had little understanding of the benefits of a healthy lifestyle. The introduction of the salad bar has given children choice, independence and responsibility for children from the ages of 3 up to 11. To be able to choose from a salad bar is a fairly grown up concept and the children enjoy having this option in their dinner hall. The healthy eating going on at lunchtime has had a positive impact on behavioural issues.

Other successful Interventions

- Intervention linked to increasing number of lunch boxes containing a fruit or vegetable snack
- Physical Activity – introduction of a Club for target group of children identified with low activity levels

For further information regarding this intervention, please contact -

CONTACT NAME

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