



CASE STUDY - INTRODUCTION OF A WEEKLY COOKERY SESSION FOR CHILDREN WITH LOW SELF ESTEEM

NAME OF SCHOOL

ST JOHN'S CATHOLIC PRIMARY SCHOOL, TIVERTON

HEALTH THEME

MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY

SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Introduced a weekly cookery session delivered by an HLTA for children identified with low self esteem in 3 classes initially
- Each group of children spend a whole morning [9.30-12.00] working together and cooking a variety of recipes that have a cross-curricular aspect to them
- Children fill in evaluation sheets at the end of each session. The HLTA also shares feedback with class teachers making them aware of any issues from the session
- When the children return to class they share the food they have made and the teacher leads a whole class discussion on the cookery session
- Assessment for Learning has been introduced so that formal feedback can be given regarding each child's progress
- Regular staff meetings held to highlight the next set of children who could benefit from the sessions
- Future plans – to continue to develop the programme

EVIDENCE OF IMPACT

- The original Target to increase the self esteem of 24 children was achieved. The next group of target children has been identified
- Children have shown a new commitment to their learning and are developing concentration skills
- Children are developing confidence in all areas of the curriculum but especially numeracy/literacy/physical awareness/PSHE.
- The feedback from the children in their evaluation sheets has been very positive
- The 3 class teachers remarked on how positive the children have found the cookery sessions. Children are returning to class excited and full of new information. They are working as a team and are able to voice their own ideas and opinion in a smaller group
- IEP targets for these children have been met and they have been given new targets more quickly. 1 child made such progress in their learning, they were able to come off their IEP
- HLTA now working much closer with class teachers and incorporates class topics within planning for the cookery sessions
- The HLTA's confidence has also increased. She has a new sense of achievement and is really pleased with the work she has done

REFLECTIONS FROM THE SCHOOL

It has been wonderful watching this Intervention developing and becoming such a valuable programme in our school. The children very quickly became enthusiastic towards their weekly cooking session. It was a time when they could not only cook but talk about how they were feeling in a small group. The new partnership between HLTA and class teachers has enabled the HLTA to plan for very specific needs and lessons are geared around the individual children. We were able to include the rest of the class as each week they got to sample the different food. The children were able to feedback and develop confidence to speak in front of the whole class. The class have recognised the positive changes they have seen in the children that are cooking.

For further information regarding this intervention, please contact -

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