

Carbeile Junior HS Plus case study

- **Background** to your school and circumstances

Carbeile Junior School is situated in Torpoint, Cornwall and consists of approximately 342 pupils ranging between 7 - 11 years. A few children have special educational needs both physical, educational and emotional. There are a few children whose ethnic origins are not English.

- **Priority Areas** (What priority area(s) did you choose?)

-Healthier Weight (increase **knowledge** of healthier lifestyles as children are KS2 and there is not a weight issue)
-Sun Safety

- What was the **need**? Why did you do what you did?

Healthier weight:

To make children aware of what they eat and how important it is to eat healthily (5 a day) to give them the best start in life (also water consumption)

Sun Safety:

Cornwall has the highest level of UV in the UK and the highest skin cancer rate in the country, therefore we need to educate children how to stay safe in the sun (protect themselves).

- What did you **do**? Describe the activity.

Healthier weight:

Lessons on healthy eating (part of curriculum work too)
Assembly on importance of water consumption
Hands up survey on choice packed lunch/uptake school dinners
Review of dinner menu

Sun Safety:

Assembly - delivered by Sun Safety Advisor
Sun safety lessons across the school
UV bead bracelets made
Competition run - design poster illustrating 'How to stay safe in the sun'

- **Who did you work with** and why did you choose them? (Classes? Year groups? Whole school? Who were you Children in Challenging Circumstances (CICCs)?)

Local:

WHOLE SCHOOL - chose whole school as ALL children can make a difference if they know how to live a more healthy life (snack/lunch choices and HOW they get to school/after school clubs)

School:

WHOLE SCHOOL - important ALL children gain the knowledge of healthier lifestyles and therefore they can all make healthier choices

CICC group:

Year 5 FSME PUPILS - not all Y5 FSME entitled were having school dinners

Where did you start from? (about your **baselines**)

Local:

Hands up survey to identify number school dinner/packed lunch

Walk to school week data

After-school club registers

School:

Hands-up survey to identify water consumption during school day

CICC group:

FSME data and take up of Year 5 FSME

- **Describe the steps along the way** that helped achieve the outcomes (about the **ESIs**). Were they useful milestones along the way to achieving your outcomes.

Local:

- Walk to school week data (Oct and May) demonstrates a high % already walk to school.

- 'Funky Fruit' Friday ran successfully in September 2010 to allow children opportunity to sample different fruits - many children now buying fruit from tuck shop

- Tuck shop now sells 'healthier' snacks to help promote healthier choices (teachers praise those who have fruit for snacks)

- Healthy packed lunch ideas leaflet given out and on school website to encourage parents/children to make healthy choices in their lunch

- Cookery club been running

- Menu was reviewed/updated and wastage has been monitored (some dishes taken off due to lack of popularity)

School:

- Hands up survey to identify water consumption during school day

- Assembly on WHY water consumption important taken - class teachers reminding children to drink plenty (especially during games/PE)

- Curriculum lessons on healthy eating (science/PE)

CICC group:

- FSME children priority with the cookery club
- Encouraged to eat school dinners

* We hope to do water consumption/dinner menu uptake termly so we can monitor our progress more closely.

- Where did you get to? (**achieving your outcomes**) What difference did it make to the children? (**impact**) The **So What?** question

- Revised menu
- Cookery Club run
- Sun safety
- Increase in those drinking water
- Increase in children bringing hats/sun protection to school
- Children heightened awareness of **WHAT** healthy eating/lifestyles are (gave selection children questionnaire to complete)

The children are now drinking more water, and therefore, teachers have said it makes a difference in their levels of concentration. They are also bringing in fruit more regularly for tuck (although this needs improving).

- What went well? **What were the highs and lows?** What could have been different / better? What were the problems and challenges? Were there any unexpected outcomes? (Good or otherwise)

HIGHS

Funky fruit day (the fruit was provided free from local fruit shop - see photos)

Challenge

Still getting all children to bring in fruit for healthy snack, as some don't like it and parents are the ones sending in alternatives, or packing their lunch boxes (therefore not the children's fault). Parents have mentioned that fruit is expensive. The tuck shop does sell portions of fruit at a fair price. It is a shame that the Government does not provide free fruit like they do in Infant Schools! We will be sending out a newsletter to new intake (year 2) and to existing pupils at the start of September to remind them tuck should be fruit.

LOWS

No healthy packed lunch workshop run

- Capture the work in **the words of those that took part** - children, parents, teachers, school staff.

Children:

"I enjoyed tasting all the different fruits"

"I know that to be healthy you need to run and eat lots of fruit"

Teachers:

"Children who have fruit for tuck are given team points! Lots now want fruit so they can get points!" NG

"I have noticed that children who drink more water, do concentrate better in the afternoons" JE

Parents:

"I am glad to see the school encouraging healthy lifestyles and giving them the chance to try healthy foods."

"My son enjoyed tasting fruits and all the games they do in school, I think more fruit tasting should be available"

Support staff:

"Cutting up piles of fruit took a while, but was worth it to see the children (especially year 3!) tasting new exotic fruits!"

- Can you add photos and artefacts to enhance the story?



- **Where are you going next** with this work or other priority areas? How will you sustain the work and maintain capacity for the future?

Sun

- Need shelter

Healthy lifestyles

- Olympic-themed work

Water consumption

- Poster competition to encourage children to drink more
- Staff to remind children to bring in water bottles and fill up during PLAY and LUNCH only.
- Water fountains are available at all times for children to use if they haven't got water bottles.

Fruit

- We are proposing to use healthy school grant money to buy fruit each week and hoping local fruit seller will match what we contribute so we can offer fruit as tuck at a reduced price.

Baseline Data-comparison

School Dinners/Packed lunch

	SCHOOL DINNER September 2010	SCHOOL DINNER June 2011		PACKED LUNCH September 2010	PACKED LUNCH June 2011
Monday	98	146		172	183

Tuesday	132	185		171	185
Wednesday	128	146		161	184
Thursday	149	177		149	153
Friday	173	208		113	122

Water bottles in class

September 2010 = 104

June 2011 = 165

Sun protection (hats/glasses/cream applied)

September 2010 = 52

June 2011 = 123

Fruit for tuck

September 2010 = 121

June 2011 = 162

Findings:

*Amount of children having school dinners has increased, children having FSM = 57 a day. Per week the figure is 221/285. This figure has remained about the same (as number having FSM has changed as year has gone by).

*More children have water bottles in class, although I would like this figure to increase further and we are aiming by September 2011 (start of new school year) for over 80%.

*There are more children bringing in sun protection, however, I would like this figure to improve much more. There is also a slight increase in those bringing in fruit for snack, the tuck shop is now only selling fruit and plain biscuits - again, I feel that this figure needs to significantly improve and am aiming for 75% by September 2011. I give this date, as it will be the start of a new year and rules can be reinforced.