

- **Background** to your school and circumstances

Delabole CP School is at the heart of a small rural community with 113 pupils on roll. Apart from the Delabole Slate Quarry there are no large businesses within the village, hence many of our families are on low incomes. Delabole is a very close-knit community and the support we receive from the villagers is amazing. We felt that an area we could offer support was to educate the pupils about the value of growing and cooking their own food and to show them what constitutes a healthy, balanced diet. We achieved Healthy Schools status in 2010 and due to its success we decided to continue to aim for the Healthy Schools Plus award.

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

Healthy Weight.

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

The school already provides many physical activities at school both during school time and at after-school clubs. The school also runs a Young First Aider club for all year 6 pupils and on completion of this course they are able to use this as a credit towards the bronze Duke of Edinburgh Award which they can complete when they start Secondary School. Our focus and aim was to educate the pupils about maintaining a healthy weight through growing and eating a healthy diet.

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

Firstly we discussed the Healthy Schools Plus scheme with all the staff and school council members in order to decide on a plan of action as to how best to achieve our aim. Secondly we asked the pupils to complete a short baseline survey to assess their knowledge on what constitutes healthy eating, did they grow their own fruit and vegetables and how many of them did cooking at home.

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

This project involved all the pupils, staff and community volunteers. Our target group were the children in care.

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

The baseline survey results showed that approximately 50% of our pupils did not know what constituted healthy eating and they didn't grow their own fruit or vegetables and didn't cook at home either.

- **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.

After much discussion with all the stakeholders it was agreed that with the Healthy Schools Plus funding we would purchase a polytunnel and develop a new designated cookery area. We also agreed to continue to develop the allotment which was also run by the pupils. The pupils were very excited to see the creation of the new cookery area. Our 'Friends of Delabole' group kindly gave some additional funding to purchase some equipment as well. There was also great excitement to watch the polytunnel being installed and the pupils couldn't wait to get started.

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

The cookery area is now complete and our Governor/community volunteer comes into school every Tuesday and Wednesday afternoon to lead a cookery session. Every child has the opportunity throughout the year to take part in this activity. The polytunnel is fully functional now and the pupils have grown all their own plants from seeds this year and the produce is being sold to parents and the community at our weekly school shop. The pupils continue to develop the school allotment and the fruit and vegetables are also sold at the school shop. Another survey was completed this term and the results showed that 99% of the pupils now understand what is meant by Healthy Eating which is a fantastic result. The result for our children in care was 100%. The pupils really enjoy the above activities and are learning so many life skills and having fun at the same time. We also run a weekly after-school gardening club and the 'Let's Get Cooking Club' continues to run on a fortnightly basis.

- 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)

We can honestly say that all our plans have gone really well and everyone involved, in all of the activities, have gained so much from them. It is a joy to watch the pupils gardening and cooking, their faces light up and they are very enthusiastic about all the activities.

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

Comments from the pupils:-

All the food is really nice  
 I like eating cakes  
 We get to take our cooking home to share  
 The food is yummy in my tummy  
 Gardening is fun  
 I like digging  
 I like turning over the dirt  
 I like watering things and watch them grow

Comments from the parents and staff:-

My children are very keen to bake at home  
 My children love growing their own vegetables  
 The pupils are more willing to try various foods if they have grown and/or cooked them themselves  
 Pupils are surprised at how easy it is to grow and cook their own food  
 Not all pupils have the opportunity to grow and cook their own food at home so this has been very beneficial to them all  
 The pupils are using the skills they acquire in their literacy and numeracy lessons in a practical and enjoyable way  
 They learn to use tools and equipment safely



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

It is our aim to develop and continue with all the above projects and in order to make them sustainable we will sell the produce at the school shop.

Without the support of the Healthy Schools Plus funding and our Friends of Delabole School group we would not have been able to achieve what we have. We are very grateful to all concerned and as can be seen from our report above these projects will continue to flourish and bloom.

