



HEAMOR C.P.SCHOOL
CORNWALL HEALTHY SCHOOLS PLUS
FINAL REPORT

July 2011

Our story reflects our school 'family' and the teamwork that goes on here. The successes and the progress made would not be possible without the support and engagement of all staff.

Heamoor is a 8 class entry Junior and Infant School on the edge of Penzance. Its catchment area pulls from the full social spectrum and some of the children come from homes that need a great deal of support.

The outcomes were chosen as it was recognised that our children needed further input and focus on the themes in order for them to be able to make more independent healthy choices. All children throughout both Key Stages and EYFS were involved in outcomes 1&2.

1. Qualitative Outcome: Improvement of the children's knowledge and understanding of healthier food and increased uptake in intake of school meals.

There is now an appointed Governor (Mr. Alan Davis) who has established and run Parents' Food Forums that discuss relevant issues. These are fed back to the Governing Body; minutes are available.

Parents are invited, on a class rota basis, to 'open weeks' when they can come in and have lunch with their children. Please see the Data Sheet for the number of children now regularly eating school dinners.

This is a notable increase and reflects the quality of provision- responding to children's requests. The school Cook is pleased with this increase and says that the parents invitation lunches are a clear cause. She is looking forward to them continuing next year.

The HS Co-ordinator has set up a 'Have Your Say' Board' where children can write suggestions for better lunches on post-its. These are responded to by the kitchen team.

The PSHE Co-ordinator has written a new Food Policy.

There is a new 'Breakfast Club' from 8am each morning that invites children to eat well before school and offers a wide range of foods. The children are shown balanced food choices and are encouraged to eat healthily.

The Y6 collected packed lunch wrappers and counted the different amounts in each food group. After an interactive Assembly, lead by the HS Co-ordinator, a further 'spot' count

was held in the Summer term. (See Data Sheet). The lower levels of crisps, sweet and biscuit wrappers are a promising sign that children and their families are thinking more healthily about their packed lunches.

2. Quantitative Outcome: An increase in the number of children cycling to school.

The PE Co-ordinator, with the PSHE Co-ordinator, has written a new Physical Activity Policy. The PSHE Co-ordinator has written a new Cycle Policy.

The whole school has been involved in the 'Bike It' programme and has taken part in 'Bling your Bike for Christmas', 'Easter Bike Helmet', 'Dr Bike' and 'Bikers' Breakfast' activities. We also entered 'The Big Pedal' challenge. On some of these days we had as many as 35 bikes in school. On one day we had a 'Bikers' Breakfast' which included healthy and energy-giving foods. I have included some photos that illustrate some of these activities.

We have installed a new bike store which is organised by our 'Bike It' Crew. These 5 children have been instrumental to the scheme's success. They have made posters about events and promoted them in class and school assemblies, encouraging the children to take part.

Parents are now more willing to allow their child to cycle to school.

As you can see from the Data Sheet, there has been a marked increase in the % of children who cycle to school. The Walk to School numbers however, are disappointing. I am hoping that this fall in walker numbers is because they are all cycling instead!

The Cycling Monitoring form is also enclosed.

3. CiCC Outcome: An increase in the number of children who participate in cooking and personal health and safety.

The children in our school nurture group were selected for this outcome as we were aware that they were particularly in need of more direct and focussed input. They now run with a termly LTP which has a cooking experience planned in as a priority. See sheet attached.

We purchased a second Belling cooker specifically for developing cookery within our nurture group.

We have achieved 100% success in this outcome as all of the nurture group, after several cooking sessions have produced successful results healthily and safely.

I think that the above activities have certainly made the children and staff more aware of healthier food and lifestyle choices. The best thing is that all of them can be sustained over an indefinite period; next year we will be trying to gain the Bike it School Mark Bronze award. The focus next year will be on finding safe cycling and walking routes to school and encouraging more children to use them.

Jakki Williams



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DATA TABLE

AREA	AUT 10	% AUT 10	SPR 11	% SPR 11	SUM 11	% SUM 11
Uptake of School Meals	34	15%			Daily Av 80 (+40 free)	35% Target Met
Walk to School	116	(May '10) 51%	100	May '11 44%	89	July '11 39%
Bike / Scooter to School	2	1%	18	May '11 8%	29	July '11 11% Target Met
Nurture Cookery	1	12%			8	100% Target Met
Packed Lunch Collection						
Crisps	57					50
Sweets	11					7
Choc bars and bisc	68					65
Meat	4					9
Dairy	6					29



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