

Nancealverne School

Healthy School's Tuck Shop

For many years our school's break times were linked intrinsically with the school's PSHE scheme of work. During morning break young people were supported by staff to lay tables for their peers, counting out the correct number of cups and plates and putting them in the right place. Children were then given a selection of snacks and drinks that required making a choice and learning social behaviours when sitting round the table. The range of snacks was in many ways dictated by the fruit that was delivered to the school and any other snacks were chosen by the staff.

After discussions with parents/carers and staff it was felt that the young people needed more opportunities to become more socially independent and learn to make healthy choices. It was suggested that one of the secondary classes might like to organise a school tuck shop but the focus would be on healthy living and making healthy choices.

The class was approached and the idea of setting up a healthy school tuck shop was discussed. The young people began with a questionnaire across the school asking their peers and staff whether they would like a tuck shop and the type of things they would like to see being sold in the tuck shop. The idea of a tuck shop was also discussed at a meeting of the School Council and ideas about when and where it should be positioned were debated. The class also conducted research into the range of healthy snacks being sold on the high street.

The young people, with help and support, also conducted research into healthy food and ingredients that were good for you. They compiled a list of healthy snacks that they could make in their food technology lessons and also chose drinks that were healthy and that they could sell.

Before starting they worked out how much it would cost to make the snacks and what they needed to sell each item for in order to break even or better still make a profit. They advertised the opening of the tuck shop and parents were informed.

Every week they discuss what they would like to make and then one member of the class accompanied by an adult goes to the shops to buy the ingredients.

On Wednesday morning the young people set up their tuck shop in the hall and begin serving their customers. Their peers learn to queue nicely although the occasional child will try to queue jump! They can choose from a selection of homemade snacks and money is exchanged. They learn to receive money and to give change while others learn to give the correct coins and wait for change.

The young people have set up a few chairs and tables where children can stay and eat in as opposed to going back to the classroom to eat their snack. Toast can also be ordered with a choice of healthy toppings.

This has been a very successful project and children have learned about cooking with healthy ingredients, budgeting, trading and planning.