

**Pendeen School**  
**Healthy Schools Plus Work**  
**Update July 2010**

**Background**

Pendeen Primary School is rural school on the coast of West Cornwall. Pendeen is historically a tin mining community. There are many families who have been resident in Pendeen for generations and also families who are new to the area and new to Cornwall. Pendeen is recognised as an area of rural deprivation. The school is housed in a Victorian building with two Elliot classrooms. We currently have 76 pupils on roll.

Much of our work at Pendeen School both with pupils and parents focuses on raising self-esteem and developing an attitude of you can do it! Our healthy schools plus work has two aspects firstly healthy eating choices and secondly increased opportunities for increased physical activity. We wanted our healthy schools plus work to tackle the local priority of reducing obesity and diabetes numbers. The school priority is to improve the healthy food choices in lunch boxes ensuring a balance of food types. Within Pendeen School our priority or focus group are our pupils with dyspraxia and co-ordination difficulties and poor upper body strength.

Action Plan 2009-2010 (Please see attached action plan)

**Baselines**

- SHEU survey
- Walk to school week data
- Healthy Governor lunch box monitoring
- Annual pupil and parent questionnaires
- Healthy Day feedback from pupils.

Impact- What have we achieved so far?

**Healthy Eating**

- Healthy day all pupils ate wholemeal, granary and seedy bread! Brown bread being eaten at breakfast club.
- Increased cooking opportunities in golden time- golden time choices overhauled
- Healthy week school lunches numbers of parents and children eating a school healthy lunch up on last year. 92 lunches served one day!
- June 2010 questionnaire 81% key stage 2 pupils could identify which food has the most fat and 83% could identify the pudding which contains the least sugar. 58% said that they have breakfast every day. 86% of the pupils said that they played sport outside school. We plan to run this questionnaire again

next year to compare data and hopefully there will be an increase in physical activity and number of children eating breakfast every day.

#### Physical Activity

- Travel to school week steady increase in number of pupils walking and cycling to school. October 2009 31 pupils walked or cycle to school. May 2010 37 pupils walked or cycled to school.
- French Teacher using Take 10 en francais weekly with all classes.
- Gym Club awards 4 pupils have achieved level 7 and 3 pupils have achieved level 6.
- 5 special needs pupils targeted for write from the start support package (fine motor skills and spatial awareness). 3 have made accelerated progress, 1 has made expected progress and one has made below expected progress due to other factors.

We have not made as much progress as we would have liked so actions have rolled forward (see highlighted plan green achieved, amber nearly and therefore roll forward). Our healthy schools co-ordinator was on sick leave for half term in Autumn 2009 and this slowed down our rate of progress and achievement- but we are back on track now!

What next? (Please see attached action plan)