

JOHN SCURR – Packed Lunches

Why Choose This Project?

School staff observed the unhealthy content of packed lunches and were aware that work needed to be done to improve them. The school felt the Tower Hamlets Advanced Healthy Schools Award was a good opportunity to do targeted work to improve the quality of packed lunches.

What Did The School Want To Achieve Through This Project?

1. To eliminate all sugary drinks and go “Water Only”
2. To eliminate all crisps
3. To eliminate all chocolate products



Before

What Did The School Do To Achieve These Aims?

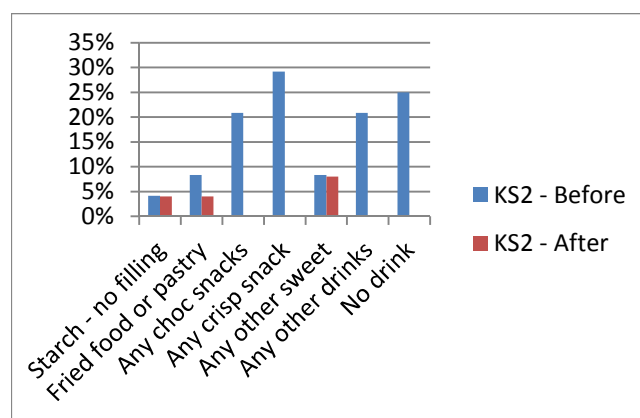
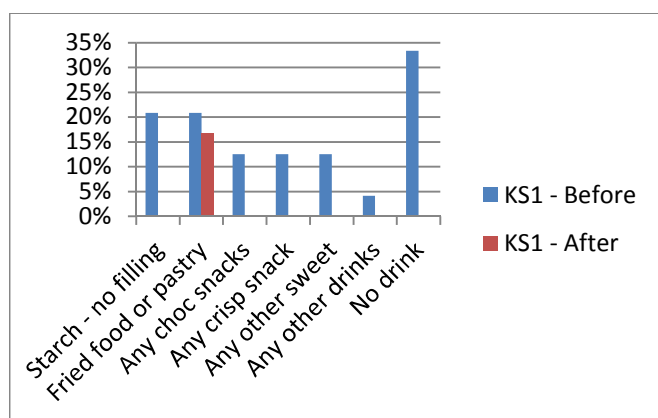
The Tower Hamlets Healthy Lives team designed and conducted a packed lunch audit taking photos to provide evidence, which they used to inform training for teaching staff and separate training for Midday Meals Supervisors (MMS). The team provided healthy eating awareness for all school staff using the Eatwell Plate as a central resource. Schools doing this project are required to go “Water Only” which means parents no longer need to supply a drink as the school provides water for packed lunch pupils in the same way that they do for school lunch pupils. Training run by the Tower Hamlets Healthy Lives team also gave staff information about why eliminating sugary drinks is so important. It is also an opportunity to consult with staff about the Packed Lunch policy and which items of food should be discouraged in packed lunches and ideas for monitoring procedures, and the Healthy Lives team supports the development of the new packed lunch policy. MMS also attended Lunchtime Experience training run centrally by the Healthy Lives team. The packed lunch policy was then finalised and “Water Only” was launched followed by the new packed lunch policy with letters and guidelines going out to parents using templates developed by the Healthy Lives team. The school organised assemblies to inform all the pupils and a theatre company performed a healthy eating show to reinforce the whole school message around food.



After

What Data Did The School Collect and What Was The RESULT?

Packed Lunch Audit



All chocolate snacks, crisps and all other drinks other than water have been successfully eliminated. The school will need to maintain the monitoring of these items and continue to remind parents on a termly basis by sending out the parent guidelines for a healthy packed lunch. Practical packed lunch sessions will be used to target specific families.

Conclusion

“We were so happy at how quickly all the aims became established...We feel that our school now has children who eat and drink well throughout the school day which can only make them better learners...This project has been a team effort and would not have been possible without the support of all the staff at John Scurr and the Healthy Lives Team” Shaheda Khanom – Class Teacher and Healthy Schools Coordinator



Staff Meeting

“The Healthy Lives team has been firm with the agenda and with the back-up for leading change.” Bridget Fagan – Head teacher