

Southville Primary School - Encouraging Healthy Packed Lunches

Southville Primary School is close to the City of Bristol. There are approximately 229 pupils in the school with an additional 40 children in the Nursery. It serves a mainly White British community and there are an increasing proportion of pupils in the schools who speak English as an additional language. The school gained National Healthy School Plus Status in 2011 and joined the South West Healthy School Plus programme when it was apparent that NCMP data for reception and year 6 children in the ward of Southville was above average.

Context: 10% FSM, 27% SEN (SA and SAP), 6% EAL

What needs were identified?

Using information gathered through the Healthy Schools packed lunch survey, one of the areas the school decided to focus on was that of increasing the amount of fruit and veg consumed in packed lunches

What outcomes did the school focus on?

The school wanted to increase the numbers of children including and eating fruit and or vegetables as part of packed lunches

What activities / interventions were put into place?

- Ten Year 5 pupils were voted onto Food Crew to promote and track healthy eating in school.
- Golden lunch box launched in celebration assembly and awarded weekly to the class with the highest proportion of pupils with fruit/veg in their lunchboxes.
- Percentages tracked weekly by the Food Crew and record kept in their book.
- Weekly meetings with the Food Crew and the Healthy Schools coordinator to track the progress of packed lunch data and the school dinner data. In these meetings new publicity ideas to promote healthy eating throughout the school day are explored.
- Letter home to 100% of parents/carers stipulating the focus to raise the number of pupils' eating fruit and veg in school. Each child was given a detailed high quality leaflet to take home and share with their parents/carers with healthy packed lunch options shown in detail.
- The children really enjoyed the weekly Healthy Schools assemblies to share all "good news" about being active and leading healthy lifestyles. This included the weekly announcement of the Golden Lunch box Award as well as healthy eating messages and updates on packed lunch surveys.
- A healthy schools page with packed lunch suggestions has been added to the school website and shared in the Head's newsletter.
- The Food Crew and Healthy School's Coordinator write a termly letter to pupils and parents/carers to update them on all of the activities going on in school promote healthy schools. This includes ideas that the Food Crew have to increase fruit and vegetables in packed lunches, as well as updates on the packed lunch surveys for parents' information.

- “Caught on Camera” is a fun initiative introduced to celebrate those pupils who are seen by the healthy school's coordinator eating fruit/vegetables. Photographs are taken of them and one is chosen at random to display weekly on the Healthy School's display board.



The new Food Crew and the Golden Lunch Box Award.



The Food Crew members working out the weekly % of fruit/veg eaten in packed lunches for the award.



“Caught on camera” eating fruit!

What was achieved and how did the school know?

Initial healthy schools packed lunch survey showed that:-

- 2012: 50 children (70%) including and eating fruit and or vegetables as part of their packed lunch.
- 2012: 56 children (79%) reporting they eat fruit and vegetables in packed lunches:

The school's target was:-

- 57 children (80%) consuming fruit and veg in packed lunch
- 60 children (85%) reporting they eat fruit and vegetables in packed lunches:

The final survey showed that:-

- 2014: 56 children (94%) consuming fruit and veg in packed lunch
- 2014: 60 children (94%) of children reported eating fruit and vegetables in their lunch box

The healthy schools coordinator says: “It's a joy to walk through the hall during lunchtime and see all of the packed lunch pupils proud to show me their fruit and vegetables they are eating! They all hope I have my camera with me so they can be this week's 'caught on camera' pupil. They are very proud to be eating healthily.”

Reception girl says: “I helped my mum make my packed lunch today and added melon. I got the idea from the leaflet on the school display board”

One Year 6 girl says: “We nearly always win the Golden Lunch box because everyone in my class has loads of fruit and veg in their packed lunch box!”

What next?

We are delighted with the high percentage of fruit and vegetables being eaten in packed lunches. We now want to increase the amount of salad being eaten in school dinners and to this end are trialling a full salad bar for school dinners next term.

We also want to encourage the participation of all pupils in the planting, growing and harvesting of fruit and vegetables at school.

To this end we are launching a new garden project where we will be creating a quiet garden with raised bed areas over the summer and Autumn 2014. The school has won some funding to enable this to happen. The PTA have

committed to funding a gardener for a morning per week for 2014-15 academic year to work with all of the pupils throughout the school.

Our devoted deputy head levelling our new school garden with a digger



Our enthusiastic Food Crew and Tuck Shop Crew reps spreading the Southville Primary Healthy Eating message with Mayor Ferguson