

Healthy Schools Essex

Healthy Schools school story

Having achieved your measurable health and wellbeing outcomes, this template is devised to enable you to share your success within the school community and beyond. Please limit to approx. 600 words.

Date: September 2015

School name: Thriftwood School

Context: A brief overview of the school, the locality, any particular challenges.

You may wish to include school details such as:

Location - demographics

Thriftwood School – a special school now catering for pupils aged 5-19 years.

What health and wellbeing priorities did we focus on?

Healthy Eating was our focus for both our universal and targeted outcomes.

We surveyed pupils to gain a baseline and find specific areas to target. We identified the need for pupils to learn more about healthy foods and a balanced diet and how we could support pupils in making healthy choices. After a year and a half of focussing on healthy eating across the whole school, we audited pupils' views again – and were delighted with the results!

What were our outcomes?

1. Qualitative

To increase the number of pupils who feel that their school supports them in making healthy food choices from 76% to 90% (97 out of 127 pupils).

What was our outcome?

92% (92 out of 100 pupils) reported that our school supports them in making healthy food choices.

100% of parents (66 respondents) agree or strongly agree that Thriftwood encourages and helps their child to eat and drink healthy things.

What activities/ interventions did we put in place? Give examples of strategies you put into place.

- School Council members were tasked with finding out how the pupils felt about healthy eating and how our school could make changes to support them.
- Absolutely vital has been our whole staff awareness of the healthy eating messages for pupils – this has seen more discussion in assemblies, classes, break times and in the dinner hall. Staff have also had to be good role-models!



- A healthy snack policy was introduced across the school for breaks
- Catering Manager attended Food in Schools conference
- Staff awareness of the Food Standards for all food other than lunches has encouraged staff to think about what they offer and make healthier choices for activities, for example at After-School club and Forest School.
- Thriftwood joined Youth Health Champions and won an award! This included a healthy tuckshop of fresh fruit and their home-made dried fruit.
- We ran a Healthy Eating week where all classes explored healthy eating and shared their findings with the rest of the school.
- A charity bake-off with a difference was held – all classes used a vegetable, fruit or herb in their cake recipe
- Breakfast Club established for specific pupils
- Business and Enterprise team of pupils are preparing and selling bags of fresh fruit once-a-week at break

Was the outcome achieved? Please include your data to support this.

2. Quantitative

To increase the number of children who understand what a balanced diet is from 10% to 30% (12 out of 120 pupils)

What was our outcome?

36% (36 out of 100 pupils) showed an understanding of what a balanced diet is.

What activities/ interventions did we put in place? Give examples of strategies you put into place.

- Revised Food Technology curriculum from 5 – 14years
- Food Technology staff attended Let's Get Cooking training
- Business and Enterprise team of pupils designed menus then prepared, cooked and sold healthy lunches to staff
- Staff took more opportunities to discuss healthy eating and pupils' choices – for example on visits and residential trips where extra food was on offer!
- The Eatwell plate became a focus for discussion in classrooms and assemblies, as well as in all food technology lessons
- Reality Roadshow for our older students included healthy eating advice
- Bodycare from Chelmsford City Council physically explored food groups and the need for food – this was then extended through PE lessons
- Fit4Sport ran practical "Fit Eaters" sessions exploring food groups then created and tasted a variety of foods
- All classes included healthy eating in science lessons
- More Life explored healthy eating in a whole school assembly and followed this up with a display of their messages

Was the outcome achieved? Please include your data to support this.

3. Targeted

To increase the percentage of children who report that the food they eat is sometimes healthy from 64% to 75% (30 out of 47 pupils).

What was our outcome?

100% (44 out of 44 pupils) report that the food they eat is always or sometimes healthy.

What activities/ interventions did we put in place? Give examples of strategies you put into place.

- Healthy eating messages were targeted at pupils with support from the Health Improvement team
- Pupils were given more practical opportunities to explore different healthy food options
- Younger pupils continued to be encouraged to eat fruit or vegetable snack everyday with their peers
- More opportunities for pupils to experience choosing, creating and tasting and selling fresh ingredients, such as fruit kebabs and dried fruit
- Recipes in Food Technology and Cookery club use the Let's Get cooking and License to Cook suggestions. Recipes and website information was sent home to support parents and carers.
- Pumpkin Day – included cooking and tasting recipes with pumpkins and the seeds – turning every opportunity into a healthy-eating experience!
- Visits to restaurants, such as Toby Carvery for healthy food tasting and activities

Was the outcome achieved? Please include your data to support this.

What difference has it made to the children and to the school?

Pupils are making healthy choices in their snacks and lunches – they talk about their choices and opinions.

Gone are the days of crisps and chocolate at break times – the children have healthy snacks and the playground has no litter!

Staff have explored different ways of using food in their lessons and activities such as fund-raising – making healthier examples to pupils

All pupils have practical food technology lessons and enjoy making and tasting.

Have you had any additional outcomes?

eg improved attendance, behaviour etc

What will we do next?

Continue to develop staff in delivering food technology to help pupils learn about balanced diet and how to cook healthy foods
Continue to use the Food Standards for all food across the school day
Embed a Healthy Week into our annual programme

Senior leader quote: Pupils are more aware of healthy foods and making healthy choices. It's evident in their talking, in their engagement with food activities and enjoyment of healthy options at snack times.

**Pupil quote: 'Vegetables are good healthy food in your tummy. I've got grapes today!' (Yr6)
or 'I'm thinking of this more as a source of protein.' (Yr9 pupil on a very active residential trip talking about foods he wouldn't usually eat at home)**

Parents quote: Trying to get my son to eat different foods has sometimes been a battle. The school has really supported him in trying new and healthy foods.

Photograph:

**Signed by Head teacher and named governor:
Mrs G Pryke (Head of School)
Mr S Hile (Link Governor)**

We do not give consent to share our school story, including pictures on Provide's Healthy Schools website, Essex Infolink and Essex Healthy Schools Brochure





