

# Wiltshire Healthy Schools

## Case study focus: Healthy lunchboxes



Core theme: Healthy Weight

## Bitham Brook Primary School

### School context

The school is a slightly larger than average primary school in the small market town of Westbury. Pupils are mainly White British. The proportion of disabled pupils and those with special educational needs is slightly above average. The proportion of pupils known to be eligible for pupil premium is broadly average.

### Why choose this project?

Observations by school staff showed that some children regularly had several items of unhealthy food, including crisps and sweet items, in their lunchboxes. Many had not eaten any breakfast and some children did not eat any vegetables while at school. As a result, the school decided to encourage more consumption of fruit and vegetables and improve the quality of lunchbox items.

### What did the school want to achieve?

- To reduce the number of children who have more than 2 items of sugary/fatty/salty foods in their lunchboxes
- To increase the number of children with 2 or less items of sugary/fatty/salty foods in their lunchboxes

### What did the school do to achieve these aims?

During July, all children were asked to draw what they had eaten that day. This exercise was repeated, including during the following July and the results sorted using an agreed list of sugary, fatty and salty lunchbox items. All teachers were involved in promoting healthy eating messages, with the Eatwell Guide displayed in every classroom. A focussed unit of work around healthy eating was delivered, as part of PSHE, during term 1.

Displays in the school hall, where children ate lunch, promoted a healthy lunchbox. Training was provided for MDSAs, from Food for Life, on how to promote healthy lunchboxes. Weekly messages included having fruit and vegetables in your lunchbox and eating all your meal. Each Thursday the pupil Green Ambassadors, alongside the Healthy Schools lead, promoted 'Tasting Thursdays' which encouraged children to add a wider variety of raw vegetables to their lunchboxes. Any child who tried a piece of raw vegetable or smoothie was given a raffle ticket for a draw in a celebration assembly. There was a new taste to try each week from September to December. Children who had school meals were encouraged to eat all their meal, especially the fruit and vegetables and were also rewarded with a raffle ticket.

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A team from Any Body Can Cook! worked with Reception children and helped all children in Key Stage 2 to prepare a healthy meal from scratch. Assemblies supported this school focus and parents were provided with information about the initiative through the school newsletter.

To further support the theme of healthy weight, the school also promoted physical activity by training peer leaders from Year 6 to lead team games with children in Key Stage 1 who were identified as being inactive at break times. The daily mile was launched and a new fitness trail was developed. Forest School activities also took place. The school received the Gold School Games Mark for the second year in a row, recognising the contribution of sports leaders in encouraging all children to take part in exercise.

### Measuring success

All staff have noticed the increase in children with healthier lunchboxes and children know what makes a healthy lunch box and can talk about details from the Eatwell Guide. The children are proud of their healthy choices, which have been retained without the same level of campaign as last year.

Over the initial campaign year, the number of pupils who have more than 2 items of sugary/fatty/salty foods in their lunchboxes reduced from 13% to 8%. The number of children with 2 or less items of sugary/fatty/salty foods in their lunchboxes increased from 87% to 92%.

### Lessons learned

The healthy eating initiative has become well established throughout the school. However, it has been challenging to improve the lunchboxes of a few children who still have only carbohydrates and fats, although this number is reducing. The Healthy Schools work benefitted from strong leadership from an enthusiastic Healthy Schools lead and a high profile throughout the school and support from all staff.