

The Lovely Grub Package	
Priority:	Healthy Weight
Healthier Behaviour Outcomes:	<p><b>Choose 2 of the following:</b></p> <p>1) To increase the number of pupils eating a school lunch</p> <p>2) To increase the number of pupils consuming at least 2 portions of fruit and vegetables daily</p> <p>3) To reduce the number of children consuming <b>more than 2</b> foods with high sugar, fat and salt in lunchboxes brought from home</p>
Activities:	<p><b>Needs analysis:</b></p> <p>1)</p> <ul style="list-style-type: none"> <li>○ Establish current levels of school meal take up</li> <li>○ Establish current numbers of pupils eligible for Free School Meals</li> <li>○ Evaluate/ audit current school lunch provision</li> <li>○ Find out what parents and pupils want from the school in terms of school meals</li> </ul> <p>2)</p> <ul style="list-style-type: none"> <li>○ Establish number of pupils consuming fruit in Key Stage 2 at break times (KS1 children will have 'free fruit')</li> <li>○ Audit current provision of fruit and vegetables in school (eg. tuck shops, school meals, breakfast clubs and after school clubs)</li> <li>○ Record numbers of portions of fruit and vegetables served (and consumed) at lunchtimes</li> <li>○ Lunchbox survey for those not eating a school lunch</li> </ul> <p>3)</p> <ul style="list-style-type: none"> <li>○ Lunchbox survey to establish contents of packed lunches brought from home</li> </ul> <p><b>Planning and preparation:</b></p> <p>1), 2) and 3)</p> <ul style="list-style-type: none"> <li>○ Consult with school community on planned outcomes and activities relating to HS+ work, to ensure maximum engagement</li> <li>○ Produce an action plan to address chosen outcomes</li> <li>○ Develop curriculum links between PSHE and chosen outcomes</li> </ul> <p>1)</p> <ul style="list-style-type: none"> <li>○ Visit other local schools to see different approaches to school meal provision</li> </ul>

	<ul style="list-style-type: none"> <li>○ Arrange training for school caterers, if appropriate</li> </ul> <p>2)</p> <ul style="list-style-type: none"> <li>○ Find out what sort of fruit and vegetables children would like to eat during the school day</li> <li>○ Contact local fruit and vegetable suppliers</li> </ul> <p>3)</p> <ul style="list-style-type: none"> <li>○ Investigate alternatives to sugary/fatty lunchbox items</li> </ul> <p><b>Implementation:</b></p> <p>1)</p> <ul style="list-style-type: none"> <li>○ Promote school meals via newsletters, school website, assemblies, parents evenings, sports days etc</li> <li>○ Actively involve your school cook/ school meal provider in all promotional work</li> <li>○ Contact parents of children eligible for Free School Meals to encourage take up of this option</li> <li>○ Have themed school meal events</li> <li>○ Invite parents and carers to sample meals</li> <li>○ Involve pupils in menu design</li> <li>○ If have own school meals service, explore possibility of supplying other schools, community meals to supplement income</li> <li>○ Arrange meal deals (eg. buy 5 get one free etc)</li> <li>○ Set up loyalty scheme (collect points for each meal consumed)</li> </ul> <p>2)</p> <ul style="list-style-type: none"> <li>○ Use HS+ funding to extend fruit and vegetable snack offer to Key Stage 2 pupils</li> <li>○ Promote fruit and vegetable consumption through PSHE lessons, assemblies etc</li> <li>○ Link with school gardening club to grow own fruit and vegetables, or set up a club if none at present</li> <li>○ Fruit and vegetable consumption reward scheme (earn points for each piece/serving you eat)</li> <li>○ Encourage outside providers (eg breakfast or after school clubs serve more fruit and vegetables)</li> </ul> <p>3)</p> <ul style="list-style-type: none"> <li>○ Run fun family workshops to demonstrate healthy snack/food items for lunch boxes</li> <li>○ Link with cooking club in school (eg. Let's Get Cooking – invite parents to attend with children)</li> <li>○ Lunchbox idea of the week item in newsletters</li> <li>○ Involve local chefs to champion healthy food*</li> </ul> <p><b>Ensure that you:</b></p> <ul style="list-style-type: none"> <li>○ Set up/use cluster school council network to audit pupil perceptions and to consult with pupils about the activities planned for Healthy Schools Plus</li> <li>○ Embed HS+ outcomes in the SEF and school development plan</li> </ul>
PDE Team Support:	<ul style="list-style-type: none"> <li>○ Audit of current provision</li> <li>○ Guidance and support regarding school lunch</li> </ul>

	<ul style="list-style-type: none"> <li>provision</li> <li>○ Wiltshire Certificate for PSHE (see flyer)</li> <li>○ Cluster training on promoting health in PSHE</li> <li>○ Cluster parents evenings support</li> <li>○ Governor training</li> <li>○ PSHE curriculum review</li> <li>○ School policy review</li> <li>○ Signposting to appropriate resources and organisations</li> </ul>
Early Success Indicators:	<p><b>Process:</b></p> <ul style="list-style-type: none"> <li>○ List the actions you plan to take and detail the month/year you intend to have achieved each one</li> </ul> <p><b>Impact:</b></p> <ol style="list-style-type: none"> <li>1) To increase the number of pupils eating a school lunch to X by month/year</li> <li>2) To increase the number of pupils consuming at least 2 portions of fruit and vegetables daily to X by month/year</li> <li>3) To reduce the number of children consuming more than 2 foods high in sugar, fat and salt in lunchboxes brought from home to X by month/year</li> </ol>
Source of Baseline Information:	<ol style="list-style-type: none"> <li>1) School lunch take up data</li> <li>2) How many portions of fruit or vegetables do you eat daily? (do not count potatoes or baked beans!!) A portion can be: <ul style="list-style-type: none"> <li>○ one piece of fruit</li> <li>○ a handful of grapes, raisins, carrot sticks etc</li> <li>○ large spoonful of peas/sweetcorn etc</li> <li>○ a glass of fruit juice</li> </ul> 0    1    2    3    4    5 or more </li> <li>3) Survey – Today's Lunchbox Checksheet</li> </ol>