

Case study of Healthy Schools Gold level primary school's work on the Food in Schools theme

Glasshouses Primary School

The school has made many changes to improve the experience for pupils around healthy eating whilst working on the Food in Schools theme. This has included:

- Providing a range of supporting information for parents and carers on healthy eating and packed lunches via the [school website](#)
- Developed a whole school food policy
- Health and Safety Governor is the named lead for healthy eating
- Promoting drinking more water and having a healthy snack tuck shop for KS2 playtime - Held 'Drink More Water Awareness Days'
- Cross curriculum long term plans include: healthy eating, growing and nutrition, time to cook healthy meals for all year groups and pupil's learning how to keep ourselves physically and emotionally healthy
- Parents and carers have been really involved in healthy eating initiatives and really supportive about healthy packed lunches.

Pupil Voice Case Study

Step 1 – Deciding to make a change

April 2019 – Behaviour at lunchtimes was not too bad (number of reported incidents reflect this). However, as a school we did feel that there was room for improvement. We wanted our approach to lunchtimes to reflect our commitment to being a Rights Respecting school, especially;

- Article 12 - Every child has the right to have a say in matters affecting them, and to have their views taken seriously.
- Article 31 - Every child has the right to relax, play and take part in a wide range of cultural and artistic activities

Step 2 – Pupil Consultation

We decided to take the views of the children on board and we set a consultation period where children could put forward any ideas that they had about changing lunchtimes for the better. Their remit was;

How can we make lunchtimes happier, safer and calmer?

Children were given a week to formulate their ideas and then we held a consultation for them to put their ideas forward.

After discussion, the following ideas were taken on board and changes made:

Pupil Voice Suggestion	Action Taken
KS1 and KS2 should have separate playtimes so that there are less children in the hall and then outside at playtime. I would like the lunch hall to be quieter.	We changed lunchtimes from 12.00 – 1.00. We changed it to <ul style="list-style-type: none"> • KS1 11.45 – 12.45 • KS2 12.25 – 1.15

I would like to sit with my friends. I would like to choose who I sit with.	We gave children the option to choose where to sit. This was a change as it had been in house groups.
I would like somewhere quiet to read at lunch time.	We set up a quiet outdoor area with tarpaulin and log seats. No one is allowed to play loud games near this area, so that it stays quiet and clam.
I want to be able to play football without people walking in the middle of a game and spoiling it.	We zoned the playground so that the bottom end of the playground is for football and no one gets in the way, and no one gets hurt when they are walking past. When balls are kicked hard.
I wish that there were not so many little ones out when I want to play on the trim trail.	Staggered lunchtimes.
I would like new ideas for games to play so that I don't get bored.	'Game of the Day' introduced. Y5 pupil teaches a different game every day. Game of the Day bench to wait for the game to start.

Step 3 – Collecting Pupil Views about the changes

After the changes had been in place for a few weeks, we decided to collect pupil views about the changes.

"I like that we get to go out to play straight after eating instead of sitting around."

"I really enjoy game of the day. X showed me a great game called Sharks and Lifeguards. I had never heard of it, but I have really enjoyed playing it."

"Lunchtime is much better now than it used to be. This is because you can sit with your friends and the lunch hall is quieter and calmer."

"I like the lunch hall better now because it is much quieter."

"I love lunchtimes now because I am sitting with my friends. Before, I used to sit with no one to talk to."

"I love that we don't have to wait a long time to go outside when we have finished eating."

"I like how there are places to go when you feel upset. The buddy bench did not used to work, but now it does."