



**Holy Trinity CE Primary School**  
**Tottenham N17 9EJ**

# Healthy Schools Gold Award



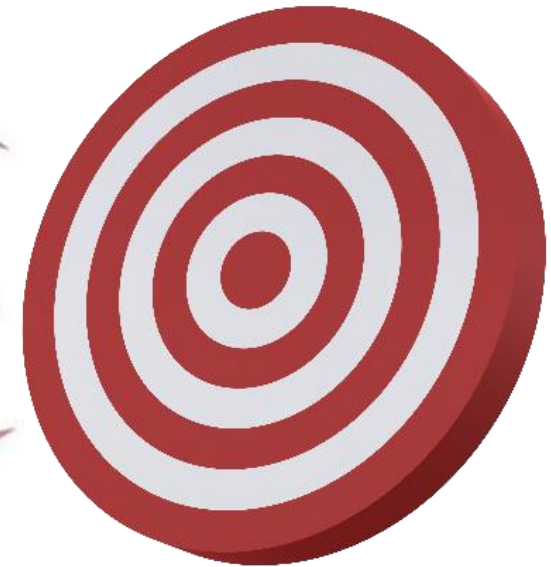
*Our Story...*

# Health Priority 1

Improve the content of pupil's packed lunches from 50% (16 children) to 78% (25 children), so that 78% meet school food standards.

Healthy eating for all pupils.

Our aims



A 100% elimination of crisps and chocolate from packed lunches. A decrease from a baseline of 22% (7 children).

To reduce the number of sugary drinks in packed lunches from 37% (12 children) to 9% (3 children).

# What we did...

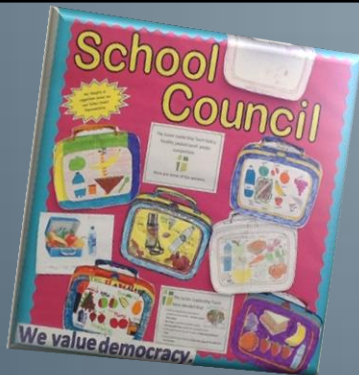
The Junior Leadership Team did lunchtime audits on packed lunches.

We became a water and milk only school.

There are healthy lunch box competitions and displays.

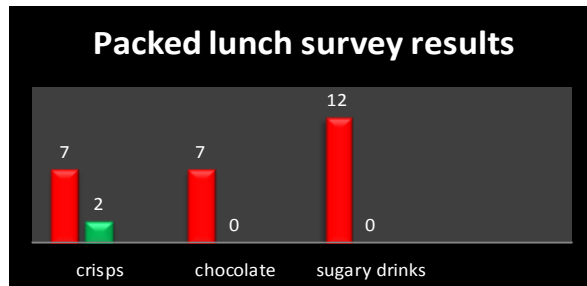
A chef came to school to do a healthy eating assembly.

We are being taught new Design Technology and PSHCE schemes with a focus on healthy eating.



# RESULTS

- In November 2015, 100% (32 children) of packed lunches were healthy and included fruits, vegetables and a savoury main. (Sandwich/pasta/rice, etc.)
- 97% (31 children) had additional fruit and/or vegetables in their packed lunch and 16% (5 children) had 2 pieces of fruit.
- Only 6% (2 children) had crisps in their lunch box. A decrease from 22% (7 children) and chocolate and sugary drinks have been 100% (0 children) eliminated from the 32 lunches surveyed.



*There were 36 children having packed lunches and 32, randomly selected children, took part.*

# Continuation...

After school cooking club run by parents who attended the Tesco 'Eat Happy' training.

The chef has adopted our school and promises regular visits.

The Junior Leadership Team regularly audit packed lunches.

Teachers have had training in delivering the new schemes of work and are planning a Healthy Week at school next term.

# Health Priority 2

Achieve and maintain a healthy weight and make healthy eating choices.

Year 6 focus

To increase the number of pupils in year 6 who bring in a healthy snack from home to eat at break time – from 0% to 52% (11 pupils).



Our aim



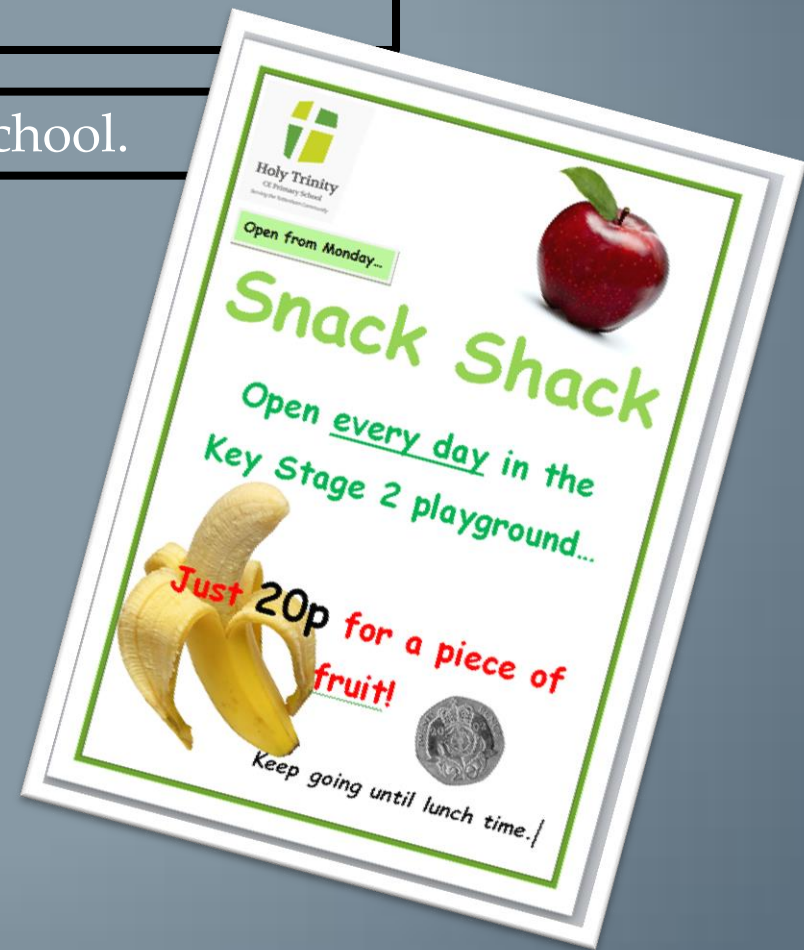
# What we did...

News letter extract

We opened the 'Snack Shack' at break times.

The Junior Leadership Team conducted surveys to order fruit that children wanted to eat.

They made posters to advertise around school.





When children didn't like the quality of the fruit delivered sales began to drop!





Now we choose our fruit ourselves on a Monday lunchtime.



We invested in a smoothie maker to use up any soft fruit.

We do whole school Fun Runs in the park.

We have signed up to start the daily mile.



Mrs Miles is planning a Keeping Healthy unit of work for the Summer Term in Year 6.

# RESULTS

The word 'RESULTS' is written in large, bold, green 3D block letters. A magnifying glass with a white frame and a black handle is positioned over the letter 'S', focusing attention on it.

- Out of 21 children in year 6, an average of 90% (19 children) brought or bought fruit from the 'Snack Shack' across the week sampled.

# Continuation...

We have raised enough money to buy a 'Snack Shack' structure.

Children report to the business manager and log what is spent and any profit/loss. Profit helps buy more expensive fruit.

Cooking club will make healthy snacks to be sold.

Healthy Week to become a regular event in the yearly planner.