

As part of the consultation each school was asked what benefits they considered arose from the various healthy eating & diet and physical activity & exercise initiatives. A selection of responses is included:

- Raising awareness of need to drink water
- Helping to break down stereotypes about which foods are trendy
- Making sure children get access to healthy food (fruit scheme, milk etc)
- Raised pupil and parent awareness and importance of good health is profiled
- Range of stakeholders can work in partnership to promote health and healthy lifestyles
- Pupils are learning at an early age the importance of healthy eating to good health and its impact on their life
- Only allow fruit at break times
- Useful messages to children re: healthy choices
- Reduces amounts of sugar, fats, salt and preservatives in diets
- Educates children in what comprises a healthy diet enabling them to make informed choices
- Greater awareness of children and some adults
- Healthier children should be better learners
- Pupils beginning to become more aware of which food is healthy even though they do not always make a healthy choice
- Raising awareness of healthier options with children and parents
- Improved diets choices made independently at break/lunchtime
- Creating habit of drinking water rather than fizzy drink/artificial flavoured water
- Healthy eating improves concentration and learning
- Children and parents more aware of necessity to eat and drink healthily as a result of:
  - School Initiatives
  - Modelling by staff
  - KS 1 teaching staff referring to it at every parents meeting and both in large meetings and in small group meetings
- Good healthy eating and drinking are becoming the accepted norm because it is a regular feature of everyday school life.
- Training children in appropriate diet.
- Healthier children who will become active fit adults.

- Raised the profile of healthy eating and ensured our children and their families are aware.
- Better attendance and concentration in class for those who chose to participate.
- Lifelong education for children about their role in monitoring their health.
- Improvement in physical wellbeing of the children which in turn affects attitudes, behaviour and ability to learn more effectively.
- Consistent messages about balanced diets, putting theory into the heart of how we do things in our school and encouraging good habits early.
- We do not consider the LEA meals to be meeting the criteria of healthy meals and we receive far too many fatty foods and we would like fruit to schools extended to KS 2 pupils.
- Improved diets.
- Children are getting a better food intake and learning that healthy eating promotes good health in later life.
- Awareness of pupils and parents raised.
- Children are beginning to make healthy choices.
- A focus on healthy life style at a young age.
- Raised awareness of pupils as to healthy diets and awareness of obesity and fitness.
- Children are more aware of what constitutes a healthy diet and lifestyle the message is reinforced through science and PE lessons.
- Children are eating a healthier diet.
- Children's concentration is better now they have fruit and water at break times.
- Better long term health.
- School fruit and vegetable scheme for infants is working well and needs to be extended to all primary age children.
- Children more willing to try new foods especially fruit and vegetable, brown/wholemeal bread etc.
- Improved concentration (especially water initiative)
- Children see the staff eating healthily.
- Hopefully will enable children (and adults!) to make healthy choices.
- Children are becoming more aware of what they need to eat to keep them healthy. They are trying foods/fruits that they are not used to. Young children in particular are becoming habitual fruit eaters which can only benefit them. What a great shame it is that the school fruit scheme has not been extended to KS 2.

## Benefits of Physical Activity

As part of the consultation each school was asked what benefits they considered arose from the various healthy eating & diet and physical activity & exercise initiatives. A selection of responses is included:

- Better quality equipment has encouraged participation
- Raises status in eyes of children/parents of PE/fitness
- Children “fit” to learn – healthier bodies, healthier brains
- Pupils learn a range of personal/social skills associated with PE in addition to engaging in physical activity
- Improves concentration and achievement in other areas of curriculum
- Improves co-ordination and agility and body strength and stamina
- Enjoyment and motivation to develop chosen physical activity in leisure time
- Understanding of implementation exercise as part of healthy lifestyle
- Physical activity seen as cool and part of normal run of things, everyone can be involved
- Opportunity to take part in wide range of sports – including enjoyment and success in at least one
- Raises esteem and team work and fitness
- Active pupils and more responsive learners
- Raising awareness of benefits
- Physical activity improves concentration/learning
- The children’s general health and mental wellbeing is being improved by such exercise.
- The children’s skills and sense of pride increase with the provision of expert knowledge and tuition.
- The children discover the need to work as a member of a team and cooperate with others.
- Offering children choice and experiences which they may use in later life.
- General fitness.
- Fitness for life.
- Healthier playtimes – constructive activities.
- Obvious benefits for those children involved, but we can only involve those who wish to take part.
- Children become fitter.

- The range of different activities offered gives every child the opportunity to discover an area of physical activity that they enjoy and succeed in. All this raises self-esteem, self confidence and in turn affects learning.
- School wide message about being fit and active.
- Children enjoy physical activity, but as we have no hall and a sloping playground, it is not easy.
- Improved health and lifestyle for pupils.
- Children are getting exercise by being involved in initiatives. Children being shown that it is easy to stay fit through sport and play etc. Also runs along side the Healthy Eating aspect of our work.
- Extra sporting activity have increased fitness levels and raised self-esteem.
- Healthier, fitter children.
- Improvement in attitudes.
- Children are encouraged to develop play skills from the early years.
- Combined with healthy eating, helps children to lead a healthier lifestyle.
- Fun.
- Good team work.
- Include play activity which will lead to healthy benefits later.
- Enjoyment.
- Raises the profile of need for physical activity.
- Links home/community and school together.
- Children more alert in lesson times.
- Children are encouraged to participate in a wide variety sporting/play – enjoyment and play act/exercise being the priorities. All children have the opportunity. All staff have been able to participate.