

As part of the consultation each school was asked what additional measures could be taken to promote healthy eating and exercise, the definitive list of comments is listed below:

- Healthier packed lunches
- More healthier lunchboxes of “sandwich” children and greater opportunity for effective exercise
- Get rid of all rubbish in lunchboxes and snacks.
- Change the content of packed lunch boxes!
- More control over the contents of packed lunch boxes!
- Healthier packed lunches and school meals.
- Educate parents about healthy packed lunches – stop them eating rubbish!
- Parents would send “healthy” packed lunches instead of sending chocolate bars.
- Occasionally packed lunches are not entirely healthy. Need more work on encouraging packed lunches to be “balanced.”
- Improved packed lunches and greater uptake of school meals.
- Healthy packed lunches from an external provider so all children had a “healthy” meal - hot or cold – at lunchtimes.
- Parents perceptions of what constitutes healthy eating e.g. in packed lunches.
- Involve parents more along with parents so that home and school give the same message
- Work with parents, who, with this age group have more influence on what their children eat and do
- Engage parents more and emphasise the importance of food and exercise – impact on the children’s learning and behaviour especially pupils with autism, ADHD. More money for school lunch = hotter lunch.
- Parents attitudes
- More parental involvement.
- Parental attitude – many see the cost as a barrier to healthy eating.
- Improve school lunches (from LEA) and from home packed lunches.
- Encourage parental involvement in children’s diet i.e. snacks and packed lunches
- Educate parents about healthy packed lunches and stop them eating rubbish.
- Have water freely available – cheaply

- Supplementary funding from central funds to ensure catering services are not governed by the need to make a profit and retain jobs, but are committed to healthy eating and high nutritional standards (LEA provider)
- Larger amount of fresh foods used in schools meals
- Even healthier school meals. Parents feeling about it – they feel we are shoving healthy eating down their necks
- Keep looking to improve the health aspect of school dinners/snack bar by using more local produce.
- Use and source local produce for school dinners.
- Healthy eating – in school dinners – more natural ingredients, less “quick fix” options.
- The use of fresh good quality ingredients for school dinners.
- School meals.
- The quality of food provided at break and lunch is poor. Fat, sugar, salt and use of E numbers is too high.
- Further improve the quality of food and amount that is spent on ingredients for school hot meals.
- School dinners – v unhealthy.
- Healthier lunches initiatives.
- School meals – great use of fresh ingredients and less “made up” meals e.g. bread crumbed fish or meat, fried foods. Possible use of locally-produced organic fruit and vegetables.
- In an ideal world all children taking a cooked school meal that was appealing, nutritious and good value for money.
- Give no choice at lunchtimes. But we realise the impact of this might have on the number of children staying for school meals.
- A cook and serve kitchen on our premises.
- New school with a kitchen.
- Revamp our kitchens so we didn't have to have meals drafted in from Jacksdale School. We are hopefully this will be possible soon as we have worked out an easy way to extend our small kitchen, but need about £11,000 to get it up and running. ANY IDEAS?
- To allow all primary school children to be involved in the fruit and vegetables scheme.
- Free fruit and vegetables for all KS 2 children
- Introduce fruit and vegetables scheme for KS 2 as well.

- Introduce school fruit scheme to all KS 2 pupils.
- Taster sessions for parents to drop into schools and try lunches
- Time for staff to plan a high profile week of activities.
- Time to do it properly and suitable resources.
- More time for PE
- Shorter, more frequent PE lessons especially KS1 – 20-30 minutes a day
- Less sedentary curriculum - Too much literacy and numeracy!
- More sports and activities needed as part of the curriculum and not out outside school hours.
- Access to sports coaches/experts on a regular basis – especially. activities other than “usual” (Martial arts/table tennis/asian/street/line-dancing)
- Shorter but more frequent PE lessons, especially for KS 1 children, ideally 20-30 minutes a day.
- Need more out of school physical activity clubs to promote exercise.
- More after schools clubs – we are a small school with only two full time teachers and two part time teachers including the head teacher – we do not have the time or resources to offer a range of after school sport.
- More funding for specialist coaching
- Employment of quality sports and fitness coaches to work regularly with children.
- More money to fund coaches to introduce a range of games/skills/sports into school life.
- More teachers willing to give up time to coach teams
- Money to fund specialist organiser of lunchtime/playtime activities.
- Train midday supervisors/others to play alongside pupils
- Improve the facilities around site – more play areas/games facilities – showers – to a high standard to attract community sports teams
- To have our sports field near to the school – our sports field is about a mile away over a busy road, and is not easily accessible.
- Swimming pool on site (will cut transport time down)
- New school with a field.
- More playground equipment – develop the area.
- When we move to the new school we will have much better facilities “on site”.
- Have a school field on site rather than 15 minutes walk away.
- Improve provisions on playgrounds (junior)
- Encouragement of lunchtime activities e.g. “fit bods” scheme

- Encourage children to access play activity clubs in their community out of school hours
- Long term funding stream for extra curricular activities
- Grow your own garden/cooking cub, but would need funding.
- We are starting a garden project (funding by ourselves) and we want to get children cooking, (is there any help available for this?).
- To have the space and facilities to run a breakfast club.
- Promoting the importance of breakfast to enable effective “thinking” at school.
- Major capital investment in a large dining room where pupils can sit and eat rather than having to carry hand sized snacks around school
- Build a school hall please!
- Hall not big enough for physical activity
- A school hall.
- A hall!
- Larger hall, not adequate for older children
- More space to provide PE/exercise more often – large school hall has to be shared by a lot of classes
- Better designed KS 1 & 2 playgrounds. A larger school hall
- School hall unable to be used all year round
- School hall for PE – clubs
- We need a gym/sports hall for playing sport. At the moment we only have a dinner hall for secondary pupils – this can be a problem in the winter months.
- Facilities to cater for PE – an appropriate school hall
- More funding to develop playground and PE equipment
- Space and height for gymnastics, dance, indoor games
- More regular involvement from children
- Access to very simple and specific posters (Special school - most posters too complicated)
- More children walking to school
- More children to walk to school. Many children do but the percentage could be higher, this aspect of our work to continue.
- Walking school bus?
- Ban the school run!
- Encourage more pupils to walk to and from the school.

- As a junior school (KS 2 only) – I feel we miss out on a number of initiatives both information and taking part.
- Get rid of split lunchtime break so that lunchtime clubs could be run.
- Would be good for school to appoint a person responsible for healthier lifestyles and work with the canteen and arrange initially “healthy work” with cross curricular links.
- The attitude of the children towards new and varied menu on the school lunch list.
- To join the Healthy Schools Standard.
- Our dinners are healthy but will be doing “healthy eating for healthy schools” when we finish drugs awareness.
- I’m at a loss to answer this.