

## Other Initiatives

## APPENDIX 4

As part of the consultation each school was asked what additional initiatives they used to promote healthy eating and diet and physical activity and exercise. A selection of responses is included:

### **Use of Outside Agencies (Food Lab)**

Outside agencies have talked to children and parents about healthy eating. "Food Lab" talked to foundation children about fruit and vegetables.

A talk was also being arranged for parents about healthy packed lunches ("Pack a Punch"), however most parents required crèche facilities and funding for the projects was difficult to find.

### **Summer School**

A summer school project provided at Dayncourt Sports Specialist College for Yr6 pupils included a Healthy Eating Morning linked with Asda.

### **Fruit and Veg Scheme for KS2 – Pay up front**

Children pay a fee up front and receive a piece of fruit everyday. Set up by the school with National Fruit Scheme Providers. Non-participating children must bring healthy snacks as defined by the school.

### **PSHE**

Year 7 PHSE considering health matters. Designed in conjunction with the school nurse.  
(lesson plan on Nutrition inc with questionnaire)

### **Milk Schemes**

Milk and fruit sold to pupils not eligible for free milk and fruit. The school participates in the 'Cool Milk' Scheme (which is expensive) but would rather access cheaper milk from within the EU, but has been told that Nottinghamshire is unable to do this due to 'administrative reasons'.

### **Cod Liver Oil Scheme**

8 week trial with pupils from Yr 2 and Yr 6 which showed considerable improvement in concentration levels. As a result the school would like to provide this for all pupils and also because of their socio-economic circumstances. (obstacles – cost and availability).

### **Community Nutritionist**

Support received from a Community Nutritionist, providing a workshop for parents to provide ideas for healthy meals/lunchboxes. (obstacle – only one parent attended).

### **Healthy Cooking Course for Parents**

Part of the Parent Partnership Scheme. Encouraging a group of parents along with the school kitchen to prepare and cook healthy meals for their families. The aim is to bring basic cooking skills back into the home and steer away from convenience foods (obstacle – many parents requiring crèche facilities).

<b>Residential Experiences</b>	One school sends Years 4,5 and 6 pupils on a residential every year. The School Council in consultation with the whole school decided that these should be activity based rather than historical or environmental. A fantastic response has been received from pupils on every visit since.
<b>Community Coaches</b>	Community Coaches from governing bodies provide quality coaching during lessons from experts. Children are well taught and enthusiastic.
<b>Outside Providers</b>	Gymnastics taught by outside provider.  Outside provider runs a Yoga club for children
<b>Support of Local Teams</b>	The local team provides football training, with weekly training sessions, a penalty shoot out and prize presentations by team members.
<b>Clubs</b>	Range of lunchtime and after school clubs supported by successful awards for all bid. Clubs also supported by TA training and by youth coaches from Dayncourt Sports Specialist College.
<b>Sports Development Officer</b>	One school appointed a sports graduate to work 25hours a week as SDO. She runs after school clubs each evening and has increased the quality and quantity of outdoor sport.
<b>Activemark Schools</b>	One school is an Activemark Gold School. The process in achieving this has encouraged the school to closely evaluate its curriculum and extra-curricular provision. The school celebrates physical activity and accesses sporting experts to improve development areas. (obstacles – lengthy application process. End of accreditation)
<b>Play Leader Programme</b>	School employs a TA at lunchtimes to lead and supervise play with help from children completing CSLA from secondary schools.  Another school has organised physical activities at lunchtime including cricket, softball, football etc

<b>Playground Development</b>	One school has worked hard to develop their playground including: TrimTrail, Climbing Frame, Running Areas and interesting markings.
<b>Extended Schools</b>	School aspires to become a “full service extended school” providing a range of services to children and families. This includes a wide variety of physical activities. The school currently has QiSS accreditation (Quality in Study Support). (Obstacles – lack of external funding and activity providers to meet demand).
<b>Healthy Lifestyle Policy</b>	School takes a holistic approach to health promotion incorporating PE, PSHE, Citizenship, Healthy Schools and EcoSchools. (Obstacles – time restraints and funding. Shortage of gymnastic and dance instructors)
<b>Drinking Cups</b>	Children have individual drinking cups labelled with their own name and access to water at all times