



Working Together to be... Smart Snackers



East Ayrshire Council
Comhairle Siorrachd Àir an Ear



Children and
Young People
Improvement
Collaborative

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Rationale

The School Improvement Plan highlights our priority of implementing East Ayrshire's new Food and Health Framework through a whole school approach. Pupils gathered information pre-project which revealed that only 2 out of 24 pupils in Primary 5/6 were bringing a healthy snack to school. This multifaceted project involves coordinating tasks such as resourcing, setting up a cooking area, family cooking events, staff training, multiagency supports and data collection.



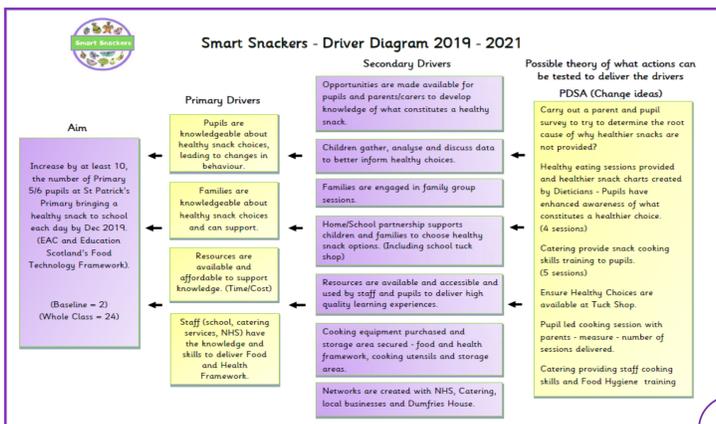
Aim

13 out of 24 pupils in Primary 5/6 at St Patrick's Primary School will bring a healthy snack to school every day by January 2020.

Method

- We established an Improvement Team drawing on individual expertise.
- Identified PDSA cycles allowing us to refine the project tasks, while developing our driver diagram.
- Conducted a Parental Survey to establish a baseline of reasons behind pupil's snack choices. This led us to discover that choices were largely based on likes and dislikes of pupils
- We utilised Run Charts to monitor the number of healthy snacks on a daily basis

Process Change



We need to watch sugars fats and salt! We'll need to check food labels!

Achievements

- All pupils received their Food Safety Award
- All pupils took the 'Hand wash Challenge'
- All staff completed Food Hygiene Certificate
- All teachers completed CLPL on Cooking with children
- Dietitian input to pupils on Healthy eating and food labelling led to better informed choices of healthy snacks
- Pupils involved, engaged, motivated and excited by the project.
- Pupils have developed 2nd Level skills in Food Technology



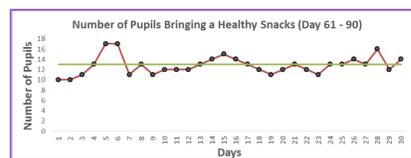
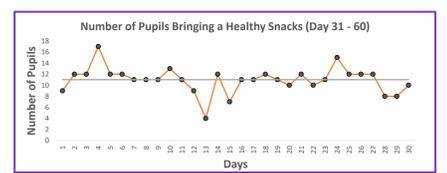
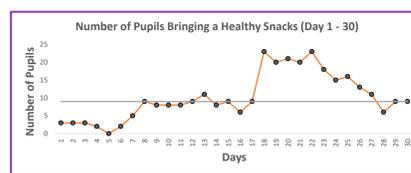
What I found most interesting was cooking because I got to try and learning how to use a stove.

Key Learning Points

- Establishing an effective team with a shared vision is essential to the success of the project.
- Building a network of specialist support from multiagency colleagues increased the motivation and engagement of pupils and parents in the project.
- Daily engagement with children recording their own data had an impact on pupil ownership of the project.
- Knowledge and understanding of Improvement Model helped focus and prioritise aims and changes.
- Identifying resources required – people and things.

Results

We achieved our aims within the first 30 days. This Run Chart shows a shift in the number of children bringing a healthy snack every day.



Our Run Chart shows a change in habit. Pupils are regularly bringing a healthy snack to school.

Conclusions

The project has made a difference and has changed habits, with more than half of children bringing a healthy snack every day. Parental engagement from the start of the project has had a positive impact on parental choices for their children.

Data shows that giving children the opportunity to prepare healthy snacks has motivated them to experiment with foods and make healthier choices throughout the day. Giving children access to further knowledge and understanding on healthy eating, with the support of Dieticians and use of the local library, has informed their choices. This formed our key change idea. Children being able to read food labels and analyse the information has supported the increase in eating healthy snacks/healthier lunch choices. (Balancing Measure)

I like adding data to our chart. There is when the line goes up.

I love being able to cook because I love trying all the healthy snack recipes at home.

Scale / Spread

We will work with the pupils to look at what we have learned and how we can scale up the project. We now have a successful model which we can use with other classes in school. We will use the school App to spread the message of Healthy Snacking (distribute the Healthy Snack list) and a presentation by the pupils at Parents Evening.

There are five primaries and one secondary in our Education Group. There is a high level of interest in the project with one primary committing to continue the project next session.

The local authority can replicate this success by using the expertise of Facilities Management, HWB Officers and partners in the NHS to support other schools in the Authority. The 'Smart Snackers' project is now a context for schools to take forward the Food and Health agenda across East Ayrshire.

What I found most enjoyable was making a healthy fruit yoghurt for my Dad's lunch. Tyla



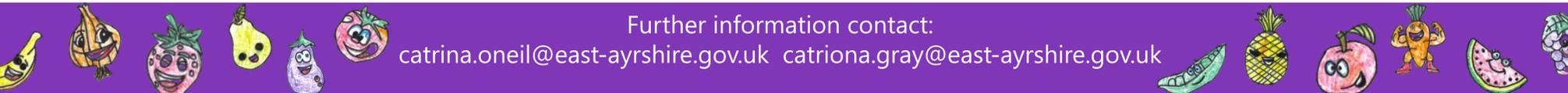
Lots of fun and learning. Pupils really confident in talking about & making healthy snacks.

Favorite diet! Great to see kids learning about healthy eating. Will continue at home.

I will try at home. So good to see children engaging so well in cooking sessions. Learning with me was great!

Fabulous! Great fun! Got kids to try new healthy foods.

Fabulous! Fantastic session. Great presentation from kids. Definitely encouraged by me to try different foods.



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