



Case Study of Good Practice

Priority Area
Healthy Weight

School
Whitchurch Primary School

Outcome

To increase the number of children having a hot school meal (HSM) from an average of 50.35 per day in January 2011 to an average of 60.35 per day by January 2012.

Why we chose this outcome

We chose this outcome because we wanted to increase the number of children eating a HSM during the school day and especially encourage those children to have a free school meal (FSM) who are entitled.



What we did

- Encouraged staff to regularly eat a HSM in the dining hall.
- Cook offered tasters of meals for the children.
- Using produce from the school growing beds in the school kitchen.
- Improved menu information for parents.
- 'Give A School Lunch A Try' - inviting KS1 and FSM parents to come into school to have a HSM with their child.
- Bought new table cloths and benches to improve the ambience and seating of the dining hall.
- Reduced the number of children eating at one sitting by the employment of an additional SMSA to allow for staggered lunchtimes.
- Developed a 'HSM' focus group who were invited to have a FSM for a week to give feedback on ambience, food and experience.

Impact

The HSM focus group consisted of 8 children who never or very rarely eat a HSM, including one FSM child who has never had a HSM. Results of this initiative proved to be very successful. The majority of the 8 children, including the FSM child now have a HSM on one or more days each week.

Number of HSM January 2011 average of **50.35** per day
 Number of HSM October 2011 average of **58.3** per day
 Number of HSM January 2012 average of **57.2** per day

From survey 1 to survey 3 this represents a 13.6% increase in HSM take-up