

Healthy Eating initiative in St Clare's Abbey

There are three strands to our healthy eating programme:

1. Healthy break for our FS pupils daily and KS2 pupils at key points throughout the terms.

We encourage our pupils to eat fruits that they would not have easy access to. We also tap into the power of peer influence and could not overstate how influential this is, in persuading reluctant fruit and vegetable 'eaters' to become more adventurous and healthy when snacking. Feedback from parents on this aspect is particularly strong with a significant number of parents expressing their surprise that their children eat particular fruits, berries and vegetables in school when such offerings within the home setting would be met with outright refusal.

Example of daily fruit and vegetable snack



Talking about fruit and vegetables



Red fruit and vegetables



Porridge with fruit



Preparing fruit salad



2. Fruit parties-

We like to show our pupils that fruit and vegetable snacking can be really good fun as well as being healthy. Therefore, at key points in the year - Halloween, Christmas, Sports day etc - we have platters of fruit artistically and imaginatively themed to tempt and re-educate our pupils.





3. Fruit sourcing finance group.

A group of 12 KS2 pupils were identified at the start of the year to work with a designated member of staff to coordinate the purchasing of fruit for all the school's fruit snacks. The weekly tasks of completing orders, organising cash, making payments, predicting change and looking for bargains, has been a wonderful opportunity for these pupils.

