

## **Topic: Outdoor Learning ( Minor)**

Action: To encourage healthy snacks at break and lunch times.

### **Target : Measure**

The results from our audits in 2023 showed an increase in healthy snacks at break time.

Maintain and reinforce this target throughout 2024.

Complete an audit at the beginning, middle and end of the year to see if students have healthy snacks.

Reinforce 'Boost Better Breaks.'



We completed an audit at the beginning, middle and end of the year to monitor healthy snacks. We recorded our results using tally marks and showed our results using bar charts.



In February we noticed that most of the children in our school had healthy snacks. There was a marked improvement in our results in February compared to October. The teachers in Foundation Stage reminded parents about the importance of 'Boost Better Breaks.'

In May , after we completed our audit we were able to say that most of the children in our school who have a snack are choosing to have a healthy snack. We did find out that in some classes the number of children deciding to take a snack had dropped.

The number of children in P1 choosing to take a snack dropped from 18 in February ( 12 healthy and 6 unhealthy)to 12 in May ( 11 healthy and 5 unhealthy).

The number of children in P2 choosing to take a snack dropped from 22 in February ( 16 healthy and 6 unhealthy)to 15 in May ( 11 healthy and 4 unhealthy).

The number of children in P3 choosing to take a snack increased from 17 in February ( 15 healthy and 2 unhealthy)to 19 in May ( 16 healthy and 3 unhealthy).

The number of children in P4 choosing to take a snack dropped from 13 in February ( 11 healthy and 2 unhealthy) to 9 in May ( 9 healthy and 0 unhealthy).

The number of children in P5 choosing to take a snack dropped from 15 in February ( 15 healthy and 0 unhealthy) to 10 in May ( 10 healthy and 0 unhealthy).

The number of children in P6 choosing to take a snack increased from 9 in February ( 8 healthy and 1 unhealthy) to 10 in May ( 10 healthy and 0 unhealthy).

The number of children in P7 choosing to take a snack dropped from 6 in February ( 6 healthy and 0 unhealthy) to 4 in May ( 4 healthy and 0 unhealthy).

### **Our Results.**

When we compare the audits from the beginning, middle and end of year, we can see that there has been a marked improvement in the number of children choosing a healthy snack.

The number of children choosing an unhealthy snack in Foundation Stage dropped from 19 in October to 12 in February and 9 in May.

The number of children choosing an unhealthy snack in Key Stage 1 dropped from 6 in October to 4 in February and 0 in May.

The number of children choosing an unhealthy snack in Key Stage 2 was 1 in October, February and May.

The number of children in our school choosing an unhealthy snack dropped from 26 in October to 17 in February and 10 in May.

We are very pleased to say that the results from our audits in 2023 showed not necessarily an increase in healthy snacks, but a definite decrease in the number of unhealthy snacks at break time.

	October		February		May	
	Healthy	Unhealthy	Healthy	Unhealthy	Healthy	Unhealthy
Foundation Stage	24	19	28	12	22	9
Key Stage 1	23	6	26	4	25	0
Key Stage 2	30	1	29	1	24	0

Target 1: Measure: To Complete an audit at the beginning, middle and end of year to monitor healthy snacks (May Final Audit)

This bar chart shows the number of children in each class who have healthy and unhealthy snacks.

