

St Joseph's encourage a love of fruit and veg

Miss Maher, Assistant Headteacher and the SNAG (school nutrition action group) at St Joseph's Catholic Primary School in Darlaston, wanted to revolutionise breaktime snacks. Despite making good progress towards a good food culture, unhealthy options remained popular at breaktimes, with few children bringing in fruit or vegetables. Even worse, the free fruit on offer each day wasn't being enjoyed and instead languishing at breaktime.

To remedy this, the SNAG and Miss Maher launched a competition with an impressive prize: the two winning pupils would win a bike each! To win, pupils needed to bring in fruit and veg at breaktime. To track this, they were given cards which were stamped for each portion of fruit or veg they brought in and ate at school – and no borrowing a friend's banana! Miss Maher led by example, bringing in an impressive three portions of fruit each day.

The competition ran for a half term to encourage the behaviour to stick. Pupils also created a video which was shared on Facebook and in assembly to bring parents on board.

The two winners were randomly selected from the completed stamp cards. The two winning pupils didn't own a bike prior to the competition and were excited to try out their new wheels. The competition also highlighted that a lot of pupils don't know how to ride a bike, so St Joseph's will be renting some bikes so more pupils can learn.

After such a big success, the school is running the competition again with a new prize of two scooters. Following the first competition, more pupils are enjoying fruit and veg at breaktimes, with the free produce on offer a firm favourite with many pupils.