

Broomhill

Primary School



Healthy Snack
Evaluation
2019

The Questionnaire



The questionnaire was given out to all children in our school. Children were given time at home to discuss this with their parent/carer. One of the aims of the questionnaire was to prompt conversations between children and their parent/carer about their snacks at school break times.

Improving Children's Snacks in School
Pupil and Parent/Carer Questionnaire - January 2019

Improving pupils' playtime snacks is a focus for Broomhill Primary School (please read the January school newsletter for more information on this health promoting initiative). To help collate information and views on snacking at breaks, pupils and parents/carers should work together to answer the questions on this sheet and return it to school by Friday 1st February.

Pupil's Snack Diary

Please record what you had for your playtime snack Monday-Thursday this week.

	Food	Drink
Monday		
Tuesday		
Wednesday		
Thursday		

Which traffic light colour below best describes your snacks?

Green	Amber	Red
<p>My snacks are healthy. All contain no added sugar or salt and are low in fat.</p> <ul style="list-style-type: none"> • Plain water • Fruit • Dried fruit with no added sugar or salt • Crackers and crispbread • Plain pop corn • Biscuits • Pitta bread • Crumpets • Other/s - please detail: _____ 	<p>My snacks contain a little sugar, salt or fat but contain other nutrients that have health benefits</p> <ul style="list-style-type: none"> • Pure fruit juice • Sugar free squash • Reduced fat/low sugar crisps, cereal bars, cakes, biscuits and yoghurts • Low fat fruit yoghurts or fromage frais • Salted popcorn • Plain biscuits, eg digestive, rich tea • Tea cakes, scones or currant buns • Other/s - please detail: _____ 	<p>My snacks are all high in fat, sugar or salt</p> <ul style="list-style-type: none"> • Drinks high in sugar, including ordinary squash • Chocolate bars • Chewy or boiled sweets • Ordinary crisps or corn snacks • Fried foods, including doughnuts • Some cereal bars • Sugar or chocolate coated dried fruit • Other/s - please detail: _____

Do you need to improve your snack choices? Please tick

Yes, I need to improve my snack choices.

No, my snack choices are all very healthy.

Do you eat breakfast before coming to school? Please tick

Always Usually No

Would you be interested in buying items from a healthy tuck shop in school?

Yes No

If yes, what healthy snacks would you like to buy? _____

The Schools (Health Promotion & Nutrition) (Scotland) Act 2007 requires schools to encourage Glasgow's young people to make the right choices in order to maintain a healthy lifestyle. To meet the requirements of this act, Broomhill Primary proposes to ban candy and chewy sweets for snacks during school break times. Do you agree with this proposal?

I agree the school should ban candy and chewy sweets for snacks

Comment: _____

I do not agree that the school should ban candy and chewy sweets for snacks

Comment: _____

In Broomhill Primary, some children eat too many tuck items each break. The school proposes to encourage children to eat no more than one mini or standard size healthy snack, unlimited fruit and a healthy drink at playtime (10.30-10.45am).

Do you agree with this proposal? _____

Parents/carers - would you be interested in joining a 'Healthy Snacks' focus group which would meet monthly?

Yes No

Any other comment _____

Thank you for completing this questionnaire. Class: _____

Pupil's name: _____

Parent/carer's signature: _____

Part A of the Questionnaire encouraged children to think about the snacks and if they identified that they should try to improve their snacks.

Part B of the Questionnaire asked children to answer questions that would underpin our improvement plan for our healthy snacks policy.

The Results



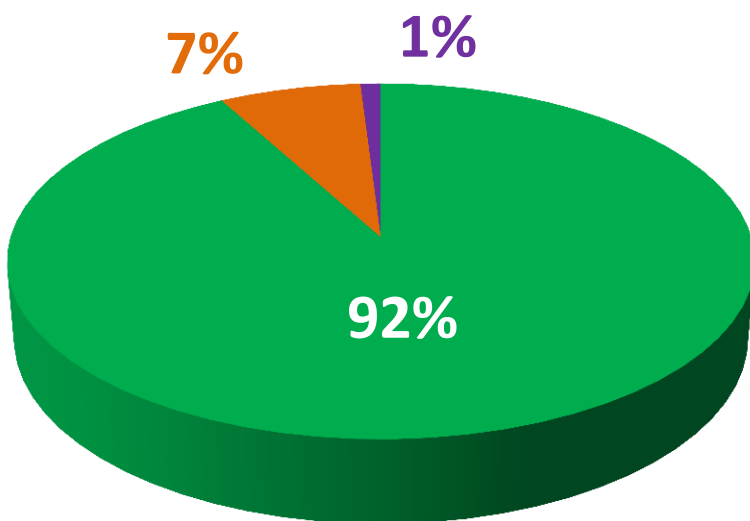
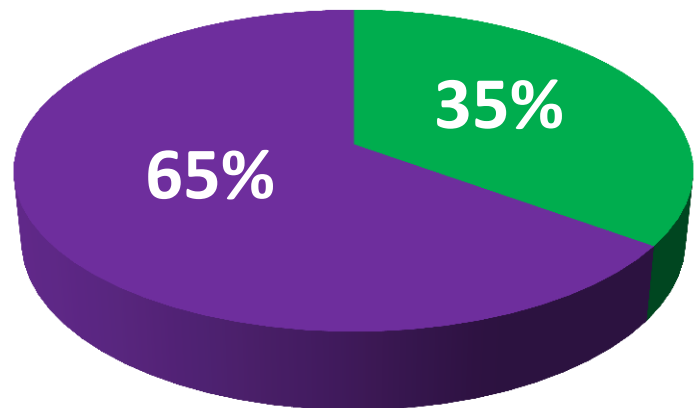
Of the 467 surveys given out, a total number of 279 were collected, meaning a return of 59.7% of all pupils.

The results below are all a percentage of 279 pupils.

Do you need to improve your snack choices?

Yes, I need to improve my snack choices 35%

No, my snack choices are all very healthy 65%

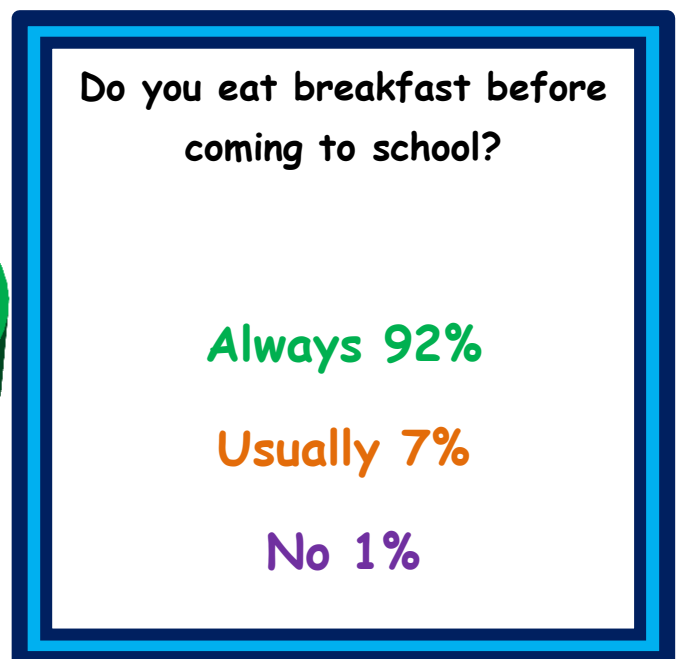


Do you eat breakfast before coming to school?

Always 92%

Usually 7%

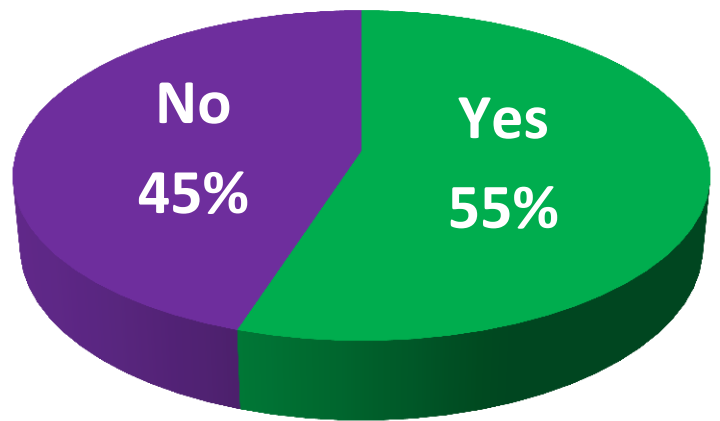
No 1%



Would you be interested in buying some items from a healthy tuck shop?

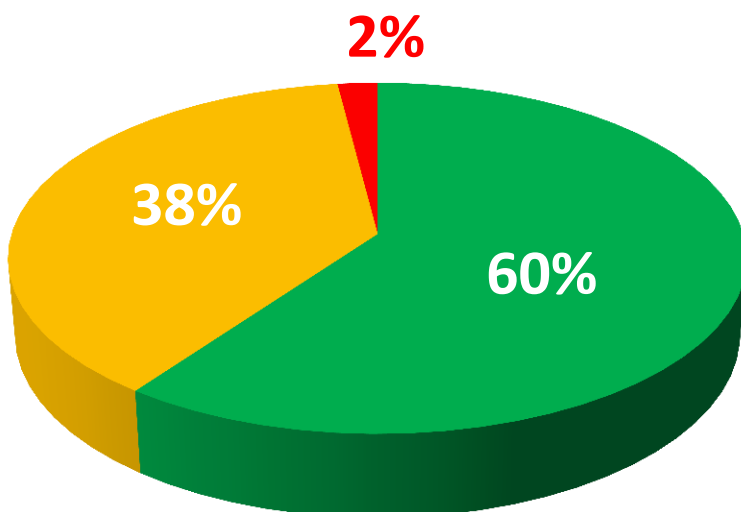
Yes 55%

No 45%



Sample comments

- 'Fruit and cereal bars'
- 'Raw carrots'
- 'Strawberries, cherries, mango, bananas, pineapple, kiwi and pasta'
- 'Fruit kebabs'
- 'Would prefer children not to take money to school'
- 'Fruit, breadsticks, pitta, bread crackers, yoghurt'
- 'As long as it doesn't take too much time queuing up'



What traffic light colour best describes your snack?

Red 2%

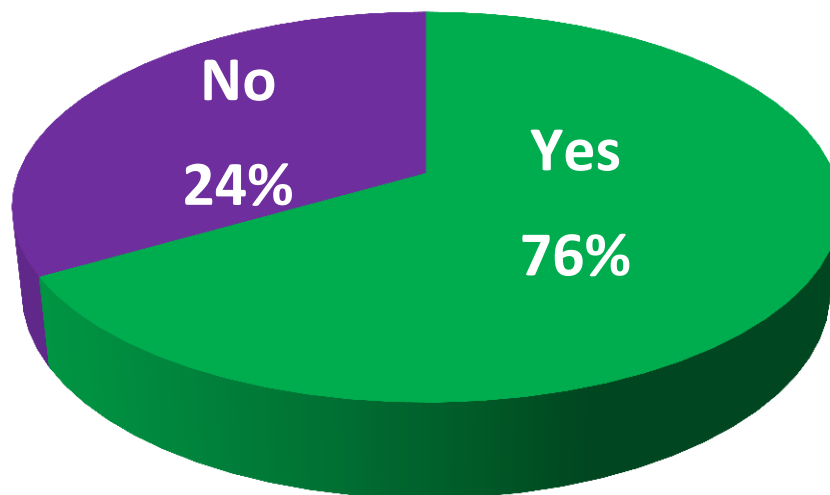
Amber 38%

Green 60%

Broomhill Primary School proposes to ban candy and chewy sweets at break time. Do you agree with this proposal?

Yes 76%

No 24%



Summary of findings

- The majority of children in the school returned the survey meaning a high level of representation.
- The majority of children feel that they bring healthy snacks to school.
- The majority of children would be interested in buying items from a healthy tuck shop.
- Most children in our school want to ban candy and chewy sweets at break times.

Recommendations

- It is the recommendation that the school community supports a ban on chewy sweets and candy at break times. There would be a gradual approach to this, with Fruity Fridays being implemented. No candy or chewy sweets would be allowed in the playground on this day.
- In the new school session 2019-2019, it is recommended that no candy or chewy sweets is allowed at any break times.
- Breakfast club will be further advertised to encourage greater uptake.