

Cherbourg State School - WoSI Plan 2006/2007/2008

<p><b>‘Head Start’ Nutrition Program</b>  <b>DEST Long Term AEP Goals:</b> 8,11,14  <b>PSPI Objectives:</b> Improved attendance; outcomes, retention and completion; improved literacy and numeracy skills  <b>Partners for Success Objectives:</b> Improved attendance, achievement and readiness to learn; parent and community partnerships</p>		<p><b>Timelines:</b> Commence Term 1, 2005 continuing through to 2007  <b>Sustainability:</b> Basic understanding of healthy choices would become embedded in culture of school and community. Over the 3 years, focus would move toward more improved choices and levels of ability to prepare own food at home.</p>		
Current situation	Program	Outcomes	Performance Measures	Comments and Notes
<ul style="list-style-type: none"> <li>• 50% of students don't have breakfast</li> <li>• At least half don't have lunches or lunch money</li> <li>• This is seriously impacting on concentration and behaviour.</li> <li>• Nutrition units are currently embedded in curriculum</li> <li>• We have begun some programs but need funds to continue and enhance these, to achieve our outcomes</li> </ul>	<ul style="list-style-type: none"> <li>• Improve the nutrition choices and student eating habits to maximise readiness to learn and ability to concentrate in class all day</li> <li>• We aim to run a simple breakfast club based at school with a focus on students preparing their own food, under supervision and tuition that includes lots of discussion about the importance of healthy food and eating habits on an everyday basis – setting up a daily routine</li> <li>• Class food diaries where students track their eating to encourage healthy choices – linked to rewards eg extra computer time</li> <li>• Good nutrition practices continue to be taught in all classes; practical tuition on ways to select &amp; prepare food</li> <li>• Sharing healthy snack/fruit platters once per week. School and each student provide fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 90% of students show improvement in patterns of breakfast consumption before school</li> <li>• 90% of students show improvement in bringing lunches or lunch money daily</li> <li>• Increased parent awareness of importance of quality breakfast and lunch to enable children to learn</li> <li>• Availability of prepaid nutritious, budget lunch packs at Tuckshop</li> <li>• Significant number of families take advantage of the prepaid lunch packs</li> <li>• All students demonstrate nutrition awareness of a range of fruits and healthy snacks available and how to prepare these.</li> <li>• All students have an understanding of the healthy food pyramid and the ability to make sound nutrition choices</li> <li>• No student is sitting in class,</li> </ul>	<ul style="list-style-type: none"> <li>• Student tracking</li> <li>• Parent surveys</li> <li>• Behaviour records</li> <li>• Parent surveys</li> <li>• Student health</li> <li>• Tuckshop sale records</li> </ul>	

Cherbourg State School - WoSI Plan 2006/2007/2008

	<p>to be cut up and shared. Focus on expanding experiences of new snacks or fruits that are easily prepared and nutritious</p> <ul style="list-style-type: none"> <li>• Develop and promote a range of budget lunch packs that can be pre-paid at the Tuckshop, for the week to ensure students have lunch every day. Help parents with budgeting. This will also assist with ensuring that Tuckshop money is secured for healthy lunches and not junk food.</li> <li>• Deadly Dinners As a culmination of nutrition studies, 2 classes per month (4 per term) will prepare and host an economical, nutritious and tasty dinner for their parents/carers.. P &amp; C Meetings will coincide with these evenings. Students will also invite parents into classrooms to share their educational successes.</li> </ul>	<p>hungry all day</p>		