

CASE STUDY



LING BOB SCHOOL

Case Study 1: Ling Bob School

Ling Bob Primary is a large school in Pellon, Halifax. This is an area of high deprivation with a higher than average number of pupils in receipt of Pupil Premium.

Ling Bob enrolled with Food for Life in March 2014, wanting to raise the profile of food within their school life and specifically to raise the quality and uptake of their school meals. The school recruited a new Catering Manager who is known affectionately across the school as 'Chef'. Teaching staff from Ling Bob have attended Food for Life training courses in Confident Curriculum Cookery and School Farm Visits. Food for Life staff visited the school to support menu development, advise on creating a positive lunchtime experience and to support their achievement of the Bronze Food for Life award in June 2015.

Transforming School Lunchtimes

'Chef' transformed the school lunch experience, initially consulting the School Council on proposed changes. Pupils and parents are frequently asked about their preferences, and portioning and presentation of food helps to make healthy choices easy and popular. For example, salad is presented in individual bowls. Food for Life staff saw an unprecedented number of pupils selecting a salad-bowl, and a very small amount of wastage when visiting the school to undertake this case study.

Attention to the menu extends into the dining hall, where 'Chef' and other staff members are very engaged with pupils as they eat. All children (those taking school meals and those bringing in packed lunches) are included in conversations about which meals are healthiest, as are their parents.

"I visit the students in class and discuss food in general along with helping in Science Week and Spanish Week"

'Chef'
Ling Bob School

Ling Bob has been working to embed food education across the school curriculum, to support pupils' understanding of food production and provenance, which in turn supports Chef's endeavours to offer a healthy menu which is well-received by pupils. Their classroom-based work involves growing organically and harvesting peas, tomatoes and apples, which are translated into dishes with the help of 'Chef'.

Improvement in school meals

The menu at Ling Bob meets Bronze Food for Life criteria, meaning at least 75% of dishes are freshly prepared, and that all meat is Farm Assured. There has been a significant increase in take-up of school meals since engagement with Food for Life. 30 school staff regularly sit down with the children to eat. This not only indicates the quality of the meals served, but further supports the pupils' dining experience, and the modelling of healthy eating and social skills around eating.

Health awareness of pupils

Due to the consistency of messages that pupils receive in the classroom, the dining hall, wider school activities and displays boards across the school, pupils in the school have strong awareness of key healthy eating messages. Messages about sugar intake, for example, are emphasised in the dining hall and classroom activities.

Community engagement

Autumn 2015 saw the Ling Bob harvest festival. This involved parents and pupils collecting food then delivering to the local care home. Pupils, parents and care home residents all then enjoyed food prepared in the school kitchen.