

Student 6: High Not Achieved

NZQA Intended for teacher use only

Actions carried out to support 'Fundraising in the school community' are highlighted in bold in the student's response.

Our main goal and desired outcome is that we wanted the school community to choose ways of fundraising that contribute to a healthy society and do not compromise the values promoted in the health curriculum. To achieve our goal we had two classes involved in the two days to help improve the children's knowledge on healthy eating. On the first day the first class had an **amazing race** and the children had to go round to eight different stations where they were doing different activities to try and get as many points as they could. The purpose of this activity was to teach the children about healthy eating in a fun way so that they would remember the important points. What my class did was **the master chef challenge**. We wanted to test the student's knowledge on healthy foods. We made the children make their own patties then come up to the front to choose their vegies, we wanted to see if they would choose the wholegrain bun or the white one, the healthy cheese of the other cheese. The children learnt many knew things throughout the day and were able to apply what they learnt in the amazing race to the master chef challenge. Which was really good to see as it told us if they had learnt something.

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On the second day our group did Tabloid sports, which involved many different stations with different challenges for the children to do. This was great because healthy eating goes really well with exercise so in the games we weren't only teaching them to exercise they were still learning about food at the same time. The children got a lot out of this as they love being active, but they were also learning in a fun way that they enjoy. The other class made the winning **burger** from the master chef challenge for the whole school. This was great for the students as they were having a healthy burger followed up by a fruit kebab rather than a pie and chips.

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How successful were we? Did we get the message across to the children about healthy eating? Did we achieve our goal? One of our problems was time - we didn't have enough of it, especially to plan the second day. If we had had more time to plan I think that our part of the day would have been even more beneficial for the children as I believe that we weren't organised enough due to the lack of time. If we did have more time I reckon that we would have been able to get the parents involved more and teach them some things about healthy eating so it is not just the children that learn, but the whole family and especially because it is the parents that do the supermarket shopping. Our goal was not only to teach the children the importance of healthy food but for us to do that in a healthy fundraising way. I believe that we did this successfully as the burgers and the kebabs combine were \$5.00 and the cost of each one was \$2.46 so the profit of one burger was \$2.50+ and the other class made approx 100 so the total profit was \$250+. For a small country school that profit will be huge for them. But if we had had more time we could have continued with the plan of having a raffle. To make more of a profit also we could have finished the recipe book instead we are going to be dragging that out a bit and putting in the reception of the school office for the parents to buy to bring a little extra in.

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Having the two classes was a huge advantage for us and the children as they were able to get more out of the two days as we were able to achieve a lot of things, to make sure that we were re-enforcing how important it is to eat healthy foods and do exercise. It was also good that we were able to use both schools as going into a different place can help things stay in your mind. But also going to their school not only to just teach the year 7&8s but teach and

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cook for the younger children. Some issues that arose during the planning process were, were we just assuming that they can cook, how do we know what their cooking skills are, are they going to be able to make a burger from scratch. We also had to think about how they would feel if they didn't win, will they join in or be 'too cool'.

Some action that we could have taken for them to use in the future could be giving them something to keep, to put it on their walls, just to ensure that it is not just a memory but they will always be able to look at it and be reminded of the things they learnt, so they don't forget. Having the recipe book is a bonus as we are able to put in little tips and facts on healthy food so that when they are look through they will be reminded and it is also very special for the parents to have it with their children featuring in it so we will therefore sell more copies.

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There were still a few problems that we could have improved on. For example the parental involvement was not there on the second day. We would have liked them too come so not only are the children learning but they are too. If we had had more time to finish the recipe books they also could have been purchased on the day too which would therefore have increased the profits. Also another thing that we could improve on was on the second day having more time on each tabloid sport as the children had a lot of energy and enjoyed them and wanted to stay for longer, and for the tabloid sports i believe that this was another opportunity to teach the more about healthy food I felt that we lost that opportunity as many of them especially as one station was only focusing on the exercise part. If we had combined them both in practical way it would have been more beneficial for the children as it would have re-enforced healthy eating once again. Time was a real problem especially for the last day, we didn't have enough time to plan properly what tabloids sports we were doing, it seemed very rushed on the day and not thought out properly if we had had more time I believe that the children could have learnt more and maybe even more fun than they already did have. Another part that could have been improved if we had had more time was not only teaching the school students but the parents and the community. It would also be good if other high schools could also catch on to other primary schools and teach them like we have, as students look up to their peers.

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The way that we went about teaching the children about healthy eating was a great way as we got them out of the class room, doing activities that they don't normally do. This got them excited about what they were doing and made them ready to learn new things about healthy foods and doing exercise at the same time. Because they were being active it made the things that they learnt stick in their heads so that they didn't forget, it was also great fun for the playing games and learning at they same time, as for some students actually getting up and doing things is the way that things stick in there heads rather than just sitting in a class room listening.

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If we as a country continue selling high in sugar and fat foods in our primary schools canteens then child obesity will continue to increase dramatically. If we want to stop we need to start at the bottom of the table, our children. The government needs to help as do our communities and more of our schools and the parents of our children have a huge influence as they are buying the bad foods and sometimes it can be the children that also need to change, we all need to work together in order to stop this increase in child obesity from happening

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