

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

Student 5: Low Achieved

NZQA Intended for teacher use only

We wanted to use the whole school community i.e.: children, parents, teachers so that they can also become educated about healthy eating as that is the message we are trying to get across and even the board of trustees as it would help them to learn what healthy eating is, how to fundraise using healthy food and then to realise what they can change in the schools canteen. The value of collective action is to follow up on what we have done and tried to achieve and how we have done this by **involving ourselves and being role models and yet helping them to decide for themselves to change their eating habits and try get the school to support the children in the change of eating habits. We wanted active participation from the student,** we did that by the **amazing race** which was a fun knowledge based activity and then to reinforce what they learnt in the amazing race they had to **cook a burger and make a healthy choices,** we were able to do this as we had **the facilities,** but were only to use the **senior school due to kitchen size,** a barrier for this exercise was **time as we only had one day with them and we would have like to have longer** also have **more students involved not only just the senior school so we could educate the whole school.**

1

The next time we spent a day with the students was when we visited their school to reinforce what was learnt, but unfortunately again **the junior school wasn't involved as they didn't know what was going on and were very shy to the fact of visitors to the school** this was a barrier for us but we **could have overcome it by getting them involved at lunch time with eating the healthy lunch or even in class learning with them.** The foods that we were preparing for the student were **fruit kebabs as they are a novel item and seem to be fun and are presented differently to just one whole fruit but yet a variety served with also a yoghurt dip, and for the burger we used wholemeal burger buns and lean meat. We chose a burger as to be a substitute for sausages on a sausage sizzle as because that is the main way of cooking fundraising food is on the barbeque and also children like burgers especially McDonalds burgers and McDonalds are a huge sponsor for many sports team and we wanted to show that there can be healthy burgers and there are healthy alternatives.** We weren't teaching anything new regarding health issues but yet to reinforce the idea and get the message across. By doing all this reinforcement and healthy eating options it helps the physical wellbeing of the students as they have had a healthy meal with fruit and protein this then helps them in class for the rest of the day as they are full of energy and are ready to learn.

2

On the day we were able to make a profit from the food as we sold the burger and the kebab as a sort of a combo deal for only \$5.00, we then worked out that it had cost us only \$2.46 to make the combo so from the cost we were able to make a 50% profit or \$2.54. so this showed the school that it could make a profit from selling health food, unfortunately the **parents weren't present there on the day as we were hoping to influence them and educate them, even though there is a recipe book which would link all our work and our activity days together, the barriers would be, would they use it and would their children pass on the education from the days to their parents, as the parents do the fundraising for the school and also help out in the canteen, how many of them would give up their time as it took our class hours to shop, prepare and cook.**

3

As **healthy food cost more,** the most effective way for **cheaper prices would be of that to buy in bulk or wholesale, even buy from fruit and vegetable markets and roadside stalls.** This can keep prices down and still make a profit, may not be large profit but it's a small profit.

4

Presently the children at the school are sold things like "nibble packs", hot dogs, pies, cookies and flavoured milk, all these foods are high in fat, sugar and salt, the schools sell them in their canteens these days as they are cheap to buy, easy to prepare, easy to cook and the children like them and they sell easy so profit can be made, as the canteen is the main source of profit for the school, and as for healthy foods there is more cost, more cooking and preparation time also there is only a small profit made, to overcome the small profit issue. The school could buy in bulk at cheaper prices to then be able to make more of a profit, but in saying that there are other ways to fundraise other than selling food, there are ideas such as galas, garage sales.

5

The factors of the stakeholders, over the time of this experiment to find a way to fundraise using healthy foods, we have had to overcome the factors of the stakeholders, the stakeholders that were involved were the children of the school, the teachers, the parents, our class, the board of trustees. All of these stakeholders we had to take into consideration of how we are going to affect them. We influenced the children as we set up activity days for them to become involved in and to make the right healthy eating decisions also the same for the teachers and the parents. But unfortunately the parents weren't there so we were hoping on the school to report the day in a notice or even in the newsletter to inform the parents or even the children to go home and tell them about their day followed by the recipe book. Also the board of trustees weren't present either but in saying that with the teachers involved we would hope that these activity days would be reported to the board in meetings and the issue could be addressed so that some change can be made.

6

As we have participated and educated our local primary school about healthy eating and new ways to fundraise, this only effects this school, whereas we want to make the change nationally across the country throughout New Zealand schools to promote healthy eating and healthy choices.

7

Our goal was to educate our local primary school about healthy eating and healthy options of fundraising in schools. We had achieved this goal as we had planned ways to show younger children ways of being healthy and how to become enthusiastic about it, with our activity days of cooking and also exercise. This has influenced the children to then make healthy eating choices as we had observed on the days and also with the follow ups that we are doing with the recipe book we are keeping the idea going. We can do this nationally by involving the media, do an article on what we do involving fundraising, also start up a Facebook page or even Facebook posts about the ideas or even information and advertise that way. Even for a more drastic measure we could involve the government and lobby the tax on unhealthy foods, by doing things like this is showing the awareness of the issue in our schools and the effects it has to change the wellbeing of the growing generation today and stop the epidemic of obesity in New Zealand.

8