

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

Student 3: Low Merit
NZQA Intended for teacher use only

It is important that children have knowledge of healthy eating at a young age as these children are our future and will need the knowledge to make appropriate decisions when they are adults. If children begin to **make the right decisions at a young age then more often than not this will continue as they grow older.** The New Zealand Medical Journal (2007) states that **"Children do not always have the maturity and cognitive development to make the healthiest food choices/ particularly in a society where they are heavily targeted by the food industry."**

1

We think given the right information and practice, children can make better choices. As a class we took many actions to ensure that our message of making healthy eating decisions was instilled in the children and that they understood our intentions. We carefully chose events and activities that we thought would **be enjoyable for the children and also that would provide useful knowledge regarding healthy eating.** We chose activities that allowed the children to make their own decisions, but also allowed us (as a class) to encourage and support them to make the correct choices and decisions concerning healthy eating. By allowing them to do this hopefully when the time comes the children will be able to take responsibility for their own health. I believe that although our action plan and actual fundraising days were successful there is always room for improvement.

During the first day, the Junior Master chef and Amazing Race Event Day, the **knowledge that the students had regarding healthy eating wasn't as good as we had expected when it came to applying their knowledge when making their own burgers.** So by improving this I think we could have included more activities during the Amazing Race that incorporated **learning focused around healthy eating and food** and then enabling the children to apply the new knowledge they were learning during the activities. **One improvement that would have made the day a thriving success would have been to have had more involvement from the parents of the students at the school, which was our fault as we should have invited them earlier.** By having them involved I believe this would have made more of an impact, not only on the parents but also on the children, as parents are a huge influence on their children. Also by having the parents involved in both activity days the children would have been able to have seen their parents participating, which may have influenced the students to further **involve themselves in the activities and put more effort in.** In saying that it would have been beneficial for the parents to have gotten involved, there would have been no guarantee that the parents would actively support our fundraiser. **Parents have many commitments that may have stopped them from joining our fundraising actions.** Commitments such as having young children at home or they are most likely working, etc. To know where we may have stood with the parents it would have been good to survey the parents, so that they would have understood more thoroughly what our goal was.

2

With our actions there were a few barriers but also many enablers that helped to make our healthy fundraising ideas successful. Time was a factor that influenced us in many ways, as it was limited. **So by having limited time we were then therefore limited in the actions that we could take to achieving our goal.** We needed to be able to work into the school schedule. By having limited time we were then also **limited in the amount of money we were able to raise, because if we had a longer period of time to complete and organize our activities, then we perhaps may have been able to have better planned and expanded our action plan.** Although there were barriers we also had enablers such as, having **many resources and equipment from our school, the kitchen at our school, the primary school grounds, etc.), skills of different girls in our class, the students that participated were enthusiastic, etc.**

3

At present the school's main fundraiser is their canteen. They sell chips, chocolate biscuits, bars, fruit drinks, Moosies, mince pies, cookies and Calcium drinks, all unhealthy foods. A question asked by all of us in our class was why, why do they choose to sell these unhealthy foods, jeopardizing their students health. I think this may be because the school has no time to look at other options to sell, and the options that they sell at present require no extra manual labour to sell or get a hold of. By parents not being involved in what their children are buying at the school canteen, as the school runs it, they are unaware of what their children are eating at school. So by this occurring, where is their responsibility in the health of their children? Do they accept what their children are eating? They will not know until they become involved with what their children are eating out of their care at school unless they engage themselves.

4

With the school having the canteen do they believe that the money raised is more important than the health of the students? When it comes to fundraising many interests are at stake and some are more genuine than others. So by this I mean that some stakeholders will benefit from the fundraising scheme and others will not. By fundraising with unhealthy food at schools [which is what usually occurs] then stakeholders such as food companies, canteen owners and even schools may benefit from doing so, but by fundraising this way then we are immediately jeopardising the health and future of the children at school. This especially reflects on the food companies that are providing these unhealthy foods to schools, are there actions ethical? Is money all they care about? So by fundraising in schools with healthy food or by using alternative methods to unhealthy fundraising then the children will benefit.

5

Our actions towards achieving our goal were successful, which was proven from the final response from the school's principal. His response said that their "parent group will now be looking at replacing some of the existing canteen items with new, healthier options." This was really pleasing for us to read, as we really felt a sense of achievement and as though we were able to make a difference to the health of some young children. So even after the success we have already achieved, it is important that we don't just stop after the actions that we have already taken to improve the health and knowledge of the students at the school, but to take our messages regarding making the right decisions around healthy eating further into society. We have already begun to do this as we are creating the healthy recipe book which is to be sold in the school. By doing this we can continue to influence what the children (and their parents) are choosing to eat, as we have made sure that the recipes in the book are not only healthy and also tasty, but also popular with the children.

6

Our actions were quite effective in improving the knowledge of the young children, but I believe it is only the beginning. By influencing a group of young children at the school we were able to improve their knowledge concerning healthy eating and ensuring that in the future they are able to choose ways of fundraising that will not compromise their and others' health. The big question being asked after all of our effort is did we achieve our goal? I think that in time and with continued communication with the school we will truly be able to see whether we did make a difference within the school community and whether or not we achieved our goal. We will be able to notice whether our actions were effective by the choices that the school community makes from now on regarding fundraising and whether they are the best choices for the children in the school and the outside school community.

7