

High 5 to Healthy Enterprise

Child-led Healthy Tuck Shops are driving up '5-a-day' throughout the day!

Healthy tuck shops are popping up nationwide with far reaching benefits, yet many schools are still afraid of the time commitment. The answer can be to give it to the children as an enterprise project. Yes there is still some staff time involved, but if you can keep it simple and follow a system, the benefits shine out, from healthy living to emotional wellbeing, life skills and maths maths maths!

Allowing children the freedom to set up a healthy tuck shop gives them a desire to make it work; it's an exciting responsibility and one they take very seriously. It is also something they really enjoy. The tuck shops are generally run by KS2, and younger children naturally look up to the tuck shop team and they can't wait to be a part of it, initially as a customer and later as one of the team.

Pupils Profit supply a healthy tuck shop range that is entirely within the Children's Food Trust guidelines. Schools can also opt to use the Pupils Profit Enterprise Training, which is designed to give the children a system to work to. Children take on roles such as Stock Control Manager, or Director, and everyone is involved in selling.

We interviewed children and staff in four schools to ask how their healthy tuck shops are working – reading their replies makes a very welcome contrast to negative headlines about children's health!

What the Staff think:

What's been the impact of the healthy tuck shop?

'The Healthy Tuck Shop has been a massive success story at our school! Prior to introducing the Healthy Tuck Shop at Glebe, we had tried numerous different initiatives to encourage children to eat healthy snacks at break time and nothing had been as successful as this. The Tuck Shop is always busy.' Sophie.

'The sale of healthy snacks has had a knock on effect; the pupils that don't necessarily use the Tuck Shop all of the time are (now) bringing in their own healthier choices of snack.' Adele.

'Fewer children are packing crisps and chocolates (in their packed lunch)' Nishad.

Is the tuck shop making your school healthier?

'Definitely, we have seen a huge improvement in the choices made by children both at break times and when they are choosing what they want for lunch in the dining hall.' Sophie.

Tell us about the enterprise training?

'The children thoroughly enjoyed the enterprise training sessions. The children were engaged, enthusiastic and excited about beginning their business venture independently. Each session taught the children a real-life skill, whilst ensuring that a range of areas of the curriculum were covered – from Maths to PSHE. 30 children took part and learnt new, valuable skills.

When OFSTED inspected the school in May, they commented on the impact of children completing these real-life tasks (particularly the job role application forms) in a very positive manner.' Sophie.

'The training has helped embed real pride in the initiative and the children are incredibly eager to provide great service as a result' Dan.

'Children impressed their parents with their entrepreneurial skills and their knowledge of healthy eating.' Lyndsey.

Tell us about working with Pupils Profit

'The company has made the whole process a smooth one, as I initially had thought the Healthy Tuck Shop would involve a lot of support from myself as class

teacher, however they have made it simple enough for the children to run the business almost independently.' Sophie.

'Pupils Profit is an excellent company to work with. Contacting and liaising with the company is just fantastic; so quick and efficient and nothing is ever too much trouble.' Adele.

What the children running the tuck shops think:

What do you like best about running your tuck shop?

'I most like all of the food and at break you're not hungry.' Snack Shack.

'What I like about the tuck shop is the teachers don't do everything and the kids get some independence as a result. Also it is like running your own business.' Emily.





'That its fun to do. I like selling and stock take and how I've got others to help me when I get unsure.' Clodagh.

What have you learnt about the working world?

'I have learnt that you have to be patient with your customers even if they aren't patient with you.' Sarah.
'Through being a Director of the Tuck Shop I have learnt how to manage people and encourage people to work as a team.' Nathan.

How often do you use maths running the tuck shop?

'We use maths all the time at tuck shop for example counting change, taking a stock order and working out how much profit we have made.' Nathan.

Do you enjoy selling?

'I love selling because it is so much fun to sell delicious food to other people!' Sarah.
'I do like selling because it gives me a chance to meet new year threes throughout the school and people I have not met before.' Emily.

Are you becoming more confident through running your healthy tuck shop?

'Yes I definitely think I've become more confident over my time in tuck shop – I'm more confident in speaking to people that I don't know. I am more confident in using money in maths. And in computing I have learnt to use a spread sheet.' Daisy.
'I think I have become very confident towards people and talking because before I didn't talk a lot and sometimes I was a little bit shy.' Erin.

'Yes, I give my ideas and have suggested loyalty cards.' Jack.

What problems have you encountered?

'We have had a few problems along the way but it has been a fun challenge to find solutions for them. For example if we have too much stock left over we have to come up with different offers to try and promote the item, ensuring that we will still make a profit.' Daisy.
'Giving out the wrong change, but I've worked with the team to help solve this.' Clodagh.
'When it's raining we have to find a way to do the Snack Shack.' Snack Shack.

What skills have you learnt that will help you in the future?

'I have learnt how to sell products and how to attend customers nicely.' Snack Shack.
'I have learnt to be more organised and to work as part of a team. I have also learnt how to use a spread sheet to work out costs and profit.' Daisy.
'I have learnt lots of valuable new skills in tuck shop like doing more things for myself.' Emily.
'Designing posters and writing information for the newsletter and website will help me in the future if my job involves marketing. Also completing job application forms and having interviews has prepared me for when I grow up.' Erin.
'I have learnt that working together makes work get finished quicker.' Sarah.
'How to be a campaign manager, money handling. Not to panic! Making a profit and how important it is.' Lily.

Is the tuck shop making your school healthier?

'Definitely, I think the tuck shop has had a big impact on the pupils at Glebe. Making them realise that **being healthy isn't a bad thing** and can actually be nice. As a result of this, children are making an effort to be healthy. Even if they don't buy a snack from us they are eating apples and fruit bars for snacks instead of chocolate or sweets.' Emily.

To finish we left it open to the staff to find out if there was anything else they'd like to add:

'There are so many reasons to provide a healthy tuck shop at school. It not only supports transferable life skills, but encourages children to engage in positive and friendly interaction, promoting positive behaviour and leading to greater emotional well-being.' Dan.
'The tuck shop has been a fabulous opportunity for the children and has been much easier to set up than I thought it would be.' Sophie.
We'd like to gratefully thank the staff and children of: Glebe Junior School, Sophie, Daisy, Emily, Erin, Nathan, and Sarah.
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