



Challenge



Fuelled 4 School challenge

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Curriculum, Teaching and Learning - Implementation



Challenge



The *Fuelled 4 School* challenge

- Student-led health promotion
- Piloted in 50 intermediate and secondary schools
- Students identify barriers to healthy lifestyles, design and implement solutions to address these
- Bulk of activity takes place over Terms 2 & 3



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Evaluation

- Purpose – Inform further development of pilot and student-led health promotion in school settings
- Methods – 10 in-depth case study schools (incl interviews and student questionnaires)
- Survey of all 50 schools involved



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Fuelled 4 School activities

- Most common: promotional activities, breakfast clubs, healthy drinks, physical activities, canteen focus
- Within case studies: loyalty cards, smoothies, school garden, health week, water fountains, lunchbox competitions, drama/show
- Some activities took place within the curriculum / subject areas, but majority outside of classroom



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Student leadership

- Most led equally by staff and students, but full spectrum
- Student-led considered a key benefit
- Within 10 case studies:
 - existing vehicles (e.g. councils/committees)
 - older students
 - time/capacity (staff and students, esp older students)
 - more effective (anecdotally)
 - influenced by activity & competence of students



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What worked?

- Linking promotional activities with ‘environmental’ changes (e.g. availability of healthy options, curriculum)
- Linking with other initiatives and resources
- Small steps (keep it simple)
- Sharing the workload (more than 3 or 4 students)



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Challenges

- Time: getting/maintaining student and staff input
- Ongoing support, regularly, esp regionally/locally
- Wider links: curriculum and community (incl other schools & parents/carers)
- Canteens/tuckshops (e.g. costs, viability)



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Improvements: support

- More support from local community (eg parents, sponsors)
- More information & resources
- More active, ongoing support at regional level (eg as extension to workshop, visits)
- More info/knowledge sharing about what other schools are doing



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Lessons: for schools

- Student leadership (eg select competent students, mix of year groups, right number, relationships with others)
- Plan it (eg start early, dedicate time, meet regularly)
- Keep it simple



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Lessons: for Ministry of Education

- Funding
- More opportunities to network, share & support (esp at regional level)
- More time (eg resource more staff time, provide greater lead-in time)



Challenge



2009

- Challenge restructured to give schools more lead-in time
- \$3,000 per school (formerly \$1,500)
- Equal emphasis on physical activity and nutrition (depending on needs of school)
- More support for teachers and students - regional coordinators, teacher mentors, online teacher / student forums
- More resources to encourage curriculum links
- Two lead teachers/students to spread the load