

## “St John and St James” get Sugar Smart!

St John and St James Primary School joined Sugar Smart in March 2018. The school initially decided to focus on reducing sugary drink consumption as on average, they provide a third of total sugar intake of children in the UK. Pupils were encouraged to drink more water or switch to lower sugar options instead.

### Sugary drinks display

First, a survey was used to find out the most popular sugary drinks consumed. The sugar content of the resulting top 10 drinks were then calculated and displayed on a notice board, along with the sugar content weighed out in a transparent bag. The maximum daily limit of sugar was also weighed up and displayed, together with more information on how to make sugar swaps (see photo below).

### Ditch the Fizz



The whole school, all 210 children and staff from nursery to year 6, also took part in Sugar Smart Hackney's #ditchthefizz challenge in May and June. This was reported to be a huge success!



## Children's comments

*"After learning about how much sugar is in the drinks I like, it's made me think about how much I drink. I've learnt you can still have fizzy drinks but not exceed the recommended daily allowance."*

*"I love using the App. We now have it at home and I go through with mummy checking the sugar amounts."*



St John and St James now plan to have a permanent sugar display in the school.

The display will change termly – i.e. chocolate bars (T1), sweets (T2), sauces (T3), ice cream (T4), drinks (T5) and cereals (T6).

Key brands on display will be identified from questionnaires designed by their Sugar Ambassadors / Sports Crew, to find out which drink/food items are most popular.

## Sugar Smart Ambassador training



Assistant Head Teacher, Chris Rogers attended a Sugar Smart Ambassadors training at Hackney Town Hall in June. The training provided the skills and knowledge needed to help support Sugar Smart work at the school.

## Future plans – meals & cooking

Next year an iPad will be made available in the lunch hall so that children can check the sugar content of their packed lunch items using the Sugar Smart App. This will allow the school to continue to raise awareness and educate their pupils about making healthy food choices.

In addition, termly family cooking clubs will support parents to cook healthy and affordable meals with their children.

Sugar Smart information and resources, including the Sugar Smart App, will be used as key resources for each cooking session, as well as other Sugar Smart activities in the school.