**Health Promoting Schools Update**

**Coosan NS Lunchbox Survey for November 30th, 2017**

We surveyed 343 children in our 15 classes.

**The Main Findings of our Survey**

**Healthy Options:**

1. Sandwiches/wraps 87%.
2. Fruit – 77%.
3. Dairy – 34%.
4. Vegetables – 8%.

**Unhealthy Options:**

1. Sweet treat – 7%.
2. Chocolate spread – 0%.
3. Popcorn/crisps – 1%.

**Some children also had the following foods for their lunches:**

Fruit bar, ham/meat, crackers, rice cakes, biscuits, cereal bar, raisins, bread sticks, scone, smoothie, sausages, jelly, pancake, pasta, waffle, granola, noodles, banana bread, croissant, pretzels, brioche, protein bar, seeds.

**Conclusion:**

Sandwiches were up 1% from last month’s survey. Fruit was down 5% to 77%. Vegetables and dairy remained at the same levels. Sweet treats were down 1% to 7% which is the best result we have had to date. Well done to all.

The HPS committee would like to thank everyone for the great results obtained from the survey completed in November.

**Mental Health**

Our school has also decided to create awareness around the area of mental health as a further theme in our Health Promoting School’s initiative.

Our Working Group have decided to create positive mental health awareness in our school by focusing on the subtheme of ‘Gratitude.’ Our teachers are facilitating this awareness by enabling our children to develop ideas and to make their own personal contributions on the topic of ‘Gratitude.’ All of our children will be completing different activities to achieve this e.g. we have an Appreciation Station beside the office which has our Gratitude Tree. Many children have already placed cards here expressing appreciation for different things in their lives. Some classes have also placed their Gratitude Journals here. All members of our school community are most welcome to have a look at our Appreciation Station and indeed to make their own contribution if they so wish.

