



The 'HHEAPS' Initiative

Hygiene, Healthy Eating and Activity in Primary Schools



WHAT IS HHEAPS?

HHEAPS is a resource for schools to raise children's awareness of the benefits of food hygiene, healthy eating and physical activity. Its strength lies in two key concepts which have proven effective since the initiative was launched in 2006:

- linking together food hygiene, healthy eating and physical activity
- using positive role models to reinforce messages and provide linkage between physical and classroom activities

WHO IS HHEAPS FOR?

Boys & Girls from Primary 4 to 6 across Scotland.

HOW DOES HHEAPS WORK?

HHEAPS Resources:

- for each pupil; a colourful Mission Book containing 6 activity sessions
- for each teacher; a Teacher's Guide containing detailed preparatory & supporting information for each activity
- for each coach; prompt cards linking classroom and coaching sessions, providing questions & answers on each activity
- additionally each pupil receives a selection of 'goodies' such as a kit bag, pen, pencil & fridge thermometer; and a certificate on completion of the 'Mission'.

HHEAPS Structure:

- HHEAPS is designed to be delivered over a continuous 6 week period with each classroom activity lasting approximately 1 hour
- there are 6 activity sessions to complete (3 food hygiene and 3 healthy eating)
- to maintain linkage, the first coaching session should immediately follow completion of classroom Activity 1 (& so on)
- coaches are provided with 'prompt cards' to ensure linkage between the classroom and physical activities
- sessions include extension and home activities to allow flexibility according to pupils' abilities and time available

HHEAPS Delivery:

- an in-service training session is provided to familiarise teachers with HHEAPS & its aims,
- schools liaise with FSAS partners (Football Club, Scottish Rugby and/or Active Schools Coordinators) as appropriate

HHEAPS Evaluation:

- for each teacher; a questionnaire to provide feedback to FSAS
- for each pupil; pre- & post-mission quizzes to assist the teacher's evaluation of pupils' level of knowledge.

GETTING INVOLVED

WHEN?

HHEAPS is running during school year 2008-09 and funding has been secured by FSA Scotland for the subsequent 2 school years.

HOW?

Participation is being co-ordinated by our partners; Scottish Rugby and the Scottish Football Association.

If HHEAPS is running in your area they and/or Active Schools Coordinators should be in touch.

WHERE CAN I FIND OUT MORE?

For further information please contact:

fiona.bruce@foodstandards.gsi.gov.uk

Tel: 01224 285170



FOOD
STANDARDS
AGENCY
SCOTLAND
Buidheann
Inbhe-Bidhe
an Alba

HHEAPS DEVELOPMENT:

2005

Pilot project with Aberdeen Football Club (AFC). Delivered to over 1000 pupils and 12 schools.

2006-07

HHEAPS initiative launched with AFC and Active Schools Network. Delivered to over 2000 pupils and 40 schools.

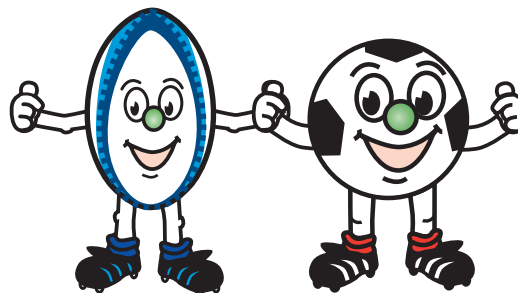
2007-08

New partnership with Scottish Rugby enabling HHEAPS to enjoy national coverage across Scotland, and expansion to 5 Scottish League Football Clubs – Aberdeen, Kilmarnock, Motherwell, St Mirren & Ross County. Delivered to over 6000 pupils and 270 schools.

2008-09

Continuing partnership & development with Scottish Rugby. New partnership with Scottish Football Association including continued involvement of original 5 Scottish League Football Clubs.

Projected to deliver to approximately 10,000 pupils and 300 schools.



HHEAPS COMMENTS

Pupils

"My favourite bit was drawing and the sticky stuff. I liked learning about both healthy eating and hygiene. I will not eat so many doughnuts now."

Teacher

"It has really kept to the fore our healthy eating policy and programme we have in the school. I also liked how it was linked with the football training – getting exercise as well as the lessons which was excellent."

Active Schools Coordinator

"I feel the partnership between the FSA, Active Schools and AFC has enabled an excellent programme to meet its desired goal."

Coach

"I thought it went really well. When a question was asked, every kid wanted to get their hand up as quick as they could to show us that they had the knowledge, about 80/90% of hands went up in the air.....We are making sure every youngster is getting some success in some sort of way and they are going away having done really well"