



Holy Family School Porirua Heart School 2014

What was the specific goal of your Heart Schools initiative and why?

5+ A Day ran a competition in 2013 for schools to encourage healthy eating and specifically eating 5+A Day, fresh fruit and vegetables for health and vitality. Our specific goal was to win the competition by creating a video which would get the message of eating fruit and vegetables daily across to our community. As our school is talented in song and dance (the previous year we won the Breakfast in Schools competition with a catchy tune) the Health team met and planned out what we could do to enter the competition. The students decide that writing and performing a song would be a way of promoting the 5+ A day message. The inquiry process was used for students to put together their song and did so with minimal teacher direction. The outcome was very successful. As a whole school the classes did a unit of work using the 5+ A Day resources.



How did the school measure success?

We won the competition which was a National competition. The 5+aDay people were impressed with innovative ways the school got the message of 5+ a day across to a wide range of the community. It was placed on you tube for people to see and comment on – all very positive comments. It was in the school newsletter and at the Year 6 farewell it was played to the parents and wider community who attended. Also Pak and Save thought that the tune was very catchy and asked if they could play it in-store throughout the day. They also videoed the students and put it on their Pak and Save website as well. We were also asked by the Kindergarten Association if they could use the video clip as part of a resource to promote healthy eating in our region.

It also featured on TV3 as part of a clip about fundraising for the Philippines as Holy Family had a cake stall with the students entertaining the parents with the song. The video clip was also put on our school website for parents to view.



As our school is a Gold Healthy Heart Award school (former HF programme), there are very strict rules around the food students eat at school so the direct benefits cannot be just attributed to our 5+aday video. We are also a 'Fruit in Schools' as well so have a very healthy regime at Holy Family. What it did do was showcase the benefits of 5+aday to the students. I would often hear students singing the song around school. Every child knows the words. When asking students how many pieces of fruit/veges they should have every child can tell you that it is 5!

We won \$6000 worth of Bosch equipment which will be put into our new hall when it is built. We choose a fridge, dish washer and oven which will benefit our whole community when they use the new hall

What actions/steps did your school take to implement your initiative?

Firstly the Health team met and decided on an action plan to enter the competition. Each student was asked to research one fact about a fruit or vegetable as to why it is a healthy option to eat. Next each student had to make their fact into a short sentence that rhymed or could be rapped. The students then worked with a teacher aide to fine tune their rap. This required very little change. One of the students wrote the chorus and with the help of her father (a teacher at Holy Family) put the words to music.

All the students who wrote their rap are included in the video.

Next the students learnt the chorus and their rap off by heart.

As our community is multicultural the team thought that it would be a good idea to translate the chorus into Samoan, Maori and Cook Island Maori.

Following this the team discussed what we needed to do to add a fun factor to the video. It was agreed to have the students dressed as oversize fruit or vegetables to add impact to their message.

The students worked with a teacher aide to design and create their fruit/vegetable.

We decided that the message we wanted to get across would be more authentic if we used the fruit and vege section of a supermarket as the background. We approached Pak n Save Porirua as we had done the Food for Thought programme through them. They were very obliging and accommodating. They thought that our song was awesome and videoed it themselves for their use.

What resources were needed to complete the initiative?

The Health team worked with 2 teachers and two teacher aides to complete the project. The materials were provided by school and one teacher bought the wigs and tights. The teacher aide downloaded the video which only took two takes to do. There was no cost involved other than the generosity of staff.

What was the timeframe for your initiative?

We had about a term or so to plan and film the video. As outlined above each week we set a deadline to complete the steps required. This was all done outside of school hours like lunchtimes and the occasional afternoon session for designing and painting the costumes.

The videoing was done on site at Pak n Save in Porirua. This only took two takes. We practiced several times to the delight of the shoppers who stopped to listen. They were very complimentary to the students.