



Hygiene, Healthy Eating & Activity in Primary Schools (HHEAPS)

Progress Report 2009-10

INTRODUCTION

Scottish Rugby firmly believes that sport can play a powerful role in providing the catalyst to improving the quality of life for young people in communities across Scotland, in particular to improving their health & wellbeing. In 2007 Scottish Rugby entered into partnership with the Food Standards Agency (Scotland) to deliver a food safety and healthy eating programme in tandem with rugby activities to thousands of primary school pupils across Scotland.

HYGIENE, HEALTHY EATING & ACTIVITY IN PRIMARY SCHOOLS (HHEAPS)

The main aim of the Hygiene, Healthy Eating and Activity in Primary Schools initiative (HHEAPS) is to promote integrated messages about food safety and a healthy diet, along with physical activity over a 6 week period to primary 5 & 6 pupils in schools identified with the Active Schools network. The initiative consists of a resource pack containing activities for pupils, a teachers' guide to support the pupil activities and additional supporting material. Each pupil is also provided with a certificate and goody bag in recognition of completing the programme. Each teacher receives a branded Scottish Rugby polo shirt, and each school receives a bag of rugby equipment and a framed picture of the Scotland squad signed by the players.

The classroom activities are based around a pupil mission book which covers six key topics: Bacteria Facts; Being Healthy; Personal Hygiene; Getting the Balance Right; Food Storage; and Help Yourself Stay Healthy. A key feature of the mission book is that Scotland rugby players are used as positive role models to help reinforce key messages, through the use of player photographs and quotes in each topic. In addition to this the rugby development officers also provide positive role models through their involvement in the delivery of the activity elements to provide a link between physical and classroom activities. This also fits in with the Scottish Government National Physical Activity Strategy by encouraging more children to get involved in exercise. The 1998 Scottish Health Survey showed an alarming level of inactivity among children and young people. One in three girls and one in four boys do not achieve the minimum levels. One hour on most days is the target for children. Not only does the HHEAPS programme help to address these issues by helping children become more active at school for the 6 weeks duration, but it provides a pathway to continued rugby participation at after-school clubs or at the local rugby club.

HHEAPS 2009-10

- 6369 pupils completed the programme (an increase of 214 on the previous year)
- 244 classes (188 schools) in 27 local authority areas took part
- 56% of participants in City of Glasgow attended schools in the top 15% most deprived areas.*
- 36% of participants in Aberdeen attended schools in the top 15% most deprived areas.*
- 32% of participants in Dundee attended schools in the top 15% most deprived areas.*
- 30% of participants in Clackmannanshire attended schools in the top 15% most deprived areas.*

See Appendix 1 for further details.

**Scottish Index of Multiple Deprivation.*

TEACHER FEEDBACK

The teacher of each participating class was asked to complete an evaluation of the programme with the following feedback**:

- 82% of teachers indicated that their pupils' knowledge has improved on completion of the programme (40% much improved, 42% slightly improved).
- 95% rated the mission book as excellent or good at raising awareness of food hygiene and healthy eating.
- 95% thought that combining sport, food hygiene and healthy eating was excellent or good.
- 80% stated that the involvement of the development officer in asking questions in the classroom activities was excellent or good.
- 98% rated the teachers' resources as excellent or good.
- 95% rated the pupil mission book as excellent or good.

**Source: Food Standards Agency (Scotland) HHEAPS Phase 4 Report

2010-11

Scottish Rugby's network of club development officers will once again deliver the programme to over 6000 pupils across Scotland over the coming season commencing August 2010.

The HHEAPS programme has received national recognition and is being rolled out in England and Northern Ireland.

APPENDIX 1

Local Authority	Number of Schools	Number of Classes	Number of Pupils	Pupils attending schools in top 15% deprived areas	
				Number	%
Aberdeen City	3	6	165	60	36%
Aberdeenshire	14	17	441	0	0%
Angus	6	8	206	0	0%
Argyll & Bute	6	6	172	27	16%
Clackmannanshire	5	6	172	51	30%
Dumfries and Galloway	8	11	292	0	0%
Dundee City	9	13	341	109	32%
East Dunbartonshire	4	4	106	0	0%
East Lothian	9	12	318	0	0%
Edinburgh City	14	24	624	85	14%
Falkirk	6	6	187	0	0%
Glasgow City	9	9	239	133	56%
Highland	7	13	309	0	0%
Inverclyde	2	3	84	0	0%
Midlothian	5	8	180	0	0%
Moray	4	6	147	0	0%
North Lanarkshire	3	3	88	0	0%
Orkney Islands	9	9	204	0	0%
Perth & Kinross	8	9	254	0	0%
Renfrewshire	10	13	361	25	7%
Scottish Borders	14	15	447	28	6%
Shetland Islands	4	4	106	0	0%
South Ayrshire	3	4	113	0	0%
South Lanarkshire	6	6	170	30	18%
Stirling	8	9	245	25	10%
West Lothian	4	6	182	0	0%
Western Isles	8	14	216	0	0%
Total	188	244	6369	573	9%