

Plan

Title - Ways in which Lutterworth College can tackle Obesity

Intro - As head of the student council

Findings - After...

- Canteen food, vending machines
- Core PE lessons
- Being dropped off to school
- PE clubs, after school
- Lack of participation

Solutions - How they can be solved

Conclusion - Thankyou

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Ways in which Lutterworth College can address the problems surrounding obesity

Introduction

As head of the student council I have compiled a report on the current ways Lutterworth College are promoting and encouraging their students to have a healthy lifestyle. In order to collect my data I have

observed P.E lessons, ~~lunchtimes~~ lunch and Break times and the ways ^{in which} students arrive at college. This is an overview, which has been refined in order to outline the most significant findings, of what data I managed to retrieve.

Findings

After thorough observations and detailed interviews with students, I have found the following things:

1. At break and lunchtimes, which are very busy at the College, the canteen offers an inadequate selection of ~~nutritious~~ organic and healthy foods. The main choice on offer is usually: burgers, hot dogs, chips or chicken (which contain an extortionate amount of calories).
2. The vending machines^{*} lack a healthy variety of snacks; they all contain crisps, chocolate and fizzy drinks.
3. During Core P.E Lessons students lack the enthusiasm to participate. They claim that 'teachers are too lazy to bother turning up.'
4. In the morning most students arrive at College through a mode of transport such as: cars, buses or trains. *
5. There are only minimal sports clubs running after school - most students choose not to attend.

* Only 30% students arrive on foot.

Possible solutions

In order to ~~to~~ address the issue surrounding nutrition at Lutterworth College we should introduce more organic foods in the canteen. These should replace the current unhealthy options. This will ensure students can indulge in something other than calories and salt.

The problem about the lack of participation in sporting ~~for~~ activities would be solved if they were advertised more effectively. This would mean more students would take part; they would be aware of when and where the activities were occurring. P.E teachers should also make an attempt to ensure they have 100% attendance to all of their lessons.

With regards to ways in which students commute to school, we as a College should ~~make~~ emphasise that walking is the best way to travel to maintain fitness levels. Additionally, more cycle routes could be set up to encourage more students to take the option of cycling to school.

In conclusion I would like to thank you, as Principal of Lutterworth College, for allowing my voice to be heard. I hope my views and opinions have been understood and will be considered in order

to improve the issues and prevent obesity
levels rising.