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George Lamming: A Model for School Nutrition Policy Implementation

Bridgetown Barbados - Youth advocates of the Barbados Childhood Obesity Prevention Coalition and the Heart & Stroke Foundation of Barbados paid a special visit to George Lamming Primary School on May 15th in recognition of it as a leading example of how schools can successfully implement the School Nutrition Policy (SNP). The visit highlighted the school's comprehensive and innovative approach to promoting health and wellness across its entire curriculum. The event was also part of the Healthy Caribbean Coalition's regional youth-led campaign, "Hope for the Future," which was initiated in 2024.

George Lamming Primary has fully embraced the SNP by integrating healthy living principles into Science, Mathematics, Social Studies, Physical Education, Health Science and Agriculture. One of the most notable features of their commitment is the development of a greenhouse on the school compound, where students have already begun growing seedlings as part of their practical learning experience.

The youth advocates had a special advocacy session with some George Lamming students, focusing on conversations about the fruits and vegetables they enjoy, as well as their involvement in planting seedlings at the school. The students also highlighted that they now have a greater understanding of how food is grown, what goes into the care of growing food and even the science behind some of the food. This greater knowledge has made students more aware and involved with the agricultural part of growing food and with many of the students saying they now help with growing fruits, vegetables and herbs at home.

During the visit, Principal Ronald Wilson thanked the youth advocates for their support and encouragement. He said, "George Lamming Primary has been one of the schools recognized for implementing the SNP in its fullness," said Mr. Wilson. "This initiative—and the tangible gift of this greenhouse from our partners such as the Coalition and PAHO—is strengthening our Science and Physical Education departments. For those who had confidence in our promises, we are proving that we are serious. We are on the path to incorporating the Ministry of Education's COP (Curriculum of Practice) and the Barbados Childhood Obesity Prevention (BCOP) framework. We've accepted our role, and we're not taking it lightly."

Mr. Wilson emphasized the school's commitment to teaching through participation and hands-on learning, which has been instrumental in improving student engagement and

overall school spirit. “I am extremely pleased to see these youth advocates here today and the important work they are doing to support healthy environments in schools,” he added.

The visit served as both a celebration and an encouragement to other schools across the island to follow George Lamming Primary’s example in creating healthier, more sustainable learning environments for Barbados’ children.

-The End-

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