

Supplementary Table S1. Observed outcomes at the various time points (T0-T2).

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	T0					
	Medium Implementers			Low Implementers		
	n	% / M	SD	n	% / M	SD
BMI z-score	143	-0.15	0.82	172	-0.10	0.94
Waist circumference (cm)	143	56.84	4.66	172	58.62	6.77
PA summary score (1-5)	143	3.04	0.64	172	2.94	0.67
Healthy dietary behaviours (days/week) ¹	114	5.57	0.96	142	5.56	0.95
Soft drink consumption (days/week)	114	4.31	2.74	142	4.06	2.78
Water consumption at school (0-3) ²	143	1.43	1.22	172	1.25	1.13
Fruit (% yes)	143	34.3		172	34.3	
Vegetables (% yes)	143	24.5		172	25.6	
Grains (% yes) ³	143	92.3		172	93.6	
Dairy (% yes) ⁴	143	37.1		172	33.7	
Water (% yes)	143	32.9		172	26.7	
Butter (% yes)	143	59.4		172	62.2	
At least two healthy food groups during lunch (% yes) ⁵	143	87.4		172	88.4	

	T1					
	Medium Implementers			Low Implementers		
	n	% / M	SD	n	% / M	SD
BMI z-score	137	-0.14	0.83	168	-0.03	0.97
Waist circumference (cm)	137	58.49	5.64	168	59.40	6.68
PA summary score (1-5)	137	3.19	0.58	168	3.25	0.59
Healthy dietary behaviours (days/week) ¹	90	5.38	0.94	121	5.56	0.90
Soft drink consumption (days/week)	90	4.07	2.67	121	3.63	2.88
Water consumption at school (0-3) ²	137	1.47	1.13	168	1.40	1.16
Fruit (% yes)	137	31.4		168	26.8	
Vegetables (% yes)	137	31.4		168	23.8	
Grains (% yes) ³	137	94.2		168	93.5	

Table S1. Cont.

	Medium Implementers			Low Implementers		
	n	% / M	SD	n	% / M	SD
Dairy (% yes) ⁴	137	39.4		168	39.3	
Water (% yes)	137	38.0		168	31.0	
Butter (% yes)	137	59.1		168	60.7	
At least two healthy food groups during lunch (% yes) ⁵	137	86.1		168	88.7	
T2						
	Medium Implementers			Low Implementers		
	n	% / M	SD	n	% / M	SD
BMI z-score	136	-0.10	0.88	166	-0.05	0.98
Waist circumference (cm)	136	61.12	5.94	166	61.57	7.11
PA summary score (1-5)	136	3.12	0.62	166	3.17	0.65
Healthy dietary behaviours (days/week) ¹	82	5.45	0.90	119	5.52	0.84
Soft drink consumption (days/week)	82	3.35	2.61	119	3.43	2.70
Water consumption at school (0-3) ²	136	1.63	1.20	166	1.73	1.17
Fruit (% yes)	136	22.8		166	23.5	
Vegetables (% yes)	136	19.9		166	19.9	
Grains (% yes) ³	136	94.9		166	92.8	
Dairy (% yes) ⁴	136	48.5		166	38.0	
Water (% yes)	136	44.9		166	38.6	
Butter (% yes)	136	55.1		166	56.6	
At least two healthy food groups during lunch (% yes) ⁵	136	89.7		166	86.7	

¹ Healthy dietary behaviours is a composite score for frequency of consumption of breakfast, fruit, vegetables, and water.

² School water consumption ranges from never (0) to daily (3).

³ Grains consists of the items: bread and cereals.

⁴ Dairy consists of the items: milk/yoghurt and cheese.

⁵ Items in the healthy food groups include: fruit, vegetables, grains, dairy, water, and butter.

Abbreviations: M, mean; SD, standard deviation; SES, socioeconomic status; PA, physical activity.