



School food is changing

**Every Child's School Food Matters  
Stadium of Light, Sunderland**

**Mentoring, Monitoring and Measuring  
17th May 2007  
Patricia Mucavele**

**SCHOOL  
FOOD TRUST**  
*Eat Better Do Better*

# School Food Trust

## THE VISION

*To transform school food and food skills to promote the education and health of children and young people by improving the quality of food supplied and consumed in schools.”*

## Four key goals to make this vision a reality

Increase the uptake of school meals

Ensure all schools meet the relevant standards for lunch and non-lunch by recommended timeframes

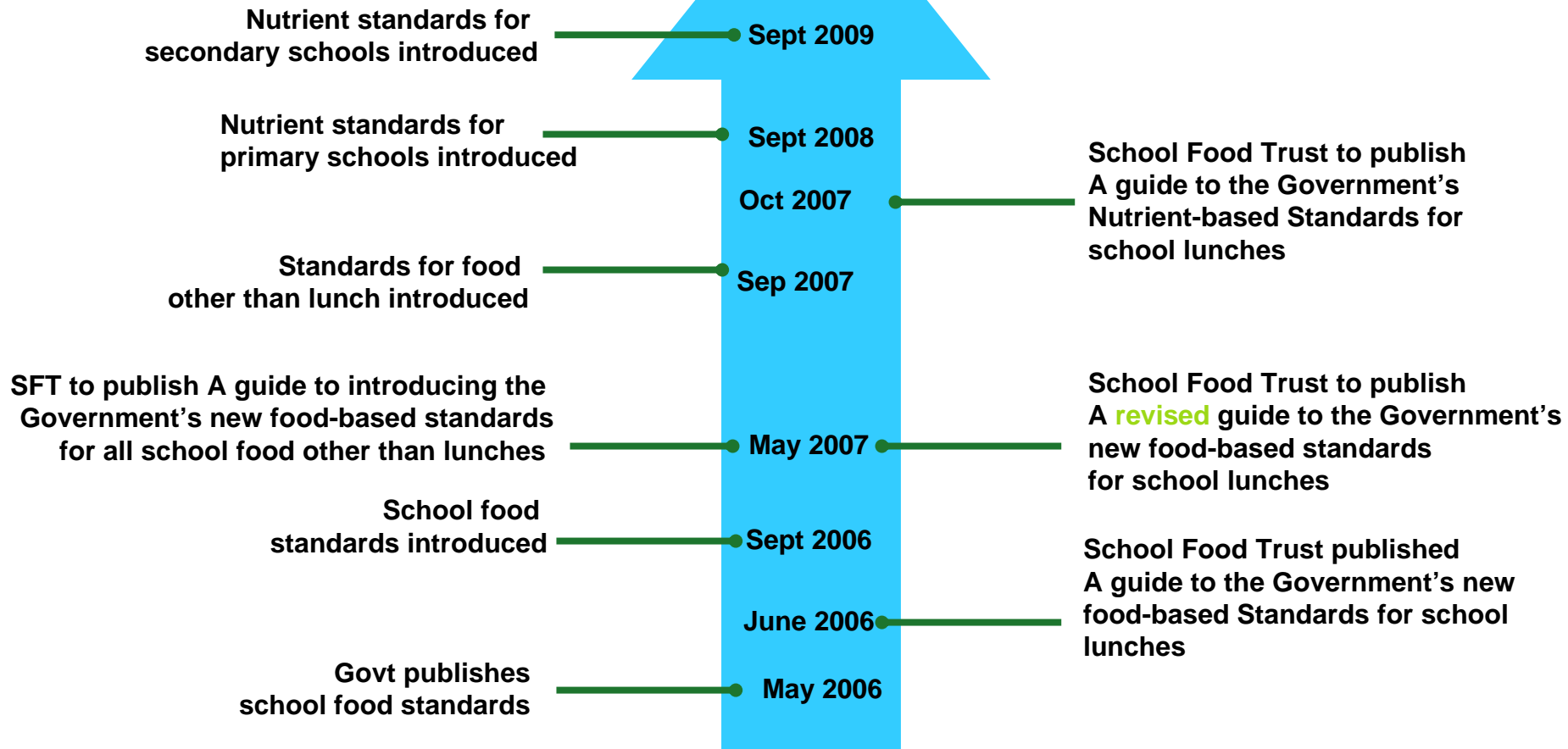
Improve food skills through food education and school and community initiatives

Reduce diet related inequalities in childhood

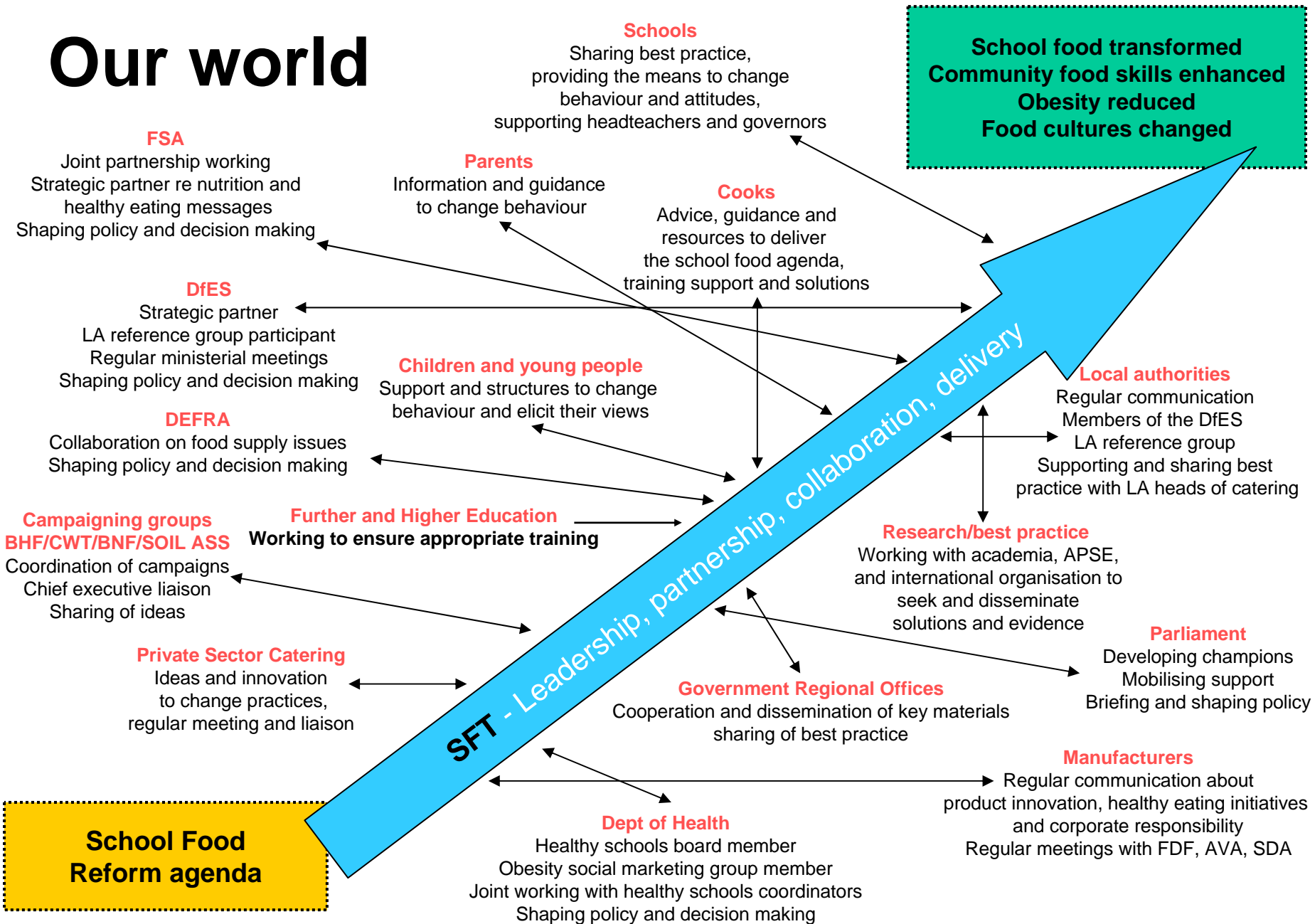
# A challenging reform timetable



School food transformed  
Obesity reducing  
Food cultures changing



# Our world



The SFT is an independent body with the **unique** remit of transforming school food and food skills.

# Child health and nutrition: a critical mission

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- Childhood obesity - a complex but pressing issue with no quick fix
- Poor diet linked to life-long health and achievement issues
  - Children's diets linked to concentration, behaviour, socialisation and educational achievement
- Transforming school food – how and what children eat
- Need for training, education and skills
- Equip children with tools for life-long good health
- Promotion of healthy eating is central element of the Every Child Matters agenda

# Challenges in School Food

- Pupil and parental involvement
- Increasing uptake
- Maintaining standards
- Engaging with partners
- Funding
- Cultural change
- Training
- Making the links
- Monitoring
- Sustainability
- Marketing
- Procurement



# Mentoring, Monitoring and Measuring

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- **Mentoring:** advising and guiding on the interpretation and implementation of the new School Food Regulations
- **Monitoring:** checking the school food provision is compliant with the new School Food Regulations
- **Measuring:** impact of the transformation of school food on the health and education of children

# Mentoring

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- **Mentoring**: by working with stakeholders to facilitate the interpretation and implementation of the new standards for school food
- **Resources**
  - Information, advice and guidance
  - Good practice

# Information, Advice and Guidance

- Advising DfES on improvements to the standards for the 2007 regulations
- Published **Revised** guide to the interim food-based standards for school lunch
- Published Guide to the standards for food other than lunch
- Designing the framework for the guide to the nutrient based and food based standards for lunch; due out by autumn 2007
- Updating and improving the helpline answers
- Continuing to update and make best use of the Trust's web presence

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)



# Good Practice

- Increasing number of case studies; available on website and used to underpin range of SFT activities
- Setting up good practice network at national, regional and local level. Piloting in NE now; other regional networks to be in place by June
- Prototypes: supporting innovation in schools



## Case studies

Find out what other schools, parents and local authorities have been doing.



This collection of case studies is designed to show you how others have taken the food in schools standards and translated them into successful schemes and initiatives.

The examples range from schools introducing their own tailored ideas into dining rooms, local authorities running pilot schemes that they hope to roll out into all schools in their area, to parents reinforcing the healthy eating messages at home.

### Got a story to tell?

We're aiming to make this section a comprehensive collection of healthy eating schemes from all corners of the country.

So if you're involved in an innovative healthy eating programme at your school, or you want to share your experiences of changing young people's attitudes to school food, let us know by [sending us an email](#).

Please **note**: that whilst every effort is made to ensure that website content is correct, the School Food Trust cannot accept responsibility for inaccuracies in information provided by other agencies.

## Case studies

- Home
- News
- Documents & Resources
- About the Trust
- Information and guidance
- FAQs

### ○ Case studies

Parents and Wider Community case studies

School case studies

Local authority case studies

Private contractors case studies

### ○ Funding

### ○ Research

### ○ Schools and local authorities

### ○ Parents and carers

### ○ Young people

### ○ Children

## Search



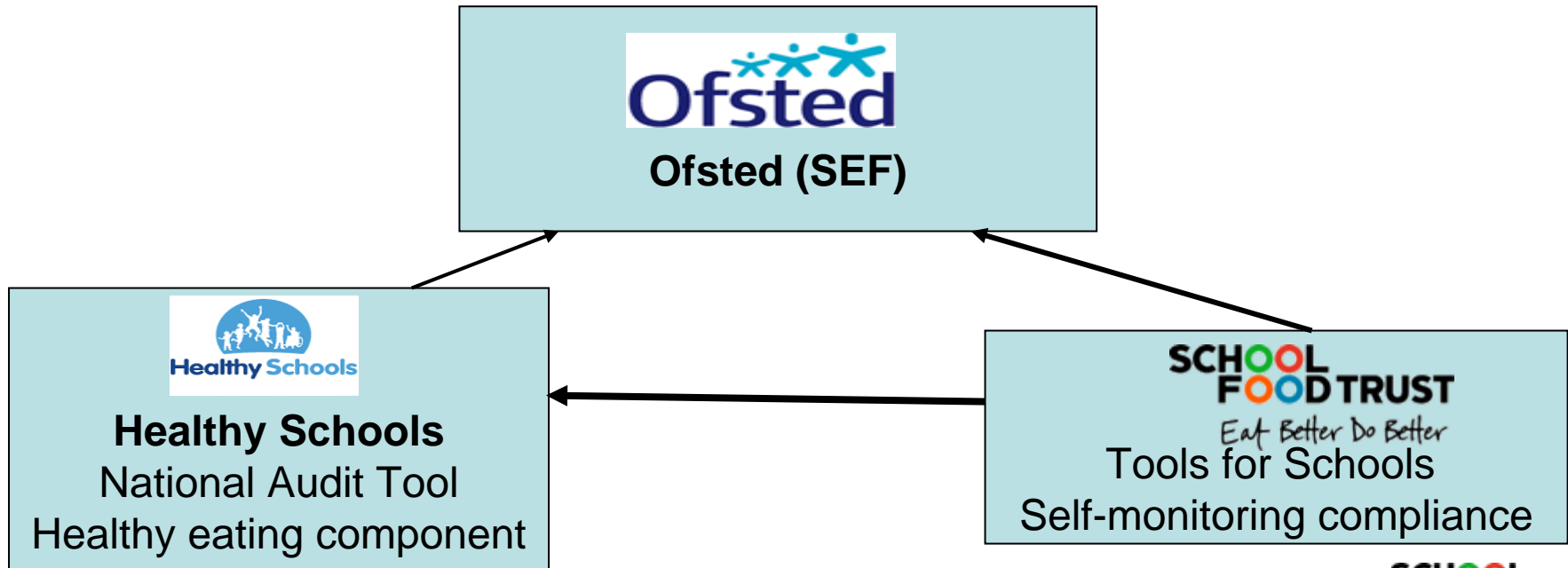
# Monitoring

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- **Monitoring**: checking the school food provision is compliant with the new School Food Regulations
- **Roles and responsibilities:**
  - Local Authorities
  - Schools
  - Caterers
  - Ofsted
- **Tools for Schools**

# Self-monitoring: Tools for Schools

- **Tools** designed to assist schools to self-monitor and provide evidence (for Ofsted inspections) that food provision is compliant with new standards for school food



# Ofsted's role

## Supporting the Every Child Matters agenda

- Ofsted gives full support to the development and promotion of the healthy eating element of the Every Child Matters agenda
- Schools encouraged and prompted to record in a **self-evaluation form (SEF)** the
  - extent to which pupils eat and drink healthily
  - extent to which the school and any additional services contribute to the pupil's capacity to be healthy
- Inspectors judge:
  - the extent pupils adopt healthy lifestyles
- Ofsted survey Oct-Dec 2006 to examine the extent to which schools meet the 2006 interim food-based standards and encouraged healthy eating
  - Visited 30 geographically spread primary and secondary schools
  - Evidence from section 5 inspections
  - Report to be published in summer 2007

# Supporting Whole School Approach

- **Managing the schools approach to healthy eating**
  - Is there an appointed member of staff to lead development on healthy eating?
- **Helping pupils and parents to make healthy choices**
  - Are menus shared in advance with pupils and parents?
- **The quality of the dining experience**
  - How well is the dining period organised?
- **Educating pupils about healthy eating**
  - Do pupils have the opportunity to develop the skills necessary to make informed choices regarding healthier meals?
- **Teaching about healthy eating**
  - Are teachers supported by health professionals when planning and/or teaching?
- **Planning the curriculum**
  - Are aspects of healthier eating planned systematically and coherently into the curriculum?
  - Does the school have a policy that covers all food and drink in the school?

# Healthy Schools

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## Healthy Schools National (on-line) Audit Tool

- Healthy Eating component
- 11 criteria
- Minimum evidence
- Direct links to Ofsted survey inspection on healthy eating in schools
- Direct links to resources and tools to assist school to self-monitor compliance with the new standards for school food

# Healthy Schools National Audit Tool



Healthy Schools Criteria	Minimum evidence for Healthy Schools Status	Resources
<p><b>2.5</b>  <b>Has a welcoming eating environment that encourages the positive social interaction of pupils (see Food in Schools guidance)</b>                      Ofsted self evaluation 6a</p>	<p><input type="checkbox"/> The school has developed healthy/welcoming aspects of the dining room environment - including display and labelling of food, promoting healthy eating, availability of water, appropriate queuing arrangements, adequate time available, non-stigmatisation of FSM pupils, social dining and cleanliness</p> <p><input type="checkbox"/> Pupils and staff feel that the dining area makes a positive contribution to the dining experience – including adequate time available to eat meal and avoiding stigmatisation of FSM pupils</p>	<p>A fresh look  <b>at the school meal experience</b></p>
<p><b>2.6</b>  <b>Ensures that breakfast club, tuck shop, vending machine and after school food service (where available in school) meets or exceeds DfES school food standards</b>                      Ofsted self evaluation 6a</p>	<p>Where service is provided:</p> <p><input type="checkbox"/> Breakfast club meets or exceeds the DfES standards</p> <p><input type="checkbox"/> Tuck shop meets or exceeds the DfES standards</p> <p><input type="checkbox"/> Vending machine meets or exceeds the DfES standards</p> <p><input type="checkbox"/> After school food service meets or exceeds the DfES standards</p> <p><input type="checkbox"/> The governing body, the named member of the SLT (and head caterer where involved in service provision) agree that the standards are being met and review this (at least termly)</p>	<p><b>SFT: Non-lunch provision tool</b></p>
<p><b>2.7</b>  <b>Has a school meal service that meets or exceeds current DfES School Meals standards</b>                      Ofsted self evaluation 6a</p>	<p><input type="checkbox"/> The school meal meets or exceeds the current DfES School Meal Standards</p> <p><input type="checkbox"/> The governing body, the named member of the SLT and head caterer agrees that the standards are being met and review this (at least termly)</p> <p><input type="checkbox"/> Healthy options are promoted e.g. tasting sessions, menu boards, sampling</p> <p><input type="checkbox"/> The caterer can say how minority ethnic and medical/allergy needs have been considered/incorporated in menu planning</p> <p><input type="checkbox"/> There is appropriate guidance (promoting healthier options) given to pupil/parents that have packed lunches</p>	<p><b>SFT: Lunch provision tool</b></p> <p><b>SCHOOL FOOD TRUST</b>                      Eat Better Do Better</p>

# A fresh look at the school meal experience

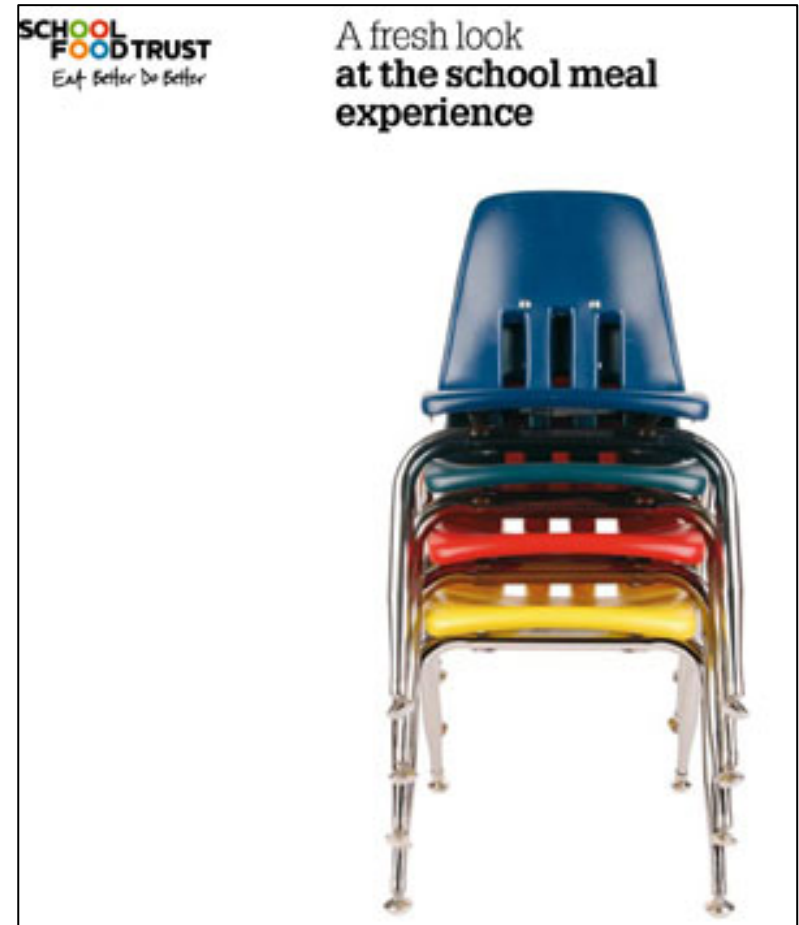
Key interventions to improve the meal experience:

- How to make the best use of space
- How to manage queues
- How to improve staff/pupil interaction
- How to encourage young people to make healthier choices

Case studies and contact details

Gives ideas for secondary & primary schools

Each solution has a key for time and cost associated with it



# School Food Trust: Tools

- **Audit tool (with Healthy Schools):** Summer 2007:
  - Dining environment, Kitchens
- **School Lunch Checklist:** on-line (interactive) (June 07)

School meal checklist assists schools to verify if their lunch food provision meets the interim 2006 food-based standards.
- **School Non-Lunch Checklist:** on-line (interactive) (Sep 07)



# Measuring

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- **Measuring**: impact of the transformation of school food on the health and education of children
- **How?** by building evidence based on research through the:
  - **Surveys**
  - **Case for change**

# Monitoring: Surveys

- **Local Authority:**

- Mini-survey on finances, January 2007
- Annual survey of LA and private catering provision, April-May 2007
  - Key take-up data
  - Types of catering provision
  - Finances and contracts
  - Factors affecting change



- **Schools**

- Schools Food Panel: Head teachers
  - Collect views twice per term
  - Information on current issues (finances, hot meals, etc.)

# Schools Food Panel

- Panel of 400 Head teachers
- 1<sup>st</sup> round conducted in Feb 2007
  - Responses: 206 primary, 74 secondary

## Results:

- Uptake:
  - Majority remained constant
  - Increase: 33% in Primary, 30% in Secondary
  - Decrease: 18% in Primary, 30% Secondary
  - Changes attributed to provision of healthier food
- Meal experience
  - Seen as crucial to improving uptake
  - 80% already made changes
  - More than half planning future changes



# Schools Food Panel

- Funding
  - Less than half reported receiving full Grant 5B
  - Spent mainly on:
    - New kitchen equipment
    - Dining furniture/dining environment
    - Food
- Help wanted
  - Funding
  - Guidance on menus
  - Persuade parents
  - Promotion of healthy meals
- Report available on SFT website



# Research: Case for Change

1. Literature review: School meals in Europe, USA and Australia (April 2007)
2. Breakfast club and behaviour (May 2007)
3. Economic case for improving school food (October 2007)
4. Breakfast and cognitive function (July 2007)
  - Breakfast feeding study
  - Pupils aged 11-14
  - Direct measure of learning abilities
5. School lunch and behaviour (August 2007)
  - Phased changes in dining environment and food provision
  - Direct observation of behaviour in the classroom





# Challenges

- Financial challenges
- Implementing standards for food other than lunch and nutrient-based standards in secondary schools
- Influencing eating habits of children and young people
- Maintaining motivation
- Challenges are considerable but rewards even greater



# Next steps...



- Focus on increasing take-up
- Shifting emphasis from universal to targeted and tailored support
- Building on engagement with key stakeholder groups



Eat Better Do Better

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

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