

Section A

Taking a whole school approach

A characteristic of good practice in secondary schools is that the subject is aligned to a whole school food approach. Food and nutrition education is embedded in the health and wellbeing agenda of the whole school through the development and implementation of policies, promotion and enforcement.

Key features



The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food and drink choices. This is achieved by the whole school food policy, which sets out the food provision, curriculum and ethos.



Staff work collaboratively across the curriculum to enhance learning opportunities, secure consistency and coherence of key concepts, and healthy eating messages across all curriculum areas. Staff contribute to, and support the implementation of, the whole school food policy. Staff act as role models in relation to food and drink, in line with the policy, when in the company of learners.



Resources, equipment and ingredients used across the school promote healthy eating and active lifestyles. Staff work collaboratively across curriculum areas, support staff and food providers to ensure consistency.



Teaching is directed to motivate change in behaviour towards healthier lifestyles and choices. Schemes of Work and lessons reinforce the whole school food policy, seeking to make the policy a reality.



Regular monitoring and auditing of school food provision, after school activities, rewards, celebrations and curriculum delivery is in place for message consistency and consolidation.



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We achieved the 'Healthy London Schools Gold Award' and were one of the first secondary schools in Barnet to achieve the status by promoting a healthy lifestyle through food, nutrition and physical activity. We also received Outstanding in "promoting the learner's personal development and welfare" in our most recent Ofsted report.

This is the result of staff working collaboratively on whole school issues, but also through taking a lead in our curriculum area – food and nutrition is taught throughout the year to learners, rather than being part of the Design and Technology carousel.

I also work alongside the Student Wellbeing Officer to develop and encourage physical activity as well as campaigns to promote sustainable, active and safe travel.

We have also increased the uptake of school lunch by 5%, by allowing Year 7 and 8 learners to go into lunch early, and organising themed lunches to celebrate national and cultural events.

ADELE'S TIPS

1. Organise primary school visits from local feeder schools to give children hands-on experience in food and nutrition lessons.
2. Run cooking clubs, and internal and external competitions to encourage more learners to cook at home.
3. Offer support sessions for those with Special Educational Needs and Disabilities to allow them to develop social and practical skills, and introduce unfamiliar food in a known environment.

CASE STUDY

Putting the characteristic into practice

Staff communicate the role of food and nutrition education as part of the wellbeing agenda so that other staff, parents and learners are clear about its purpose

- Make sure that food and nutrition education is represented in the school food policy. Write a clear statement that describes its principles and purpose, including learning intent.
- Work collaboratively with other subject colleagues to ensure that food and nutrition education is embedded in the whole school approach and learners receive consistent messages.
- Ensure that the school governing body (or equivalent) is aware of, and informed about, the whole school food policy.

Other examples:



Staff ensure that Schemes of Work and learning activities reinforce the whole school food policy in practice

- Use the Eatwell Guide to inform the planning and delivery of healthy eating messages across the curriculum.
- Reflect on the *core competences for children and young people aged 5 to 16 years* for progression mapping to ensure that learners build on their prior knowledge.

Other examples:



Staff work collaboratively to share expertise and enhance teaching about food and nutrition education throughout the curriculum

- Carry out a review across the curriculum to establish where, and when, food and nutrition education is taught.
- Collaborate with other staff to ensure that the whole school food policy is reflected across the curriculum and in extra-curricular activities.

Other examples:



Staff take an active role in supporting the development and implementation of the whole school food approach

- Work with senior leaders and school food providers to ensure that food and nutrition education is represented in the whole school food approach.
- Join the food policy steering group/committee and raise the profile through displays and assemblies.
- Engage with the wider school community; promote the approach

through newsletters to parents, have a presence on the school website or present at a school governing body meeting.

Other examples:



Putting the characteristic into practice

Staff engage with food issues throughout the school, helping to ensure consistency and continuity of message

- Support colleagues who may be less experienced, or without a specialism in food and nutrition.
- Use current healthy eating models consistently across the school.
- Involve the school lunch providers as part of the whole school food policy, for example, the Eatwell Guide is displayed in school lunch area.
- Share evidence-based resources and authoritative information, and teaching resources across the curriculum. Ensure resources are appropriate to the UK where necessary, e.g. use the Eatwell Guide rather than another food based model used in other countries.

Other examples:



Insights

- Create a display outlining the benefits of hydration for learners. Compare different types of drinks and the sugar content of popular drinks.
- Have a hydration station, promote the consumption of 6-8 glasses of fluid every day.
- Take the lead in ensuring that food and nutrition play an important role in a local Healthy Schools programme. The whole school food policy should be an integral part and be shared with the school community. Work with the school catering team to ensure consistency of message.
- Work with colleagues to plan and implement a Healthy Eating Day/ Week to raise the profile in school. Involve the school food caterers and external agencies to support the event.



Going beyond

Promote healthier eating activities, clubs and awards. For example, a Healthy Eating Week or 'Love your lunch' competition could be organised.

Support governors and senior leaders to establish a healthy eating ethos and provide a range of healthy food and drink choices throughout the school day in line with food standards.

Provide parents and carers with information and advice, to support healthy choices for their families.

Offer parent/carer and child practical classes to encourage healthy eating choices, development of practical skills and enjoyment of cooking.

Work with local feeder schools to support BNF Healthy Eating Week or curriculum activities.