



# 'Student voice, school food and healthy eating behaviour change'

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# Overview

1. The My Health, My School Survey: Health behaviour change survey
2. School Food Ambassadors: Pupil voice programme
3. Supporting schools with a whole school approach to food – the curriculum and beyond

# Health and Wellbeing Service

- Support schools, empowering children and young people to be safe, active, healthy and resilient individuals
- [www.schoolwellbeing.co.uk](http://www.schoolwellbeing.co.uk)



# Health and Wellbeing Service



- Traded service, part commissioned
- Engage with 206 schools locally, 664 schools nationally
- Have a successful Healthy Schools programme in Leeds and nationally
  - Online self-validation tool "the School Health Check"
  - External validation visits
- Deliver a CPD programme for schools
- Coordinate the HENRY 5-12 programme
- Manage the national Investors In Pupils Programme





# My Health, My School Survey

Pupil perception survey

# My Health, My School survey



- A pupil perception and health behaviour survey designed to amplify pupil voice.
- A range of age-appropriate primary, secondary and post-16 surveys available to pupils in years 5, 6, 7, 9, 11, 12 & 13.
- Includes questions on a range of themes including Healthy eating, Physical activity and sport, PE in school, Social, Emotional and Mental Health (SEMH), drugs, alcohol and tobacco, My school.



# My Health, My School Survey

- All responses **nationally**: 33,958 children and young people completed the survey from 251 schools and settings
- All responses **Leeds** from all year groups and surveys: 22,389



# What percentage of all pupils in Leeds drink 2 or more sugar sweetened drinks per day on average?

- a) 42%
- b) 67%
- c) 21%





What percentage of all pupils drink 2 or more sugar sweetened drinks per day on average?

a) 42%



# What percentage of primary pupils in Leeds receive enough useful information and learning on healthy eating?



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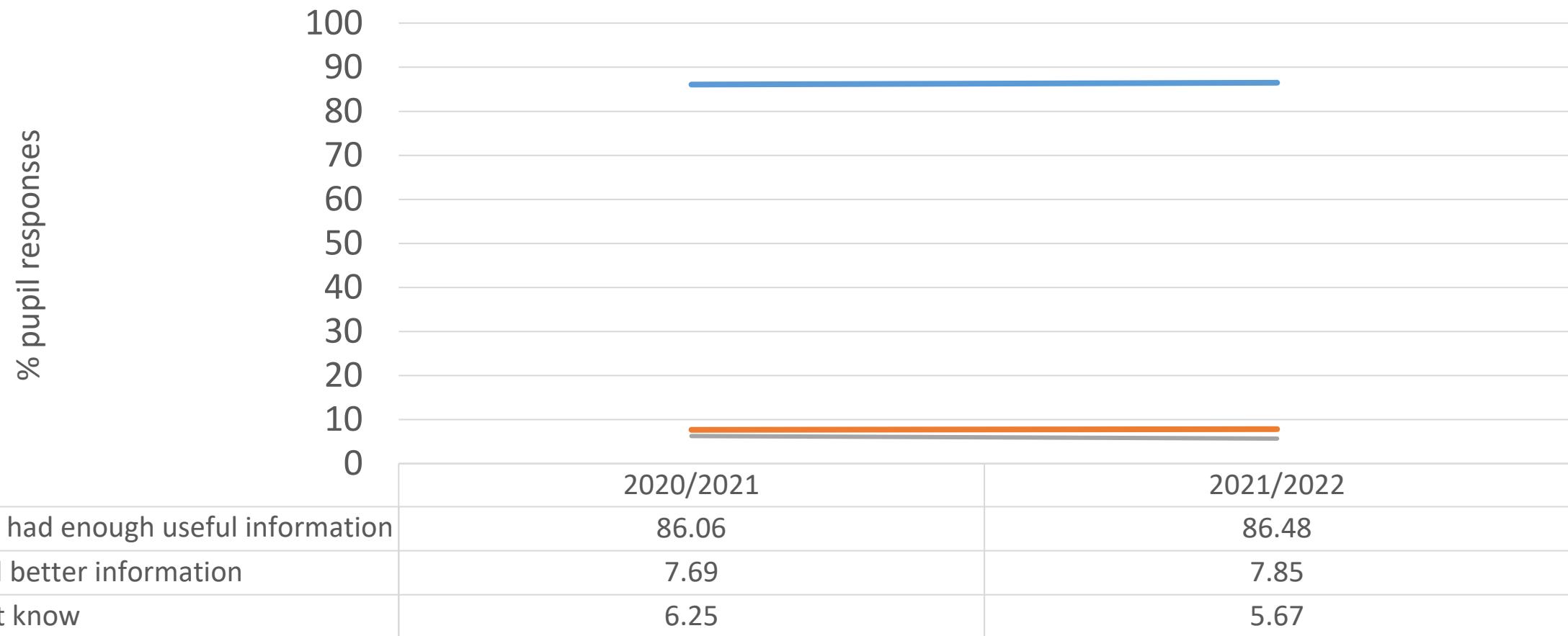
**86.06%**



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# Percentage of primary pupils in Leeds who receive enough useful information and learning on healthy eating





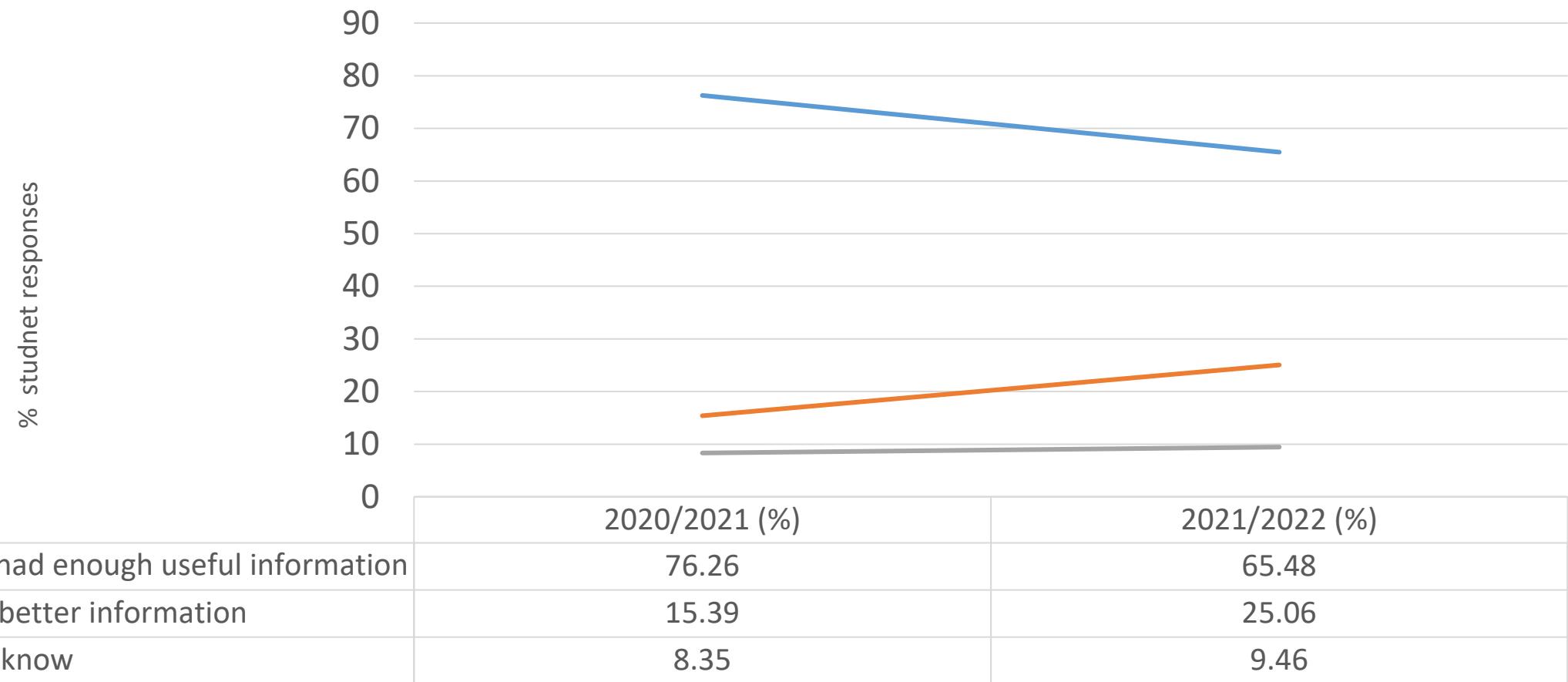
**What percentage of secondary  
students in Leeds receive  
enough useful information and  
learning on cooking and  
preparing healthy food?**

65.48%



What percentage of **secondary**  
students in Leeds receive  
enough useful information and  
learning on **cooking and**  
**preparing healthy food?**

# Percentage of secondary students in Leeds who receive enough useful information and learning on cooking and preparing healthy food





# My Health, My School survey

Schools can:

- Compare the data they collect year on year.
- Compare their own data to the citywide and national average.
- Filter results by key demographics.
- [My Health, My School survey - Healthy Eating Annual Report | School Wellbeing](#)

[www.myhealthmyschoolsurvey.org.uk](http://www.myhealthmyschoolsurvey.org.uk) or email  
[schoolwellbeing@leeds.gov.uk](mailto:schoolwellbeing@leeds.gov.uk).





# School Food Ambassadors

Creating young leaders  
for food in school!



# What is School Food Ambassadors?



- A small group of pupils/students are elected
- They gather feedback and evidence from monitoring
- Influence change
- Act as the voice of their peers
- Mystery diners at lunchtimes
- Work in partnership with catering and lunchtime staff
- Can be adapted for primary, secondary and post-16 settings, etc





# Case study

Video: Westgate Primary School

Joanne Hattersley and the School Food Ambassadors



**WESTGATE**  
PRIMARY SCHOOL  
Striving for Excellence • Caring for Children  
[www.leedsforlearning.co.uk](http://www.leedsforlearning.co.uk)





# School Food Ambassadors: Background

- Developed and piloted in 2011
- *Why? Because food was not meeting the needs of children and young people*
- Developed series of tools and then training to support implementation
- 99 schools are using the toolkit
- Evaluated in 2012 for impact

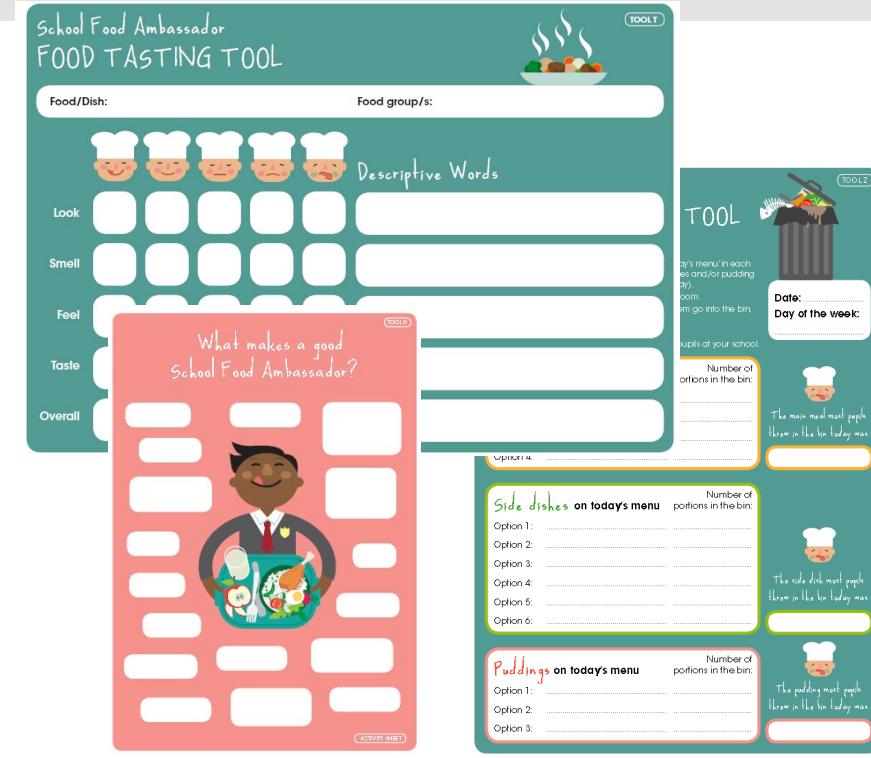
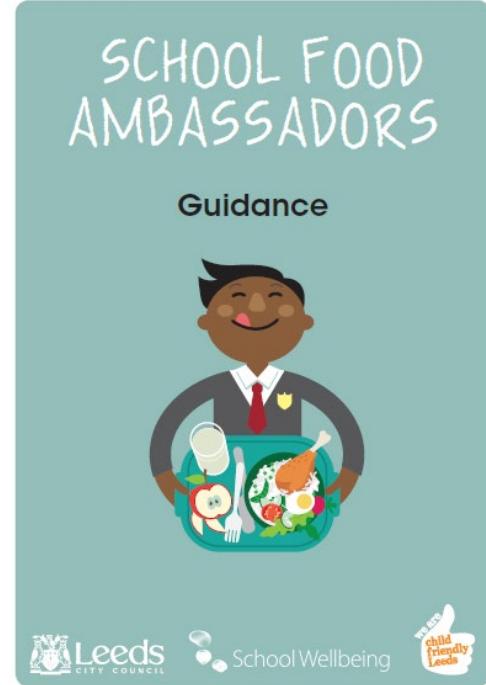
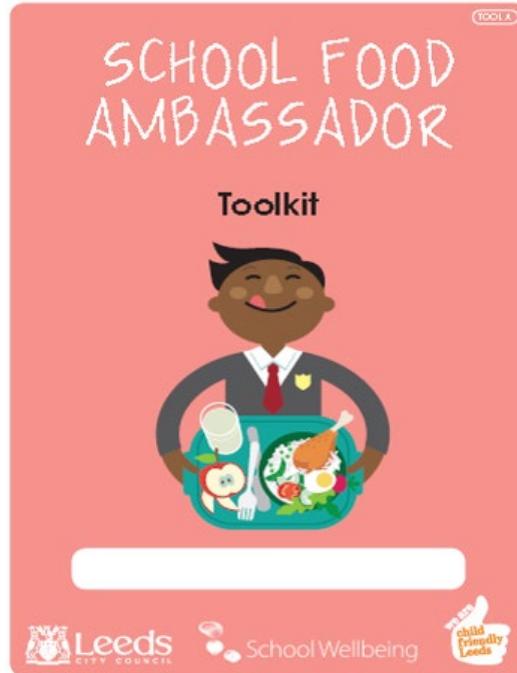
*“You really need to stop and listen to us; we are the voice of the pupils and we know what we want, we know it is hard work, but this is what we want.”*

# Influencing change

- Food ambassadors can use data from the My Health, My School Survey to decide on priorities and measure impact
- Improve school food
- Influence the content of the curriculum
- Run pupil-led healthy tuck shops
- Support healthier packed lunches and food policies
- Influence dining room changes and improvements
- Help reduce food waste
- Help serve salad, pour water, wipe tables, give out stickers
- ..... **SFA can fit to the needs of the school!**



# School Food Ambassadors: How to get started



- <https://www.leedsforlearning.co.uk/Store/Product/599>



# Pupil training events

# The School Health Check & School Food Friendly



- Revalidation is due every 3 years
- The School Health Check
  - ❖ Physical Activity
  - ❖ PHSE
  - ❖ Social, Emotional & Mental Health
  - ❖ Healthy Eating
- Schools who achieve good or outstanding across all areas for the Healthy Eating section can become School Food Friendly

<https://www.healthyschools.org.uk/>

The screenshot shows the HealthySchools website. At the top, there's a navigation bar with links for HOME, ABOUT US, FAQ, RESOURCES, CASE STUDIES, CONTACT US, REGISTER, and LOGIN. Below the navigation is a banner with the text 'Improve the health and wellbeing of your school' and a 'Video Tour' button. The main content area features two boxes: 'SchoolHealth CHECK' (a blue box) and 'HealthySchools PLUS' (an orange box). The 'SchoolHealth CHECK' box contains text about the aim to support schools to grow healthily, safely and responsibly. The 'HealthySchools PLUS' box describes it as an extended programme. Below these boxes is a table titled '1.1 Leadership' under 'School Management'. The table has five columns: OUTSTANDING, GOOD, REQUIRES IMPROVEMENT, INADEQUATE, and N/A. The 'OUTSTANDING' column has a green background, while the others have grey backgrounds. Each column contains a detailed description of the leadership standards for that category. A blue sidebar on the left of the table contains a quote from 28th Oct 2013 about PSHE in schools, mentioning BBC coverage.

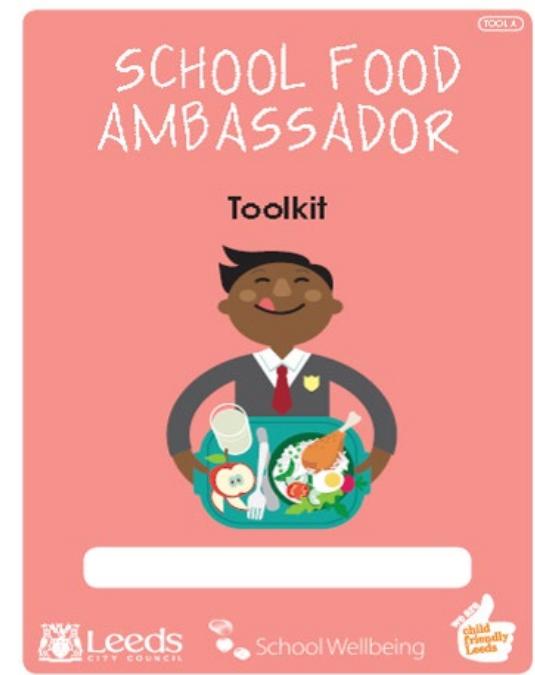
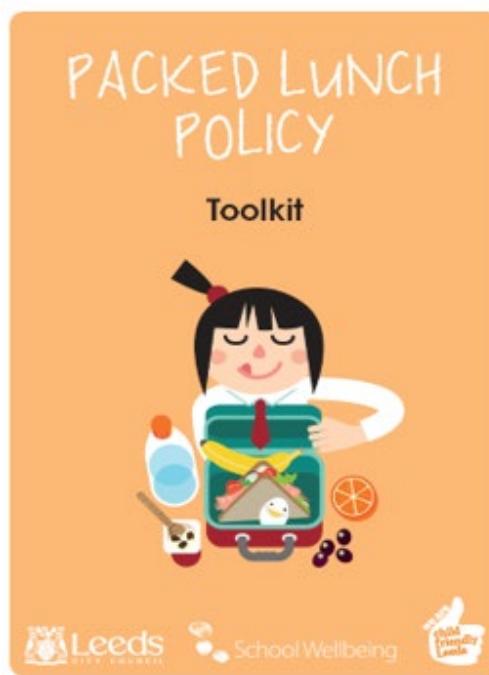
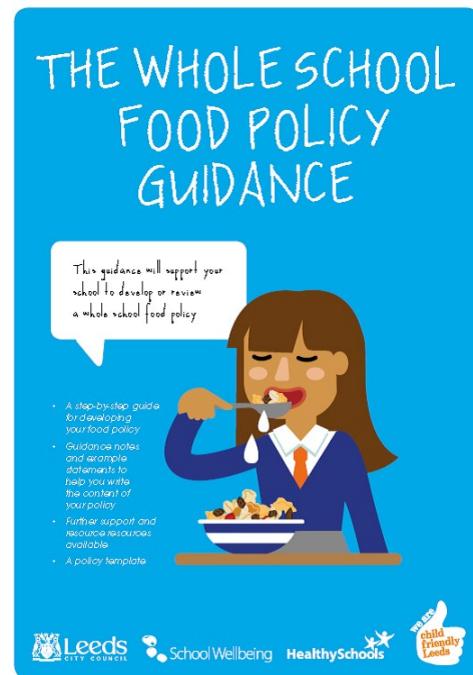


# Outstanding practice for pupil voice (2.6)



- *There is a designated group of pupils who lead on pupil voice in relation to food and nutrition. They represent a cross-section of age groups and abilities and are regularly involved in a range of activities such as monitoring provision, promoting healthy eating and influencing school policy.*
- *The school can demonstrate a range of examples of how school food provision, the curriculum, healthy eating behaviours or policies have changed because of pupil voice.*

# Further support and resources



[The Store | Leeds for Learning](#)

[www.leedsforlearning.co.uk](http://www.leedsforlearning.co.uk)



# My 3 top tips ...

1. When it comes to lunchtimes, see your students/pupils as your customers – proactively listen to their views
2. Make student/pupil consultation a regular part of school life
3. Link your curriculum and whole school approach e.g. cook and prepare dishes from your school lunch menu

# Thank you! Any questions?



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