

‘Student voice, school food and healthy eating behaviour change’

Siobhan Jennings

Siobhan.Jennings@leeds.gov.uk

Healthy Eating Advisor & Nutritionist

Health & Wellbeing Service, Leeds City Council

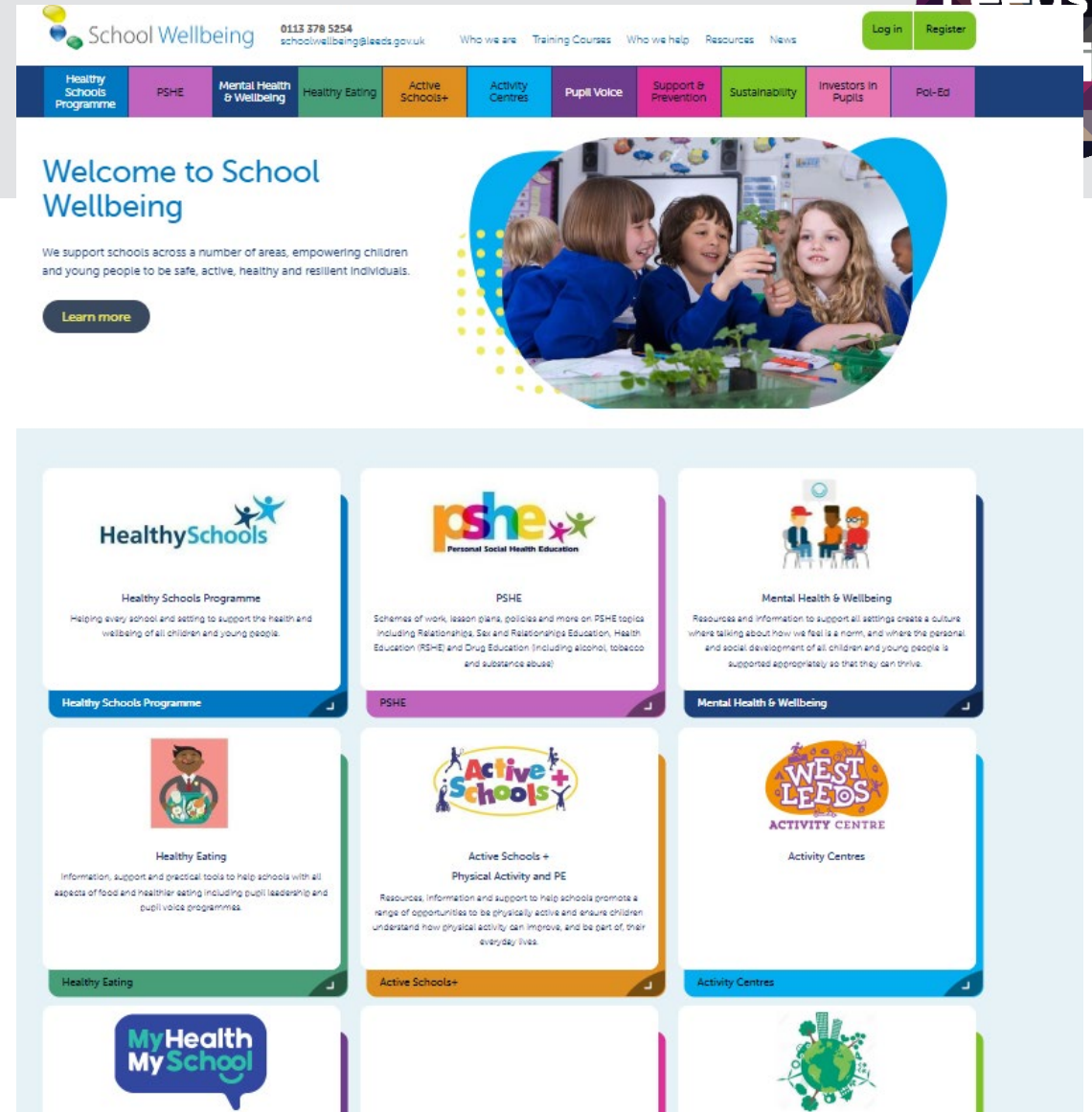
Overview



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



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.

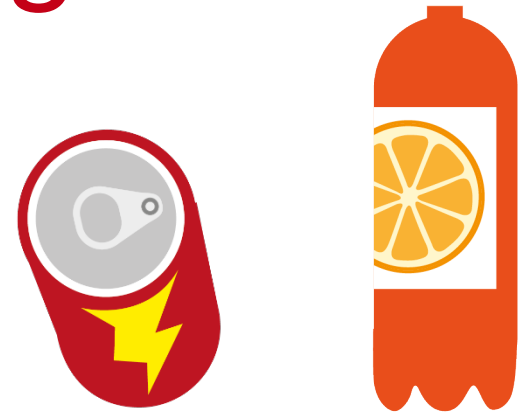
My Health, My School Survey

- 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?

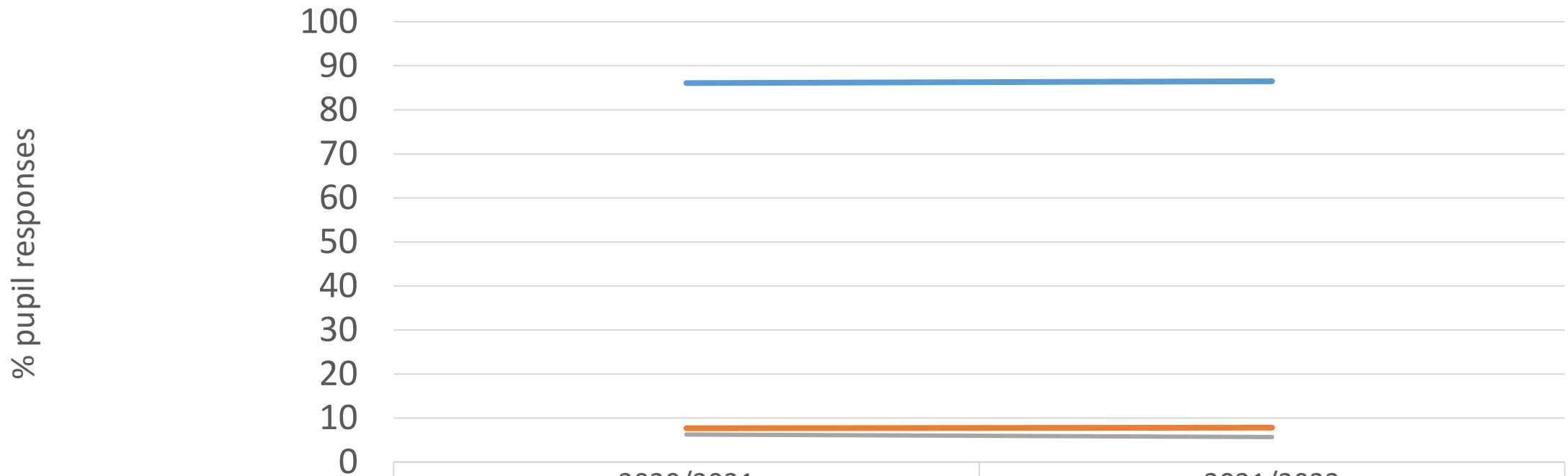
a) 42%

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

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

86.06%

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



— I have had enough useful information	86.06	86.48
— I need better information	7.69	7.85
— I don't know	6.25	5.67

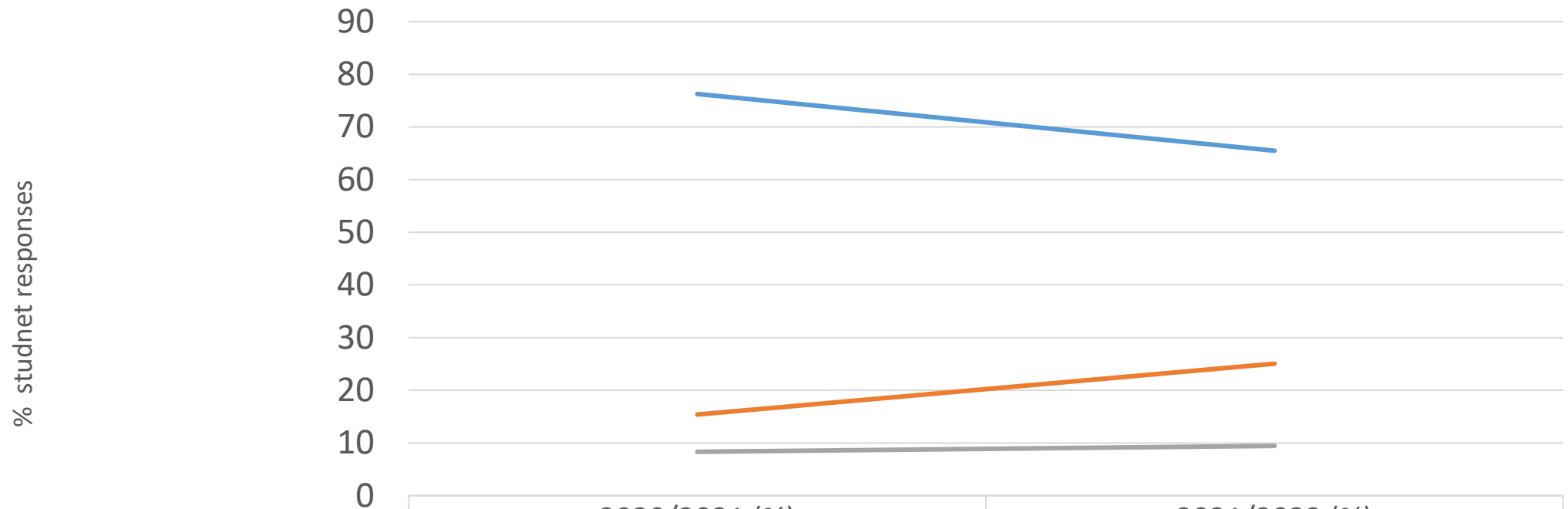
What percentage of **secondary** students in Leeds receive enough useful information and learning on **cooking and preparing healthy food?**

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



I have had enough useful information	76.26	65.48
I need better information	15.39	25.06
I don't know	8.35	9.46

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 or email
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.leedstorlearning.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

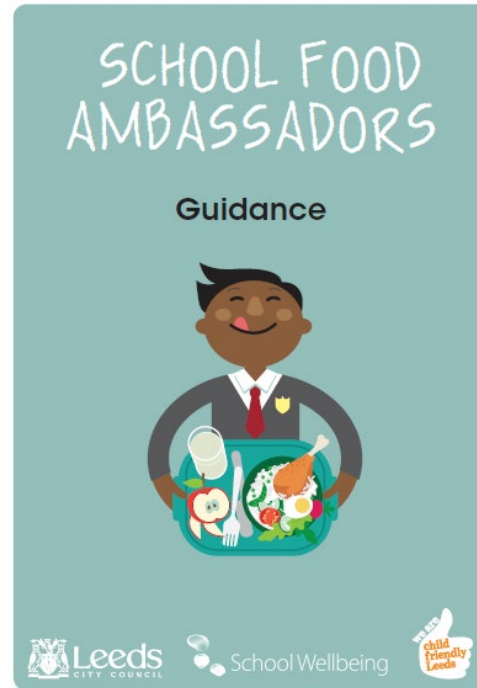
"You really need to stop and listen to us; we are the voice of the pupils and we know what we want, we know it is hard work, but this is what we want."

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

A collection of worksheets for school food ambassadors. The main sheet is titled "School Food Ambassador FOOD TASTING TOOL" and includes fields for "Food/Dish:" and "Food group/s:". It has a grid for sensory evaluation (Look, Smell, Feel, Taste, Overall) with five chef icons and "Descriptive Words" space. Other sheets include "What makes a good School Food Ambassador?", "Side dishes on today's menu", "Puddings on today's menu", and a "TOOL" sheet for menu evaluation with a date and day of the week field. All sheets feature the cartoon ambassador character and logos for Leeds City Council, School Wellbeing, and child friendly Leeds.

- <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 Healthy Schools website interface. At the top is a navigation bar with links: HOME, ABOUT US, F.A.Q, RESOURCES, CASE STUDIES, CONTACT US, REGISTER, and LOG IN. Below the navigation bar is a hero section with the text "Improve the health and wellbeing of your school" and a "Video Tour" button. To the right of the hero section are two boxes: "School Health Check" (blue) and "Healthy Schools PLUS" (orange). Below these is a section titled "1.1 Leadership" with a table for "School Management".

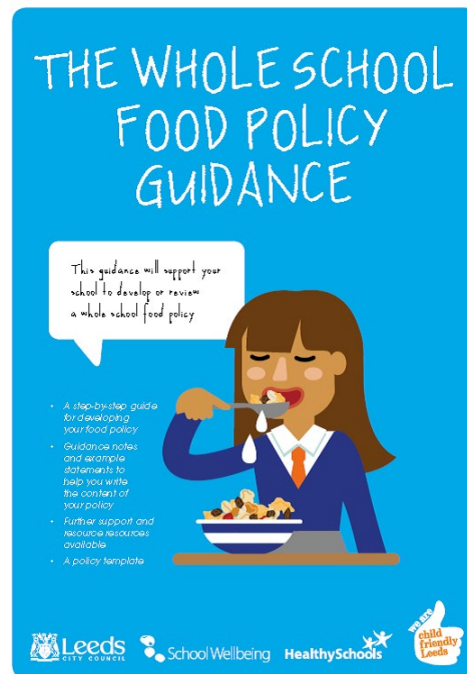
OUTSTANDING	GOOD	REQUIRES IMPROVEMENT	INADEQUATE	N/A
All the school gives PSM equal subject status and it is at the forefront of whole school priorities and initiatives.	The school gives PSM equal subject status and it is included in whole school priorities and initiatives.	Senior leaders are raising the profile of PSM, aiming to include it in whole school priorities and initiatives.	PSM has a low profile and is rarely considered in whole school priorities or initiatives.	
Leaders and governors have a comprehensive understanding of the quality of PSM, informed by the views of pupils, parents and staff. They use this to keep the school improving by focusing on the impact of their actions in key aspects of PSM.	Leaders and governors have a good understanding of the quality of PSM in the school. This helps them plan, monitor and refine actions to improve all key areas of PSM.	Leaders and governors have some but not yet good awareness of the quality of PSM in the school.	Leaders and governors are not aware of the quality of PSM in the school.	
PSM is well resourced in terms of curriculum time, staff training, staffing, management time, budget and resources.	PSM is sufficiently resourced in terms of curriculum time, staff training, staffing, management time, budget and resources.	PSM has some but not yet good resources in terms of curriculum time, staff training, staffing, management time, budget and resources.	PSM is not adequately resourced in terms of curriculum time, staff training, staffing, management time, budget and resources.	

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](https://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?



schoolwellbeing@leeds.gov.uk

InvestorsinPupils@leeds.gov.uk

www.schoolwellbeing.co.uk

www.healthyschools.org.uk

www.myhealthymyschoolsurvey.org.uk

www.leedsforlearning.co.uk

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