



# Healthy eating in schools

Alex White  
British Nutrition Foundation



## Who are British Nutrition Foundation and *Food – a fact of life*?

- BNF is a nutrition charity that provides impartial, evidence-based information, resources and training on food and nutrition.
- *Food – a fact of life* is the education arm of BNF, a comprehensive, progressive education programme which communicates up-to-date, evidence-based, consistent and accurate messages around 'food' to all those involved in education.



## Overview

- Why is correct nutrition so important, particularly for the health of young people?
- How does proper diet interact with and support physical activity, as well as other positive behaviours in school?
- Why are modern diets, particularly among young people, so poor and how can schools make a difference?
- What resources can schools make use of, or share with pupils and families, to better inform and change attitudes and behaviours?



## Why is good nutrition important?



Poor diets are associated with an increased risk in some diseases.



Obese children are **more likely to become obese adults.**

### Obesity harms children and young people



Emotional and behavioural

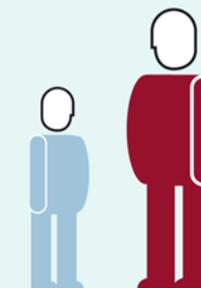
- Stigmatisation
- bullying
- low self-esteem



School absence

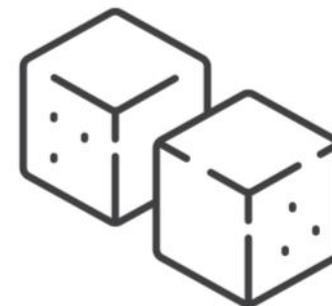


- High cholesterol
- high blood pressure
- pre-diabetes
- bone & joint problems
- breathing difficulties



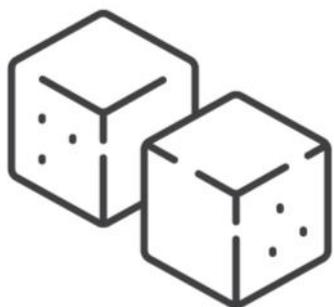
Increased risk of becoming overweight adults

Risk of ill-health and premature mortality in adult life



Having too much sugar can damage teeth.

## What are we eating?

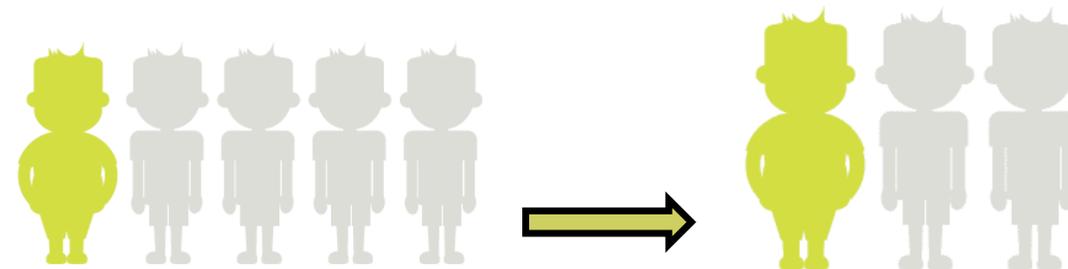


Excess consumption of free sugars, salt, saturated fat and energy.



Few meeting 5 A DAY recs

Low intakes of some vitamins and minerals in some groups.



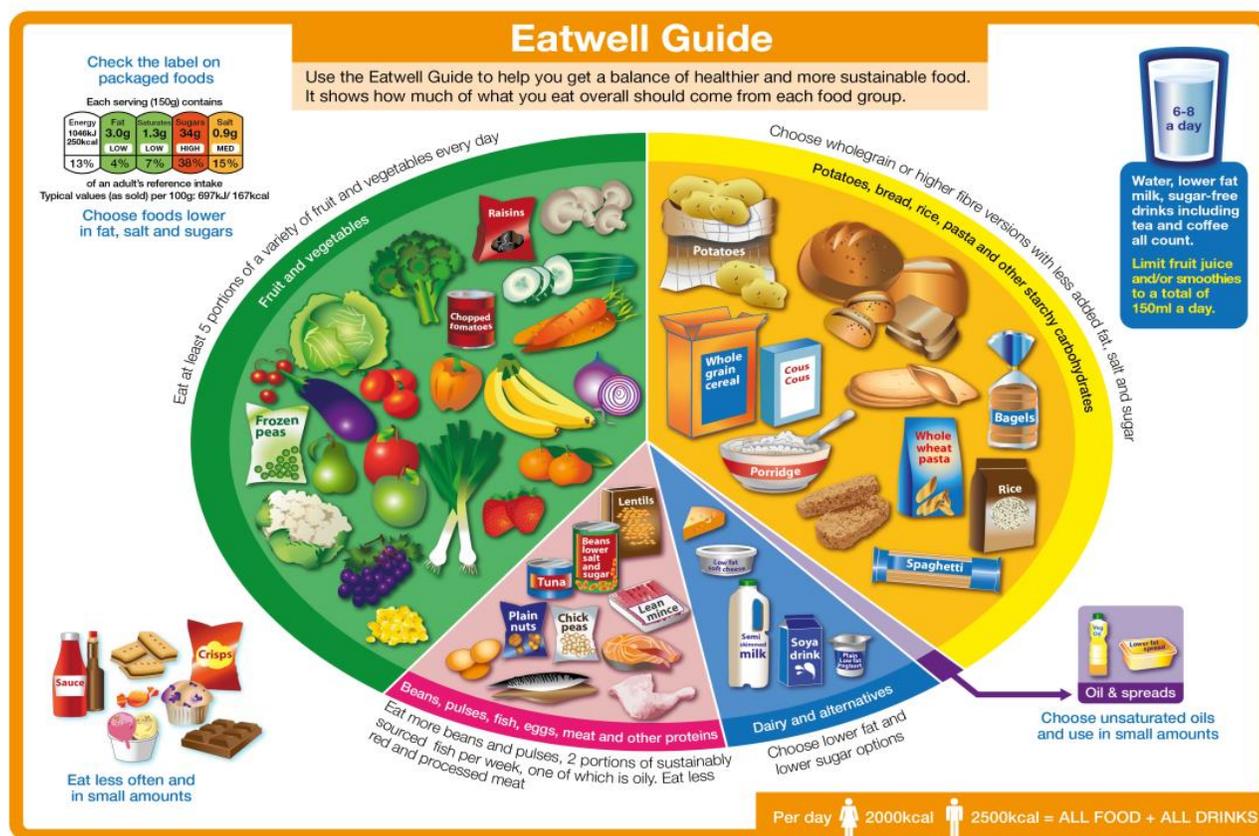
**1 in 5** children starts school overweight or obese

By the time children leave primary school, **1 in 3** overweight or obese.

Low intake of fibre and wholegrains



# What are the recommendations?



## Top tips for healthy eating

- Get your 5 A DAY – at least!
- Go for wholegrains.
- Try to have two portions of fish each week, one of which should be oily.
- Eat more beans and lentils and other plant-based proteins.
- Use unsaturated oils and spreads.
- Keep 'treat-foods' to small portions and have them less often.
- Drink at least 6-8 cups/glasses of fluid a day.

## Physical activity

Physical activity is beneficial because it can:

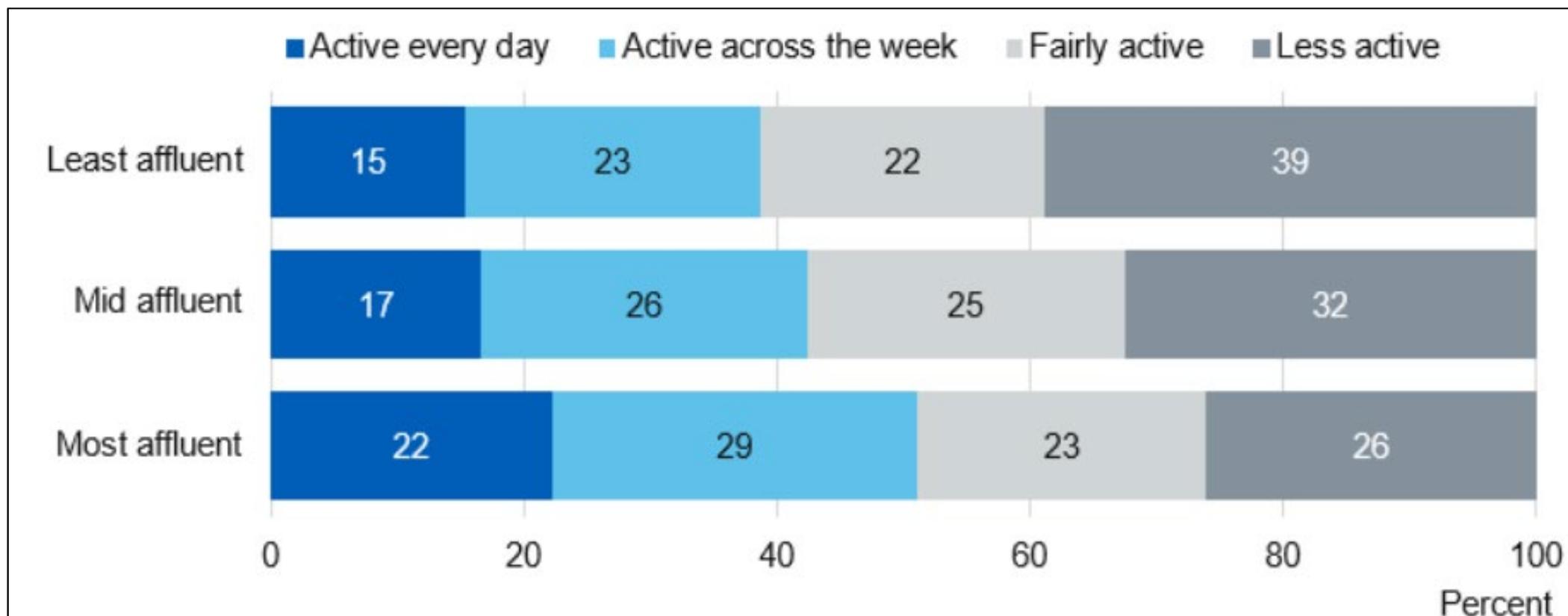
- help to manage the balance between energy in and energy out, to maintain a healthy weight;
- improve heart health and strengthen muscles and bones;
- improve sleep, relieve stress and lift mood;
- have a range of social benefits.

### UK Chief Medical Officer recommendations Children and young people (aged 5 -18 years)

Be active for at least 60 minutes every day (ranging from moderate-to-vigorous intensity).

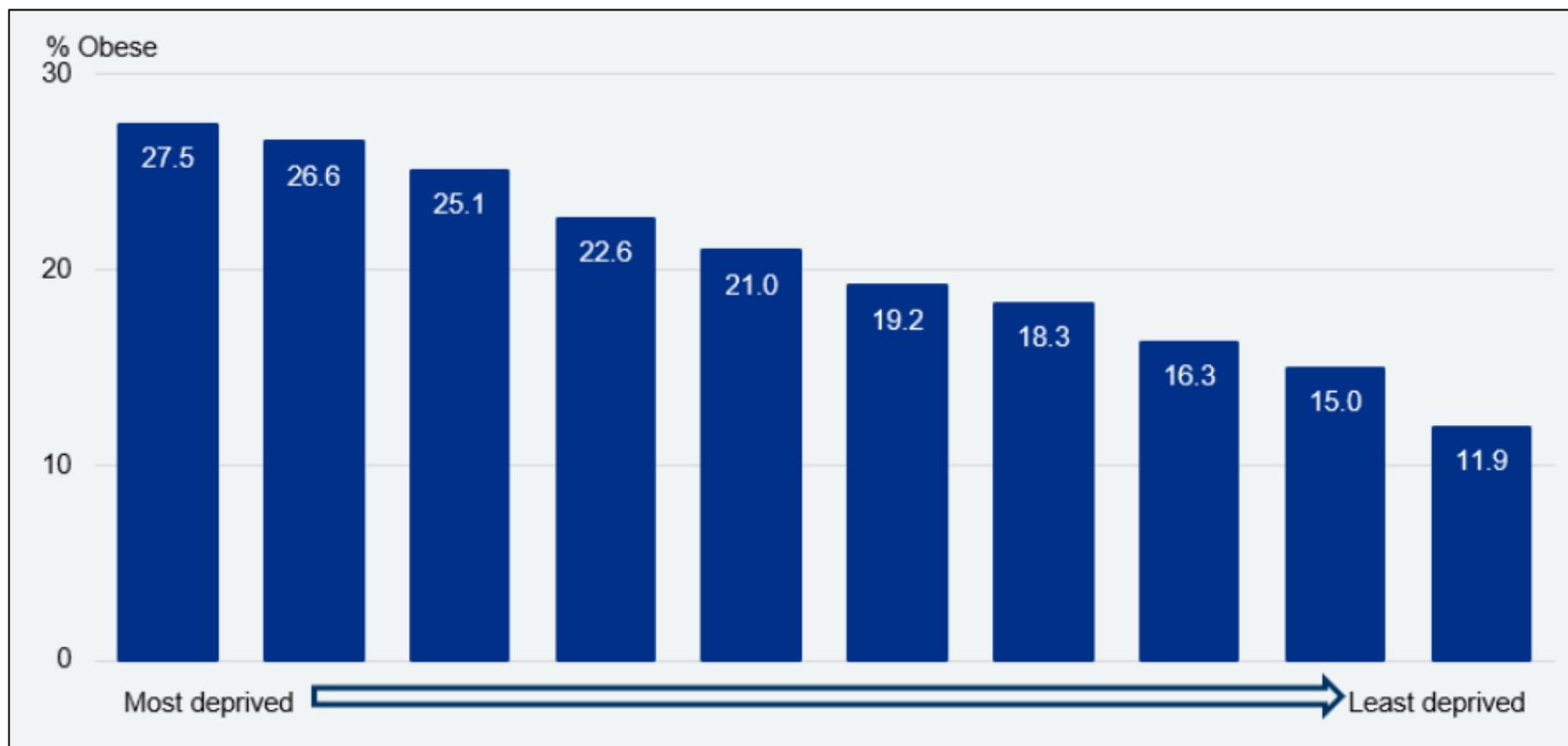
Engage in a variety of types and intensities of physical activity across the week, to develop movement skills, muscular fitness and bone strength.

## Physical activity in England



Children in the most affluent areas are more likely to be active every day and less likely to be inactive.

## Obesity in England



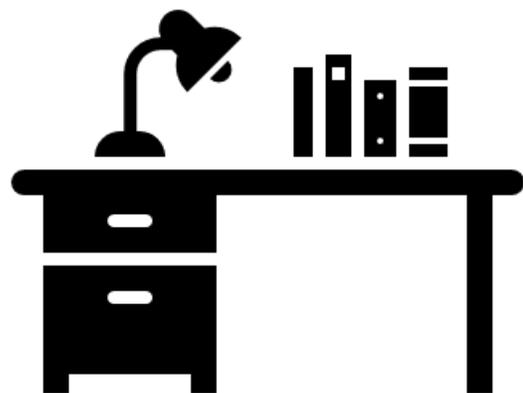
**Obesity prevalence was over twice as high for children living in the most deprived areas (27.5%) than for children living the least deprived areas (11.9%).**

## Deprivation can lead to obesity

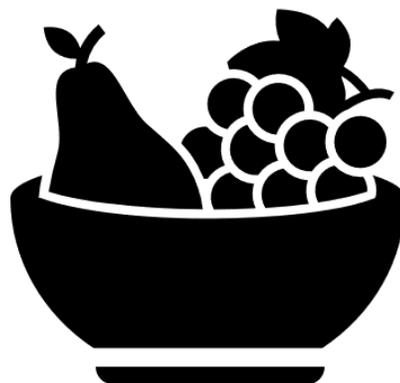
- There are a number of factors that may contribute to the link between poverty and childhood obesity.
- For those on the lowest incomes, the cost of a healthy diet can represent 74% of their disposable income and **less healthy foods tend to be cheaper.**
- The environment in more deprived areas can also mean higher exposure to fast food outlets and fewer opportunities to be active.



## What can schools do?



Give children the best opportunities with high quality food education.



Ensure food and drink provided at school is healthy and be positive role models.



Increase opportunities for physical activity.

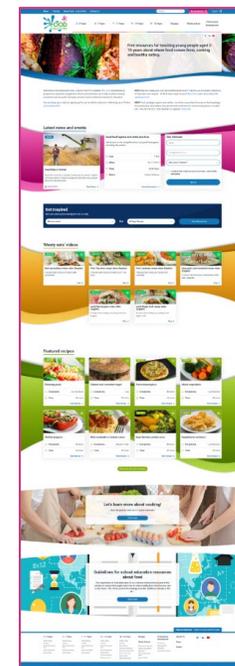


Balance health inequalities.



## How can we help?

- *Food – fact of life* website.
- Resources for 3 – 16 years. Progressive approach.
- Supporting teaching about healthy eating, cooking, where food comes from.
- Curriculum compliant.
- Tried and tested recipes.
- [My dashboard](#) – store collections of recipes and resources in your own online area.
- Personal and professional development (PPD) for teachers.
- Whole school area.

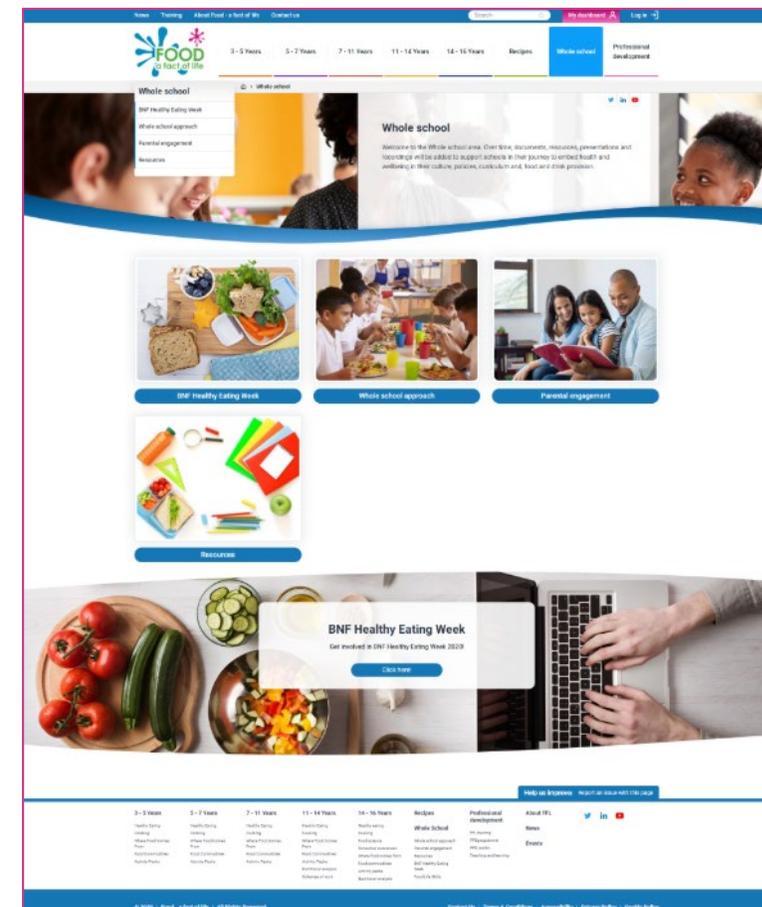


[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

**459,609 visitors  
downloaded nearly 1.4  
million resources and  
recipes during 2020!**

## Whole school support

- Encouraging a whole school approach— food policies, provision, breakfast clubs and healthy lunchboxes.
- Parental engagement activities and resources – breakfast, eat well, healthy lunchboxes, healthy hydration, physical activity and sleep.
- Curriculum, qualifications and frameworks.
- Guidelines for producers and users of school education resources about food.
- BNF Healthy Eating Week.
- Careers in ‘food’.
- Growing club resources.



## Parental engagement

- Support for parents/carers of younger children to eat more vegetables.
- Healthy breakfast.
- Healthy eating.
- Healthy lunchboxes.
- Healthy hydration.
- Physical activity.
- Sleep.



## Remote learning hub

New [Remote learning](#) area on the website:

- Over 560 activities and ideas at home – 13 waves of support!
- Good practice at home - some top tips to get parents/carers started.
- Useful resources for learning – including interactive activities and videos.
- Advice and support for teachers - setting work, planning lessons and arranging their professional development.

Feedback from teachers included:

*“Thank you- I cannot tell you how helpful you have been in supporting food tech in my school! Really don’t know what I’d do without you!”*

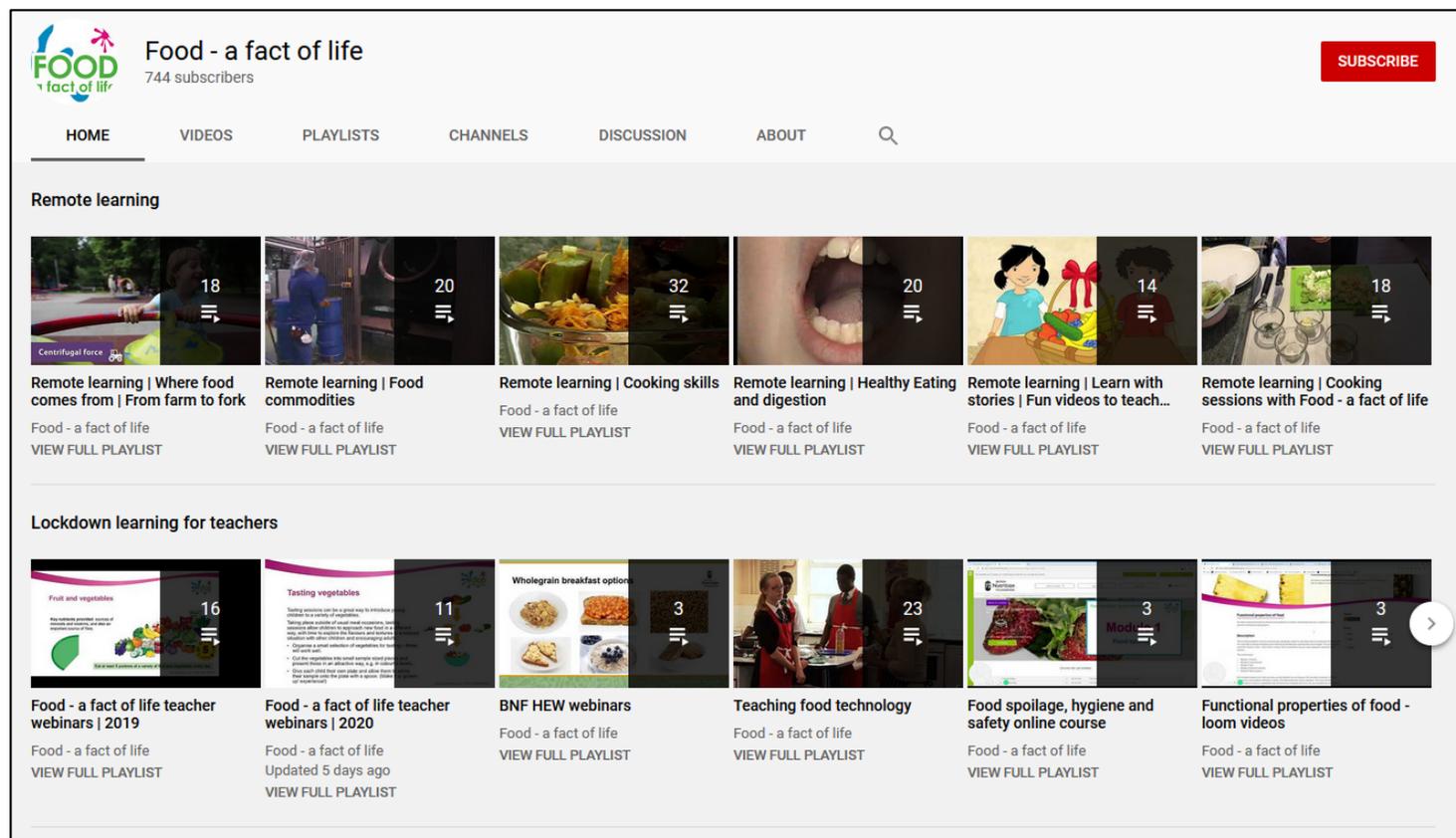


[FFL News article](#)

## Food – a fact of life YouTube channel

- Divided into remote learning videos and lockdown learning for teachers.
- Webinar and conference recordings available for future use.
- BNF Healthy Eating Week cooking session videos.
- Peer-to-peer recipe videos.
- Farm-to-fork videos.
- Healthy eating videos.

[FFL YouTube channel](https://www.youtube.com/channel/UC...)



The screenshot shows the YouTube channel page for 'Food - a fact of life', which has 744 subscribers. The page is organized into two main sections: 'Remote learning' and 'Lockdown learning for teachers'. Each section displays a grid of video thumbnails with their respective titles and view counts.

**Remote learning section:**

- Remote learning | Where food comes from | From farm to fork (18 views)
- Remote learning | Food commodities (20 views)
- Remote learning | Cooking skills (32 views)
- Remote learning | Healthy Eating and digestion (20 views)
- Remote learning | Learn with stories | Fun videos to teach... (14 views)
- Remote learning | Cooking sessions with Food - a fact of life (18 views)

**Lockdown learning for teachers section:**

- Food - a fact of life teacher webinars | 2019 (16 views)
- Food - a fact of life teacher webinars | 2020 (11 views)
- BNF HEW webinars (3 views)
- Teaching food technology (23 views)
- Food spoilage, hygiene and safety online course (3 views)
- Functional properties of food - loom videos (3 views)

# Healthy eating in schools



For further information, go to:  
[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

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# Active Travel, Children & Schools

Chris Kenyon | [ChrisKenyon@gmail.com](mailto:ChrisKenyon@gmail.com)

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–  
**Children want to walk, scoot  
& cycle to you school - are  
we enabling it?**



09:07 AM - 8 Dec 2016

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—  
**8 in 10 children do not get 1 hour of physical exercise a day**

**4 in 10 children are already overweight or obese**

**Everyday 'accidental' exercise built in to routines is key to children's well being**

# The school run is part of the problem

1. One in 4 cars on the road in the morning is on a school run
2. 2,000 schools in England & Wales are within 150 metres of illegal levels of air pollution
3. 11% of teachers surveyed by TeacherTapp have been in a car collision in or near their school car park.



# The school drop off - Virginia



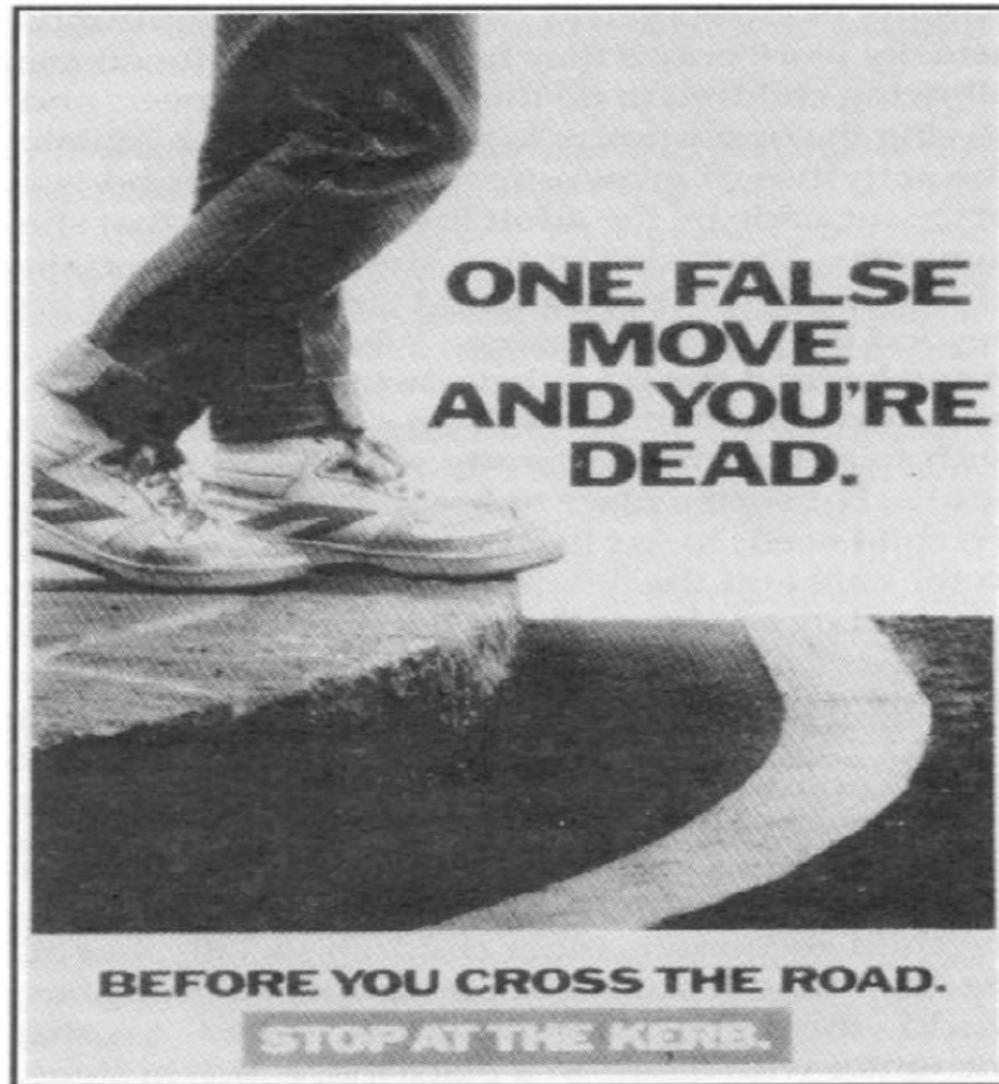
# The school drop off, Assen



# Mayer Hillman: “One False Move”

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- **Government message:** keep children off the road
- **Fewer KSIs:** but not because the roads are safer
- **Result:** children have lost their freedom

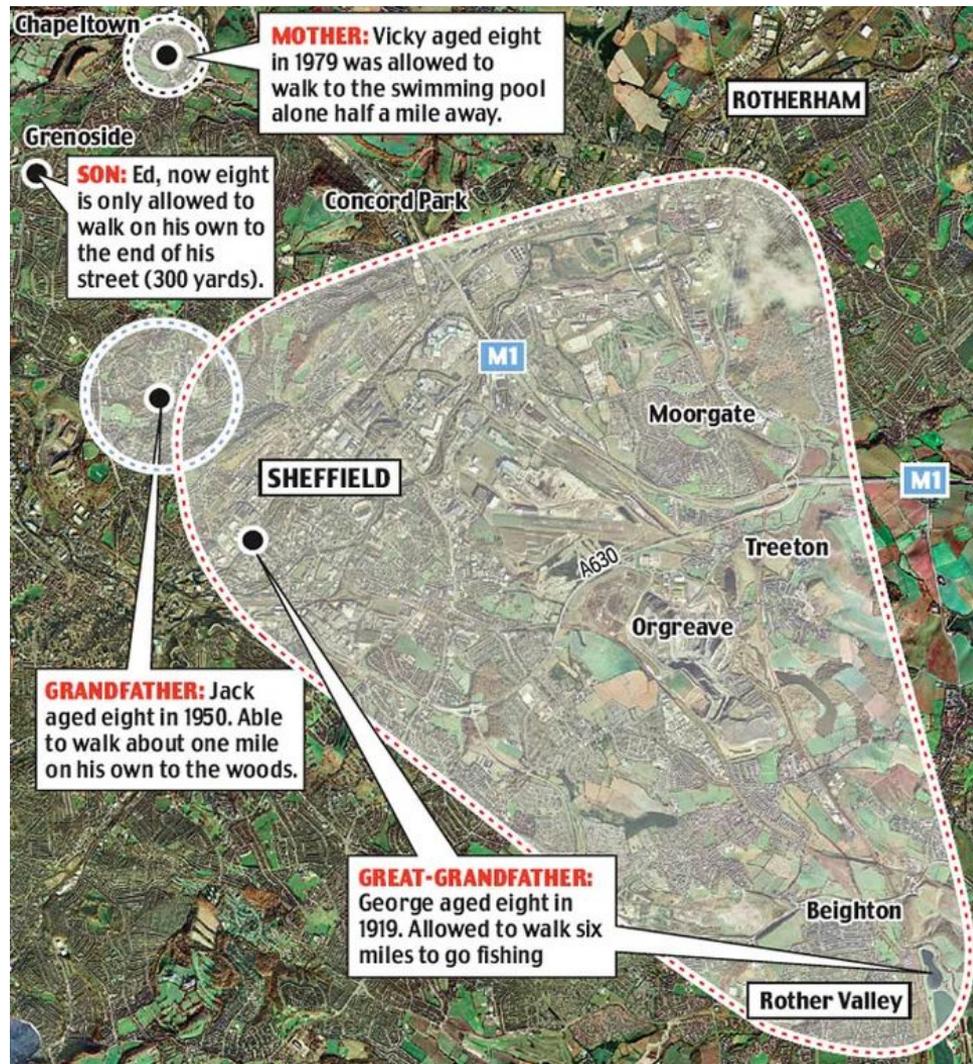


# Lost freedom

## 8-yr-olds over 4 generations

### Thomas Family, Sheffield

- Great-grandfather: 6 miles
- Great-grandson: 300 yards



'There is convincing evidence that physical activity and fitness levels in school children is associated with better academic scores and improved classroom behaviour.'

**Dr Darshana Bhattacharjee**

How can active travel enhance educational attainment in school children? (2015)



—

**Is a better outcome  
possible?**

# Introducing School Streets



# Introducing School Streets



# Introducing School Streets



# How does this work?



- Local authority applies a temporary traffic restriction to your school road during pick-up and drop-off \*
- Restrictions apply for 30 to 45 minutes and are enforced by a camera or a pop-up bollard.
- Only pedestrians & cyclists can use the road (and local residents)
- Your Local Authority have the power to apply the restrictions, and do most of the work for you.

N.B. Not all schools are on streets that are appropriate for schools streets (schools on main roads)

# How can Governors / Trustees help?



1. Ask about your school travel plan and how active travel rates are monitored (STARS). Accredited schools can use data from these schemes
2. Invite a local councillor or cabinet members to visit your school at peak travel time.
3. Organize a play street, a one off street closure outside the school
4. Survey parents to find out what they think
5. Discuss with your headteacher and get a sense of their view on the issues
6. Find out if your local authority is already running a scheme and if they would consider your school.

# School streets as part of a larger intervention



# Before & After





# Further reading

[Briefing Paper: How can active travel enhance educational attainment in school children?](#)

[Adults' attitudes towards child cycling: a study of the impact of infrastructure](#)

[Effectiveness of a safe routes to school program in preventing school-aged pedestrian injury](#)

[Made to Move](#)

[NICE: Physical activity and the environment](#)

[There is too Much Traffic for Alex to Walk to School so We Drive](#)

# Practical tools

[Schoolstreets.org.uk](#)

[Sustrans](#) - School Streets Guide

[Living Streets](#)- School Street toolkit

[The Key](#) - Solve Car Chaos at the School Gate with a School Street

[NEU & British Lung Foundation](#)- Air pollution & Schools

[Video](#) - London Fields Primary (Recommended)

[ModeShiftStars](#) - Travel plans in Education

**Credits:** Amy Foster, Living Streets, Transport for London, Sustrans,



**LITTLE COMMON SCHOOL**

**GOVERNOR PRESENTATION 2021**

**Developing healthy and active lifestyles-  
A whole school community approach**

Learning, Caring, Succeeding... Together

# Our successes in PE and Sport



# How do we create a healthy and active lifestyle culture for all at Little Common?



Sport



Active travel



Healthy, active lifestyles



Nutrition



Community



# Creating an Active School Community



## Whole school impact Who? What?

### School staff, teachers, TAs, Midday supervisor, kitchen and office staff.

- Get active challenge
- Fitness classes
- Daily mile
- Out of school events
- Promotion through newsletter
- Active school ethos

### Staff CPD

- PE Inclusion
- Gymnastics
- Active 30mins
- Daily Mile
- Go Noodle
- Structure and organisation of PE lessons - warm-ups and cool-downs.
- Using apparatus and equipment safety
- Sport coaches CPD
- Midday supervisor training
- Lesson observations
- Team teaching

### Parents/Outside school community

- Get active challenge
- Sunday Stroll
- Healthy and active lifestyle challenges
- Healthy recipes
- Ready Steady Go
- Active travel
- Cooking classes
- Links/signposts to clubs
- Getting active during school closures

### Awards

- Active Primary School of the Year 2020
- Healthy school status
- Platinum Plus Quality Start award
- Gold School Games and Virtual award

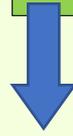
### All school children, Sports leaders, play leaders, sports crew

- Get Active challenge
- Active 30 mins – Go Noodle challenge
- Individual pupil tracking
- Pupil voice
- Sports displays/results
- Sports Leader training /programmes
- RUNtastic runners – daily mile
- Workshops
- Sports coaches
- Personal challenges
- Quality first teaching
- Extra - curricular clubs
- Active travel initiatives
- Competitions and festivals
- Sports assemblies
- Sports certificates
- Sports kit
- Sports committee



# Actions across the school day

Who, what, where, when?



## Play and lunchtimes

- Active playtime equipment
- Play and lunchtime play leaders change for life clubs
- Sports crew challenges
- Playground layout and marking
- Daily mile
- Midday supervisor challenges
- Teacher – led clubs

## Before and after school

- Extra – Curricular clubs
- Inactive children tracking
- Active travel initiatives – Walking Wednesday
- Questionnaire
- Get Active challenges.

## PE lessons/curriculum

- Progressive PE scheme
- Progression documents
- 2 hours of timetabled PE curriculum
- RUNtastic runners
- Class Sports leaders
- Play leaders

## Parents and the community

- Get active daily challenge
- Healthy recipes
- Weekend community strolls
- Newsletters advice
- Cooking workshops
- Fitness classes

## Competitions and Events

- Healthy schools' week
- School games competitions/festivals
- Cluster competitions
- Festivals – CFL
- Workshops
- Little Common in school events
- Well-being weeks
- Sports and community links assemblies
- Sports days

# Sport



“The best thing about PE is that we get to try lots of different sports to help keep us active.”

# Sport



- PE curriculum
- Extra curricular clubs
- Pupil voice
- Club links and sign posting
- Workshops
- Competition
- Links with Schools Games cluster
- Sports coaches

# Community



**“My family and I think the ‘Get Active at home challenges’ are really fun. It helps us to keep active”**



## How do we engage with parents?

- Get active daily challenge
- Healthy recipes
- Weekend community strolls
- Newsletters
- Cooking workshops
- Fitness classes
- Links to local providers
- Community initiatives

How do we achieve this and what is the impact?

- Intent
- Implementation
- Impact
- Sustainability



- 93% of the school were active up to March 2020;
- 91% of pupil premium and 80% of vulnerable children were attending a club, competitions and taking part in a leader role.

### Getting active and being healthy

- We spent £7278 on PE and Sport equipment for active play and PE including 2 new goal post;
- Our weekly newsletter contained Healthy and Active lifestyle personal challenges;
- 130 families took part in our half term 'Get active' family challenge;
- 110 families took part in our Sunday stroll.
- The Sports Crew and Play Leaders lead clubs and challenges at playtimes;
- We ran GO NOODLE active class of the week;
- We ran daily Change for Life lunchtime clubs led by our Play Leaders;
- Our Sports Crew lead daily playground challenge to improve of personal best;
- Became early adopters of the East Sussex healthy schools check;
- Amex trip for Year 6 – Literacy within sport;
- Healthy, balanced meal and poster competitions;
- We ran sports days for children at home and in school.
- Get active email set up [getactive@littlecommon.e-sussex.sch.uk](mailto:getactive@littlecommon.e-sussex.sch.uk)
- Active travel questionnaire;
- GET SET to Tokyo challenge.

- Intent
- Implementation
- Impact
- Sustainability



### Getting active during school closures

- **Get Active healthy lifestyle challenge;**
- **Get Active at home video;**
- **Get Active at home teachers video;**
- **Parent questionnaire on at home activity;**
- **Whole school sports day;**
- **Sports day at home -110 children took part;**
- **92.89% active at home for at least 60 minutes a day;**
- **74.23% took part in PE with Joe;**
- **69.77% took part in active challenges set by the school;**
- **93% read our Get Active newsletter and viewed our Get Active page on the website;**
- **Active Sussex school games spirit of the games award for most participants in Sussex.**

# Active travel



“ I walked 42 miles in May  
by walking to and from  
school every day!”



## Active travel



- Walking Wednesdays
- Parent questionnaires
- Pupil voice
- Bike and scooter storage
- Active 60 mins
- Newsletter
- Get Active challenge
- Initiatives such as Big Pedal, Walk to school week.

# Nutrition



# Nutrition



- DT and Science curriculum
- Newsletter - recipes and advice
- Healthy lunches
- Assemblies
- Parent workshops
- Links with East Sussex Health team
- School charter - growing veg
- School council
- Healthy school status

# How do we create a culture of PE and Sport for all at Little Common?



Sport



Active travel



Nutrition



Community





# What role do governors play in improving physical activity?

## PE CURRICULUM

Who?

What?

How?

**SCHOOL  
IMPROVEMENT PLAN**

Leadership including Governance:  
Review impact of new developments  
using variety of monitoring and  
evidence

**HOW ARE PARENTS  
AND FAMILIES BEING  
ENGAGED?**

Governor core function: Holding  
leaders to account for educational  
performance / making sure money is  
well spent

**SPORTS PREMIUM  
FUNDING**



**Thank you!**  
**Any questions?**