

Ofsted - Inspecting a Culture and Ethos of Healthy Eating

The School Food Plan (www.schoolfoodplan.com) highlights the importance of taking a whole school approach to healthy eating, the head teacher leading the change, and active pupil engagement. A good food culture has been shown to raise attainment, improve behaviour and support pupil wellbeing.

	Key Questions	Evidence to look for	Further resources
Leadership	<ul style="list-style-type: none"> What steps have you taken to ensure there is a whole school approach to healthy eating? Who is responsible on the senior management team and governing body for healthy food provision and food education? How do you monitor and evaluate school food provision and food education? How do you involve the wider school community (including parents and Governors) in promoting healthy eating? 	<ul style="list-style-type: none"> A current 'whole-school' food policy that is shared widely with stakeholders. Strategy/references to food in SDP/SEF Pupil premium spending promoting healthy eating and learning (including breakfast and after school clubs). Relevant data on school meal take up Senior leadership and Governor engagement with what children are eating and drinking. The use of nationally recognised accreditation schemes, review frameworks and initiatives. 	<p>whatworkswell.schoolfoodplan.com (with examples from Ofsted reports) [to follow]</p> <p>http://www.schoolfoodplan.com/checklist/</p> <p>https://www.gov.uk/government/collections/school-food</p> <p>DfE Governor Advice: http://bit.ly/1yEtd79</p>
Food provision	<ul style="list-style-type: none"> How do you know food is tasty and meets the food standards across the whole day? What do children think about the food and drink provided? How are they involved in decision-making? How do you ensure your meal provision best meets the needs of your school community? What advice is provided for those who choose not to take a school lunch, e.g. a healthy packed lunch policy? 	<ul style="list-style-type: none"> An attractive, happy and calm dining environment. Staff and children eating together. Catering staff (including midday supervisors) who are happy and engaged with school staff and children Children are actively consulted. Cashless payment system to reduce queues and stigmatisation of FSM pupils. Independent verification that school food standards and Government Buying Standards are met across the school day. 	<p>www.schoolfoodplan.com/standards</p> <p>http://www.childrensfoodtrust.org.uk/schools/the-standards/new-standards</p> <p>http://www.nhs.uk/livewell/childhealth6-15/pages/lighterlunchboxes.aspx</p> <p>Government Buying Standards: http://bit.ly/1E5M4dh</p>
Food education	<ul style="list-style-type: none"> How do you measure progress of children's knowledge and skills about healthy eating? How do you make learning about healthy eating (including nutrition advice and practical cooking) possible for all students and across subjects? Is there a qualified subject specialist for teaching food education? 	<ul style="list-style-type: none"> Consistent messages across subjects. Ensuring there is enough timetabling, space and practical resources (equipment, ingredients). Food education schemes of work with a focus on savoury cooking. Use of pupil premium or budgets to provide ingredients for pupils unable to bring from home. Food growing and gardening activities. 	<p>D and T National Curriculum http://www.schoolfoodplan.com/cooking-in-the-curriculum/</p> <p>Core competence framework (www.nutrition.org.uk/foodinschools/competences.html)</p>
Wider Wellbeing	<ul style="list-style-type: none"> What CPD/training is in place for all teachers and support staff to support their knowledge of health and wellbeing? How does the school link healthy eating within the wider personal development, behaviour and welfare framework? 	<ul style="list-style-type: none"> Development plans and CPD records. National health and wellbeing awards. Involvement with outside agencies. Events, assemblies, displays and messaging themed around health and wellbeing. 	<p>https://www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing</p>