

The Importance of a Good School Food Culture

Speaker's Guidance Note

What is the aim of the session and why is it important?

The main aim of the session is to help all teachers and school staff to understand why a good school food culture is important and how it improves pupil health and well-being. After reviewing examples of schools already benefitting from revolutionising their food culture, participants will be asked to identify some practical steps they can take to improve the food culture in their own school. Participants can then use the 'additional resources and further reading' document to learn more.

How to deliver the session

This is an informal 1 hour session and should be suitable for all members of school staff; the materials are designed to be presented by anyone regardless of their experience in school food. The session itself can be delivered in various ways, including i) by a member of school/university staff to colleagues/students, and ii) as part of a workshop or conference with attendees from multiple schools/caterers.

You are free to adapt elements of the session to suit your audience, including the order of slides within each section; for example you may wish to remove slides for any optional activities you are not going to cover. However, we suggest you keep the facts/figures and convey all the information on the 'key messages' slide for each section.

Please note: if you wish to cover all of the content in detail it may be necessary to split the materials across two, one-hour sessions. We would advise that you cover section 1 of the presentation in the first hour, to provide the background information and set the scene regarding the importance of a good school food culture. The second session can then be used to focus on a review of the case studies and action planning amongst participants. If you are a school that is already taking significant steps to improve your food culture, you may wish to skip over some of the content in the first section, to leave more time for sections 2 and 3.

The main presentation is provided in a PowerPoint format, with presenter notes under each slide. There is also a PDF version of both the slides and the presenter notes, which are suitable for printing.

Before you deliver the session

Look through the outline plan below, along with the slides and their notes for the presenter. For each of the three main sections review:

Section 1: the timings and select the most relevant activities from those that are optional.

Section 2: the case study summary document and decide which examples you would like to use and whether written stories or videos will work best for your group; you can use a mix of both if preferred.

Section 3: the template action planning documents; please feel free to develop your own versions. Familiarise yourself with the supporting resources, such as the Headteachers' checklist and Ofsted guidance.

Equipment needed

To present the session you will need:

- A computer with internet access
- A projector
- Various printed resources (optional – see the session plan below for further details)
- Access to the Speaker's notes for each slide



<i>Timing</i>	<i>What Will I Be Doing?</i>	<i>Supporting Materials</i>
<p>SECTION 1</p> <p>Overall: 15 minutes</p> <p>Presentation of slides/core content: 10 minutes</p> <p>Optional Activities: 5-15 minutes</p>	<p>During this section you will primarily be presenting the slides to explain the importance of a good school food culture and the benefits this can bring to pupil health and well-being. The presenter's notes are there to provide guidance on the key messages for each slide.</p> <p>There are three optional 5 minute activities included throughout this section which you will need to facilitate. If you are running the session within an hour you will probably only have time to use one or two. Please review each of the activities and choose those which are most relevant to your audience.</p> <p>Optional Activity A (Sugar): A useful ice-breaker and a means of gauging current levels of awareness within the group</p> <p>Optional Activity B (Group Discussion): A chance for the group to review the key messages they have received and to relate this to their own experiences in school</p> <p>Optional Activity C (Mixed Messages): An opportunity to consider practical examples of mixed-messages in schools and for the group to relate this to their own experiences</p>	<p>Optional Activity A (Sugar): See Materials Pack</p> <p>Literature on Health Impacts of a Poor Diet: See Presenter's notes and slide-deck on 'additional resources and further reading'</p>
<p>SECTION 2</p> <p>Overall: 25 minutes</p> <p>Presentation of slides: 10 minutes</p> <p>Review of Case studies: 15 minutes</p>	<p>At the beginning of the section you will be presenting a few slides to explain the 'whole school approach', the success achieved so far to improve school food culture across the country and some further information on what constitutes a 'healthy diet'. Again, the presenter's notes are there on each slide to provide guidance on key messages.</p> <p>Your primary focus for this section will be to facilitate the review of case studies from individual schools. As the presenter you should think about which format of case studies you wish to use (written, videos or a mix) and which specific case studies are most relevant for your group; further information is provided in the case study summary document. You may either wish for the whole group to review the case studies together, or to split participants into smaller groups to review the case studies independently and then feedback to the wider group. This activity is a useful time for participants to capture initial observations and ideas for the action planning element (section 3) in the mind-map template provided.</p>	<p>School Food Standards (A3 Poster): x 1 print-out per group</p> <p>Ofsted Guidance: x 1 print-out per group and Dec 15 School Inspection Update (pg. 9-10)</p> <p>Further guidance on Healthy Eating: See Presenter's notes and slide-deck on 'additional resources and further reading'</p> <p>Case Studies: see summary note and individual narratives/videos; x 1 print out of each written case study per group</p>
<p>SECTION 3</p> <p>Overall: 20 minutes</p> <p>Presentation of slides: 5 minutes</p> <p>Action Planning: 15 minutes</p>	<p>In this section you will be helping participants to develop their own actions to improve the food culture in their own school. Example headings are provided which may help to group related actions. There are also some example actions to discuss with participants if they are struggling for inspiration. You can use the headteachers' checklist to help them identify steps they can take to improve the food culture in their own school, along with the template school food policies.</p> <p>Focus on ensuring that each participant has some tangible actions to take away from the session. These can be a mixture of 'quick wins' and more long-term goals.</p>	<p>Action planning templates (mind-map and tabular versions): x 1 per participant. Templates available in the resource folder.</p> <p>Headteachers' Checklist x 1 per group</p> <p>Template School Food Policies (optional): see 'additional resources and further reading'</p>
<p>ADDITIONAL</p>	<p>If time allows, you may want to move on to reviewing related activities/initiatives that are occurring in your own area, e.g. a local healthy schools programme. You can also look through the additional resources and further reading available in the accompanying slide-deck.</p>	<p>Additional resources and Further Reading: x 1 printed handout per participant. Available in the resource folder.</p>