

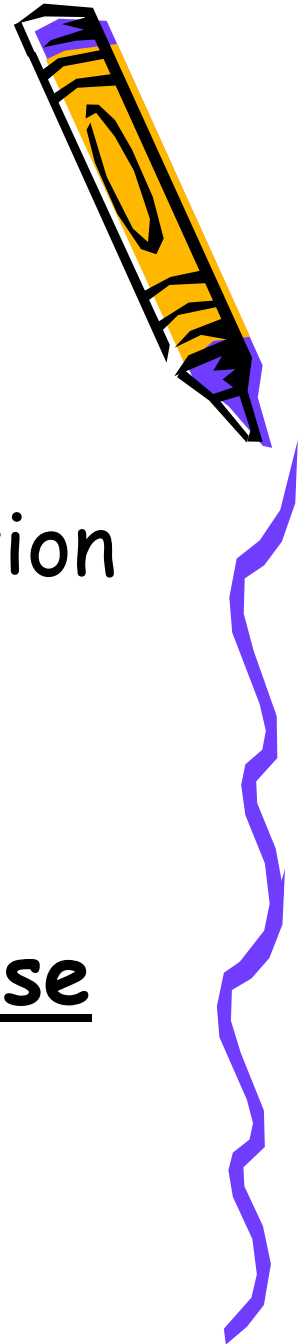


Eating Matters in Special Schools in the West Midlands

Joe Harvey – Director of Health Education Trust

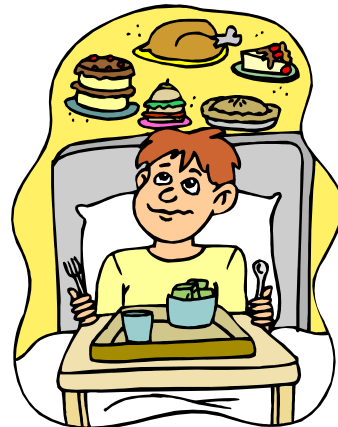
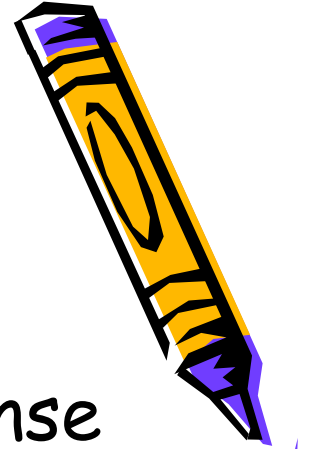
Conclusions

- Best opportunity in 30 years.
- Requires commitment and imagination and partnership.
- Can be done/must be done.
- Jointly plan with policy on exercise and activity



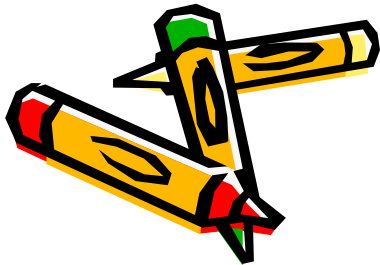
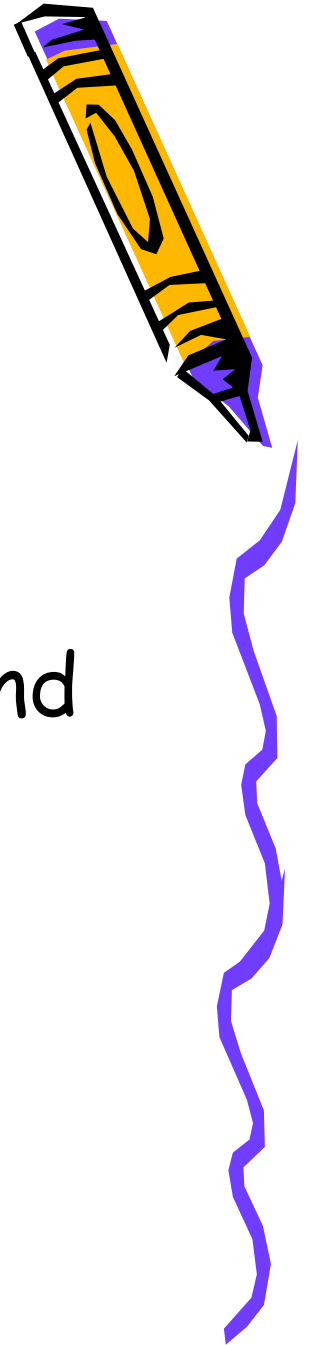
The Problem

- Increased consumption of energy dense snacks and drinks
- Increase in sedentary behaviour
- Decreased physical activity levels
- A significant lack of skills and understanding

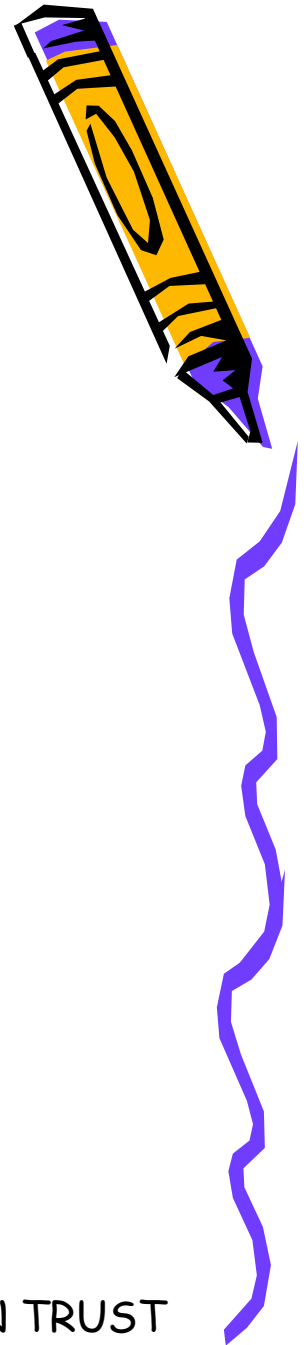


Integration of Food and Physical Activity Policies

- Diet and activity - an equation.
- Physical/mental/emotional health.
- Shared vision, coherent planning and delivery.

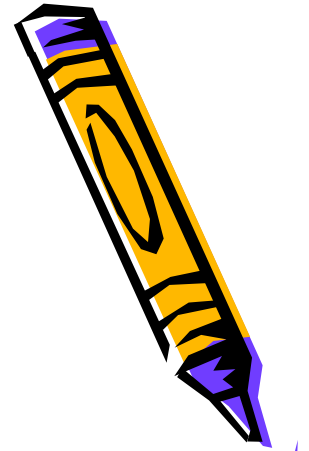


Educational
strategies within
the classroom
need to be linked
to pupils'
experiences



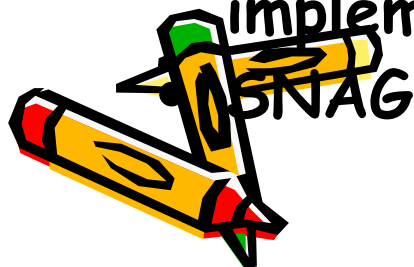
Key Recommendation

- All schools should develop 'whole-school' food and nutrition policies:



Why should school management get involved?

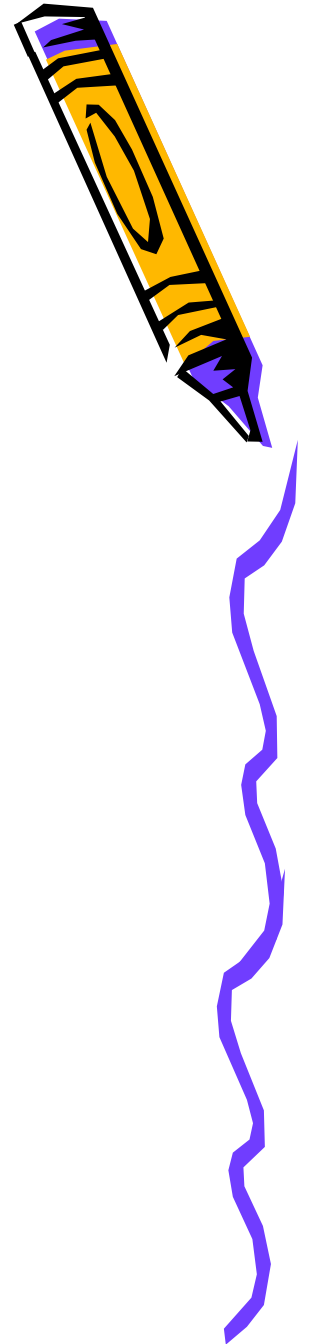
- 'In loco parentis' care for child's health and welfare.
- Active, enthusiastic promotion of the school food service to parents and pupils
- Promotion and marketing of the service in school
- The time-tabling of a lunch hour to allow for civilised eating behaviours
- Good supervision of a sensitive support manner
- Well-planned customer-friendly management and administration of rotas/queuing systems
- The creation of an action group for planning and implementing change



School nutrition action group (SNAG)

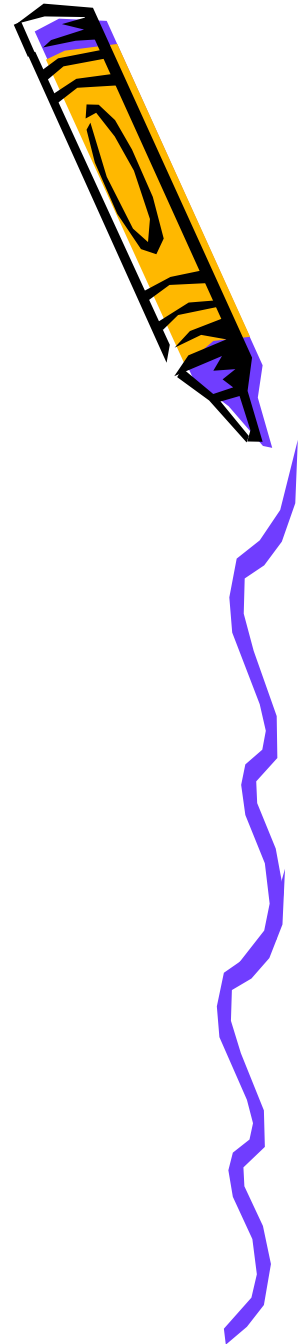
- SMT
- Curriculum staff - champions
- School council - pupils
- Parent/governor
- Catering manager
- Community rep.....+++

PARTNERSHIP WORKING



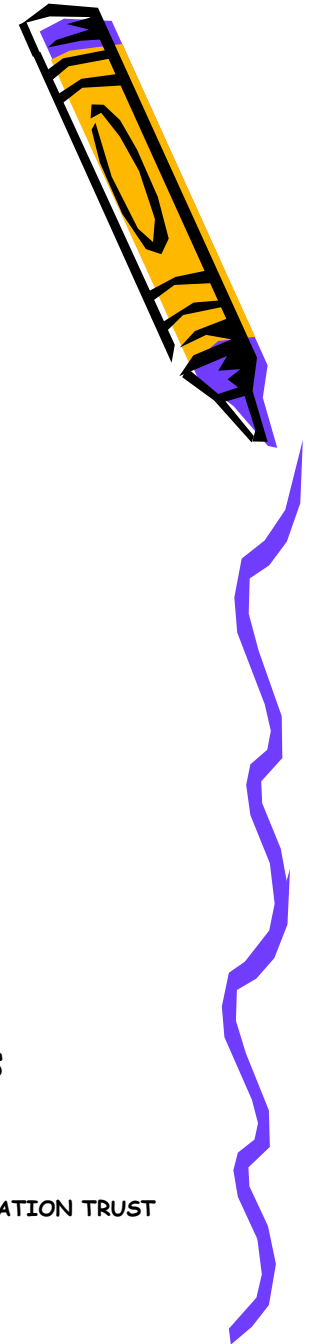
Let's Start A Conversation

1. Where are we now?
ASSESS
2. Where would we like to be?
CONSULT/PRIORITISE
3. How do we proceed?
POLICY/ACTION PLAN



Areas Of Interest?

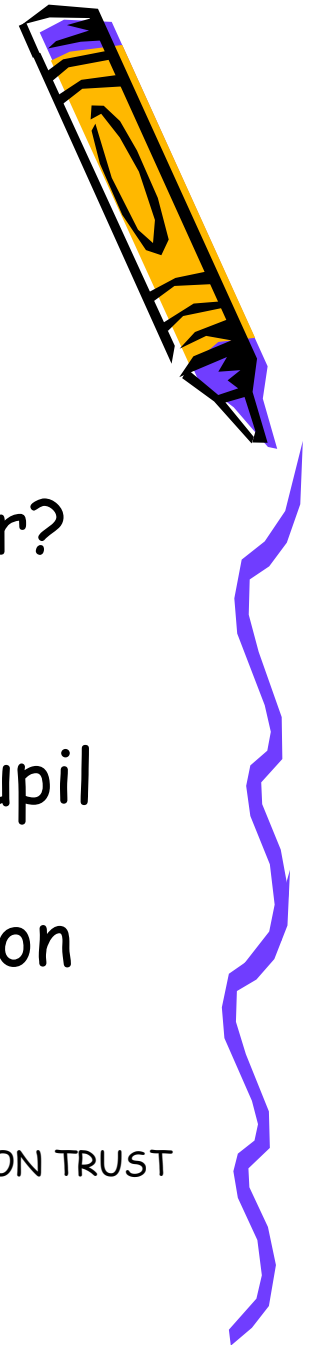
- Attitude to present service
- Menu planning to meet new requirements
- Influences on children's choices
- Management of the lunch hour
- Quality of environment
- Access to water
- Level of packed lunches/other options
- Free school meals - uptake v entitlement
- Food other than lunch
- Sustainability/local sourcing/seasonality
- Curriculum - purchasing/preparing/cooking/food safety/ farm links



Does diet impact on performance and behaviour?

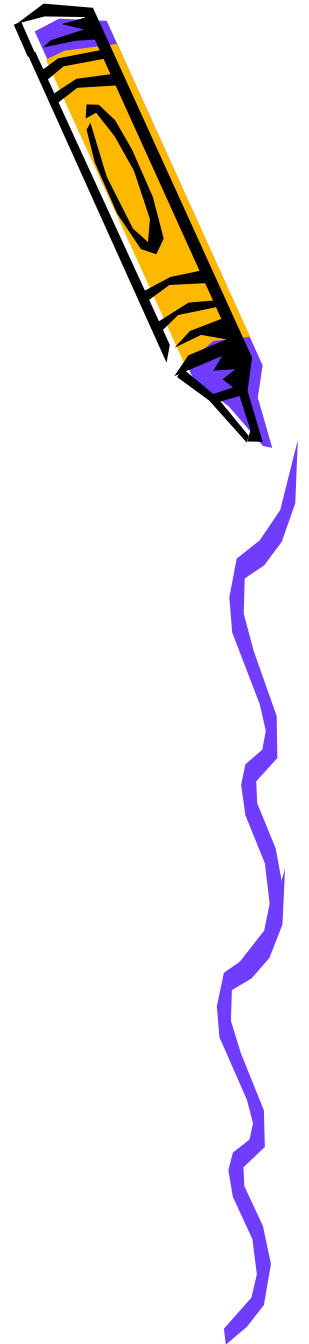
- Children much calmer/improved behaviour?
- Improved concentration/less conflict resolution required?
- Improved achievement/ greater staff/pupil satisfaction?

More work needed to underpin these common sense assertions.



Influencing pupil behaviour

- Education
- Skills
- Access
- Availability
- Engagement/involvement



The education system is charged with preparing young people to take their place in a wide range of roles in adult life.

Today's pupils are tomorrow's parents, how will they teach their children about food, help them prepare and cook food and understand basic food hygiene?





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