



# Woodhouse Wellbeing

Promoting healthy, active lifestyles

September 2017

# Objectives



- To improve the health and wellbeing of all students at Woodhouse Academy.
- To educate pupils, staff, parents and carers on healthy lifestyles, so they can make informed choices.
- To offer a wide variety of physical activities, that pupils can take part in.
- To improve the quality and variety of healthy food options, provided by the catering team.

# Background



- Government - Healthy Eating Standards
- Ofsted
- Children's Food Trust
- Media
- Other schools

# Key Findings



- Nearly a third of children aged 2 – 15 are overweight or obese.
- Younger generations are becoming obese at earlier ages and staying obese for longer.
- Getting pupils to make informed choices.
- Whole school approach.
- Healthy eating better at primary schools than secondary.

# Healthy Schools Campaign



## **1. Food + Health**

Offer nutritious school meals that are appealing to students.

## **2. Procurement**

Support the procurement of local and sustainably grown products; find new products that are healthier and less processed.

## **3. Teaching and Learning**

Deepen students' knowledge, skills and attitudes related to where food comes from; how it's produced; and the connections between food, health and the environment.

## **4. Community Engagement**

Involve CPS parents and the broader community in the efforts to improve school meals by providing engagement opportunities, including educational opportunities that will raise awareness, understanding and support for the school meals program.

## **5. Marketing and Communications**

Successfully promote healthy meal programs and meaningful learning environments to parents and students.

## **6. Dining Experience**

Create an inviting dining ambiance that encourages healthy interaction and healthy eating—a place that students enjoy; that makes the lunch period a time they look forward to; and that helps them feel safe and valued at mealtime.

## **7. Professional Development**

Provide nutrition services staff with the professional training and support they need to offer meals featuring fresh and local food and to teach students about the relationship between food, health, and the environment.

## **8. Facilities**

Have kitchen facilities that support the cooking of healthy and less processed meals.

## **9. Finances**

Ensure that the school meal program is fiscally sound.

## **10. Waste Management**

Reduce waste and help students understand the need to conserve natural resources.

# Food & Health



## Woodhouse Academy Actions:

- ✓ Planned themed food days by catering staff.
- ✓ Updated school menu.
- ✓ Free fruit at break and lunches.
- ✓ Milk now offered to students.
- ✓ Brown bread.
- ✓ New suppliers (Joe's Chicken).
- ✓ Different fruits on offer.
- ✓ New salad bar.
- ✓ Enforcement of unhealthy snack policy at break time.
- ✓ New ovens installed to enable healthier food to be produced by the catering team.

# Teaching & Learning



## Woodhouse Academy Actions:

- ✓ Healthy eating across the curriculum.
- ✓ Ford 2 Fork trip.
- ✓ Nutrition displays around the school.
- ✓ WSA and Key Stage Assemblies to educate pupils.
- ✓ Health ambassadors.



# Marketing & Communications

## Woodhouse Academy Actions:

- ✓ Meeting with relevant staff to prioritise projects and draw up action plan.
- ✓ Launch of healthy eating competition to promote healthy food choices.
- ✓ Parent/ carer information letter and healthy snacks.
- ✓ Launch of wellbeing newsletter.
- ✓ Parent cookery forum.
- ✓ Healthy Selfie competition.
- ✓ Staff wellbeing.





# Impact



- Less number of pupils bringing in sugary food and drinks.
- Improved knowledge of healthy eating and physical activity.
- Higher intake of pupils taking part in extra curricular sporting activities.
- Whole school approach.
- Improved staff wellbeing.
- Improved school attendance.
- Gold Kitemark achieved.

## Ofsted Report June 2017:

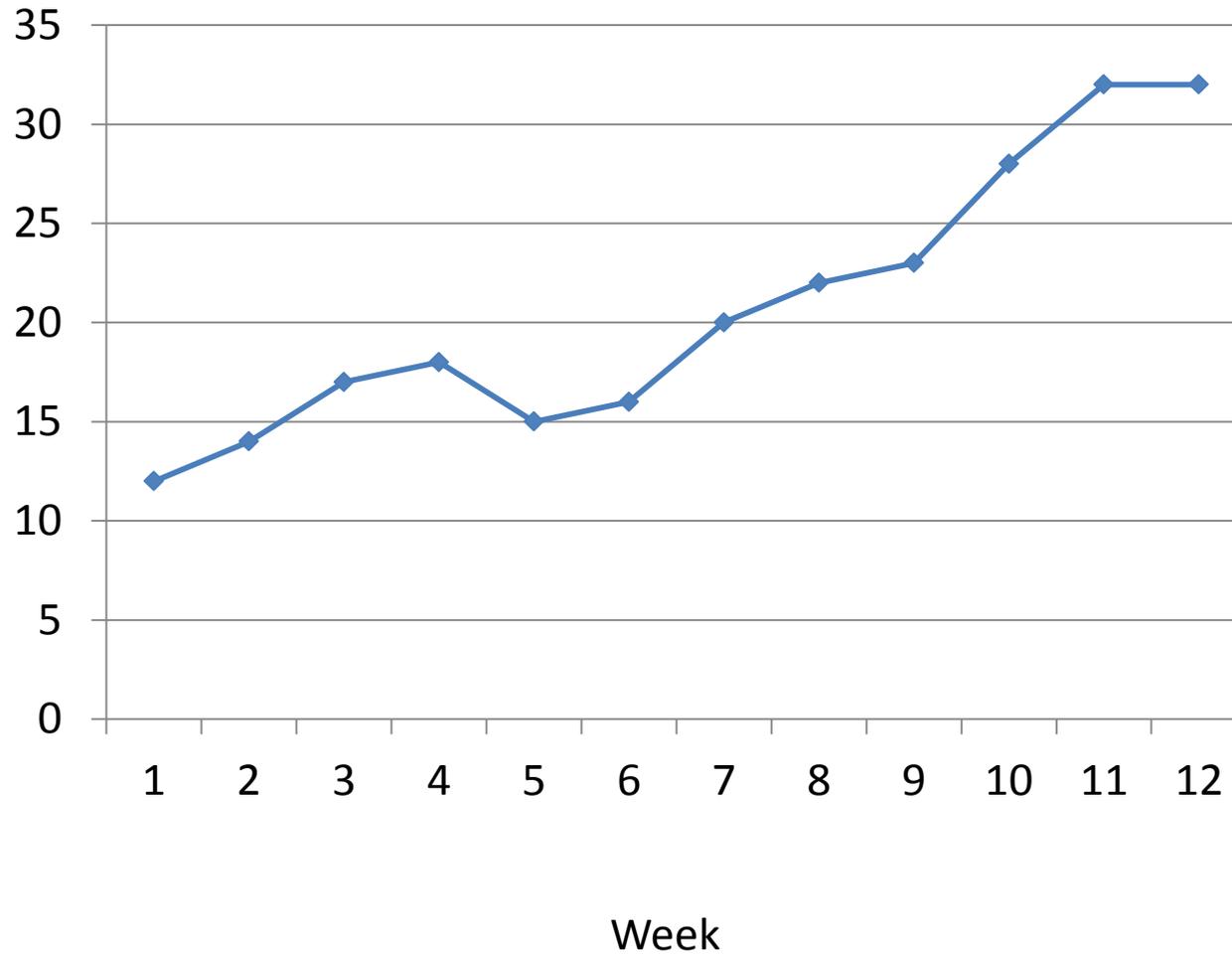
‘Pupils are proud of their school and speak supportively of their teachers, appreciating the help and guidance they get.’

‘Pupils are provided with a good range of curricular as well as extra-curricular opportunities and experiences.’

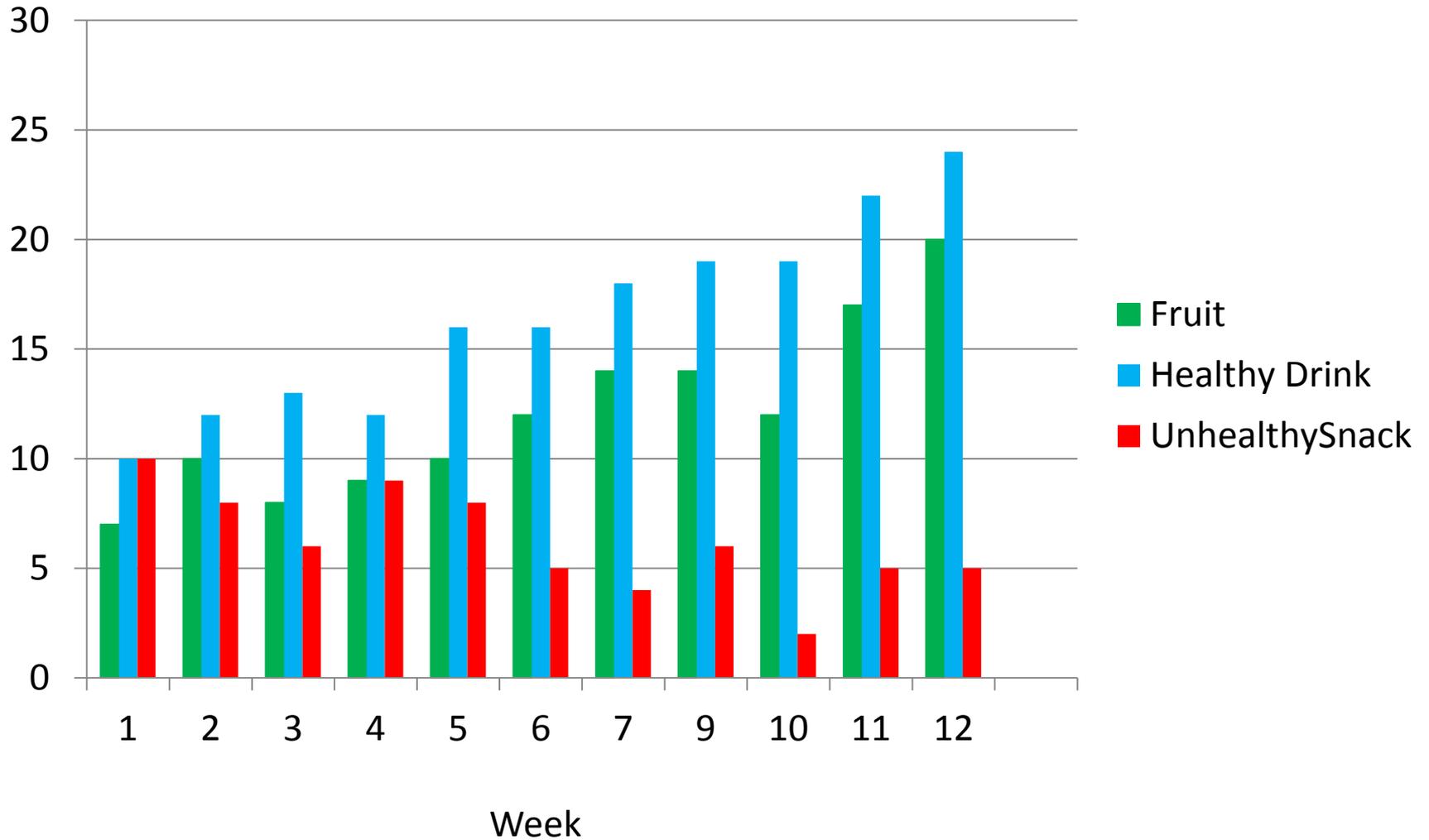
‘There is strong culture of safeguarding within the school.’

‘There is a strong sense of purpose in the classrooms and around the school.’

# Raffle Tickets Given Out Over a Term



# Sandwich Box Survey



# What Do the Pupils Think?

“We love having the raffle competition and trying to beat the other forms”

“Less people are bringing in unhealthy snacks”

“My mum and dad help me to choose healthy snacks for school”

“We are eating healthier than 2 years ago”

“We have loads of raffle tickets in our form’s box”

“I like the Healthy Selfie competition. Can we do it again”?

# Next Steps

- Investigate educational visits related to healthy eating.
- Continue to explore new healthy food options in the school canteen.
- Continue with competitions in school that promote wellbeing.
- Student voice/school council.
- Student blogs relating to wellbeing.