



**Supporting School Meal Uptake in Hampshire**

Briefing Sheet **7**

## Implementing the School Food Plan

### In this briefing

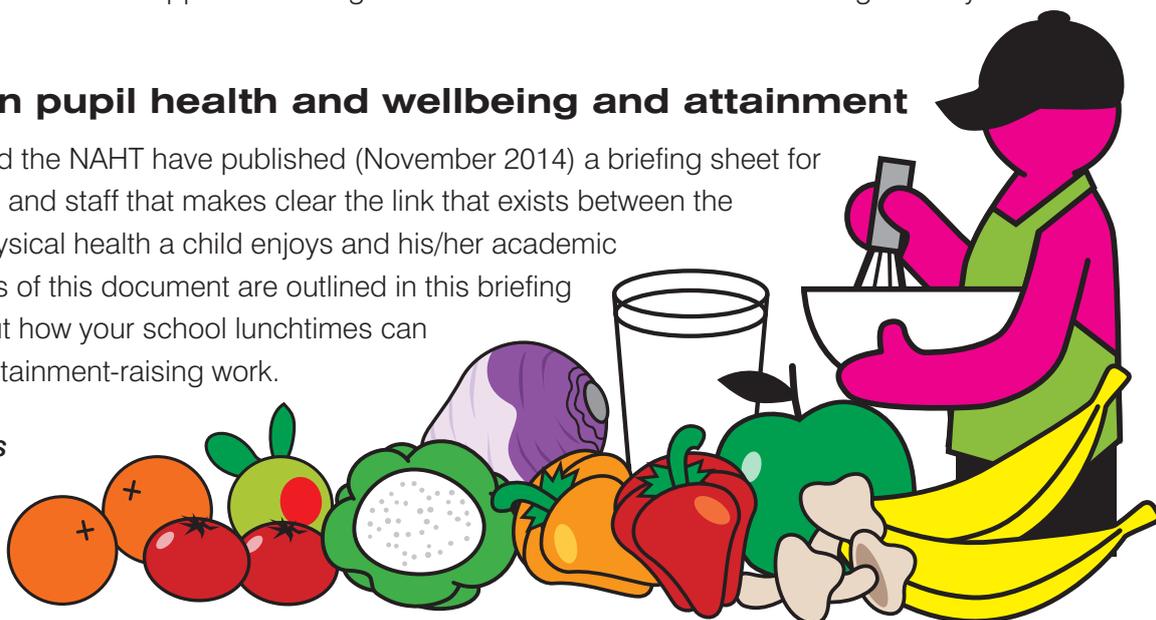
## Public Health England Report Special

- Information about the crucial Public Health England/NAHT briefing “The link between pupil health and wellbeing and attainment”.
- Information about how to access support in making the recommendations from this briefing a reality in your school

### The link between pupil health and wellbeing and attainment

Public Health England and the NAHT have published (November 2014) a briefing sheet for head teachers, governors and staff that makes clear the link that exists between the level of emotional and physical health a child enjoys and his/her academic attainment. The key points of this document are outlined in this briefing together with details about how your school lunchtimes can be used to support this attainment-raising work.

See what the report says  
on the next page.



What the Report Says	Using Lunchtimes and Healthy Schools
"A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment."	Schools should be promoting the healthy school meal as the expected choice for children because it is better for attainment and behaviour.
"Promoting the health and wellbeing of pupils has the potential to improve their educational outcomes and their health and wellbeing outcomes"	The Healthy Schools process supports schools who want to increase their capacity to develop emotional and physical health and resilience and provides key evidence of success
"The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn"	Your lunchtimes provide a vital opportunity to promote the school culture and a positive and attractive environment and will be looked at for key evidence of a positive school culture
"Promoting physical and mental health in schools creates a virtuous circle reinforcing children's attainment and achievement that in turn improves their wellbeing, enabling children to thrive and achieve their full potential"	Healthy Schools focuses on both physical and mental health and schools which promote the whole lunchtime experience to its maximum create the right environment for children to thrive physically and emotionally.
"A coordinated health programme...suggests positive effects on attainment	Healthy Schools and school lunches
"School based programmes of social and emotional learning have the potential to help young people acquire the skills they need to make good academic progress"	Lunchtimes are a key time for social development as this is the main opportunity that children have to be with their peers in an informal setting. The establishment of the right culture will then also serve as evidence for Healthy Schools Award.
"Ofsted has identified a strong correlation between schools that achieved a high grade for PSHE and those that were graded outstanding for overall effectiveness"	PSHE is one of the four key elements in the Healthy Schools Award. School Food Policy has a major role to play in PSHE.
"Whole School approaches to social and emotional learning, universally implemented for all pupils, strongly correlate with higher attainment"	Healthy Schools insists on a whole school approach and those schools that have taken the whole school approach to lunchtimes have higher uptake of healthy school lunches
"The physical and social environment in which staff and pupils spend a high proportion of every weekday may have profound effects on their physical, emotional and mental health"	A significant part of each day is spent in the dining space. It matters for both staff and pupils.
"Positive relationships between pupils and teachers and between pupils are critical in promoting pupil wellbeing"	Eating with the children helps cement good relationships and a quality collective experience for children dining together helps them form better relationships
"A school's commitment to pupil wellbeing, including a commitment to measuring their wellbeing, can be an important way of informing parents and local communities about how successful the school is. This has the potential to make a strong contribution to how schools are viewed by their local communities and by Ofsted as part of the inspection process"	A current Healthy school accreditation will provide all the evidence a school needs that it takes emotional and physical health seriously and has made a genuine commitment to the wellbeing of everyone in the school community. High uptake of school meals will be part of this evidence.

## Who to contact:



For any issues or support in implementing a whole school approach

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For any issues or support with the provision of school lunches

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