

EAST BERKSHIRE SCHOOL FOOD SEMINARS

Friday 9th March 2007

foodinschools

SCHOOL FOOD REGULATIONS

Evaluation Report

By Pip Collings
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Acknowledgements

Thank you to all the speakers at the conference.

Also to our sponsors: Bracknell Forest Borough Council, Slough Borough Council and Royal Borough of Windsor & Maidenhead.

A very big thank you to Donna Evans for organizing the conference.

Introduction

These two half day seminars were provided free of charge to all schools in East Berkshire. They were organised by Berkshire East Public Health Dietetics, Healthy Schools Consultants in East Berkshire and the three East Berkshire Unitary Authorities.



Learning outcomes

- To understand the new Healthy Schools Standard and what is required for the healthy eating component
- To understand the National and Local context of Food in Schools
- To know how to put together a Whole School Food Policy
- To investigate practical ideas for healthy breakfast clubs, packed lunches and improving the dining room environment

Target audience

Head teachers; deputy heads; teachers; PSHE co-ordinators; governors (nutrition lead); Healthy School co-ordinators; extended schools managers; Sure Start staff; nursery school staff

Programme

Welcome

Pip Collings – Public Health Dietitian

Overview National Healthy Eating Agenda

Cyndy Gray – Healthy Schools Consultant (Windsor & Maidenhead)

Overview of Food in Schools Toolkit

Pip Collings – Public Health Dietitian

Workshops:

Whole School Food Policy – *Pip Collings*

Breakfast Clubs – *Helen Young and Catherine McKinley*

Dining Room Environment – *Nigel Duncan and Jamie Hassan*

Packed Lunches – *Jacqui Copp*

Questions and Answers

Attendees

	Number of schools	Other attendees	Number of delegates who did not attend	Total number of delegates attending
Bracknell Forest	5	1	7	11
Slough	11	0	1	16
RBWM	11	1	1	12
East Berkshire	27	2	9	39

Evaluation

	Bracknell	Slough	RBWM
Forms returned	4	13	6
Did Food in Schools Training meet expectations	4 100%	13 100%	6 100%
Increased understanding of NHSS	4 100%	13 100%	6 100%
Increased understanding of Toolkit	4 100%	13 100%	6 100%
Understanding of how to put together a WSFP	3 75%	12 92%	6 100%

Comments

The most useful sessions were the workshops.
 The majority of people found all the sessions useful.
 Two people found the Healthy Schools section the least useful.
 The main concerns about producing a Whole School Food Policy were around time and involving everyone.

Future Training Requests

How to engage parents
 Cultural foods
 Eating on a budget
 More on NHSS
 More on dining room environment – with pictures
 How to consult with pupils
 Promoting healthy packed lunches and school meals
 Breakfast foods



SCHOOL FOOD REGULATIONS

Learning outcomes

- To understand the food based standards for school lunches: (September 2006)
- To explore the new food based standards for school food other than lunch (September 2007)
- To have an overview of the Nutrient based standards for school lunches: (Primary 2008; Secondary 2009)
- To gain a practical understanding of which foods do and do not comply with the new standards
- To share good practice

Target Audience

Head teachers; deputy heads; cooks; bursars; teachers; PSHE co-ordinators; governors (nutrition lead); Healthy School co-ordinators; extended schools managers

Programme

Welcome

Jacqui Copp – Public Health Dietitian

Overview of new School Food Legislation

Jacqui Copp – Public Health Dietitian

Practical Session – What’s in and what’s out?

Jamie Hassan – Healthy Schools Consultant

Implications of new regulations for Caterers

Roger Mold – School Meals Contract Manager

Examples of Good Practice

Questions and Answers

Attendees

	Number of schools	Other attendees	Number of delegates who did not attend	Total number of delegates attending
Bracknell Forest	5	1	7	9
Slough	9	1	1	12
RBWM	9	1	1	12
East Berkshire	23	3	9	33

Evaluation

	Bracknell	Slough	RBWM
Forms returned	6	12	5
Did School Food Regulations session meet expectations	4 67%	11 92%	4 75%
Increased understanding of Food based standards	5 83%	11 92%	5 83%

Comments

The most useful sessions were the practical session and the examples of good practice – though secondary schools would have liked a secondary presentation

The majority of people found all the sessions useful. Six people found the catering details least useful as they were in a contract where all that information is done for them.

The main concerns about implementing the legislation were:

Inconsistencies in regulations

Maintaining numbers

Difficulties in competing with food brought from home

Standards of packed lunches

Lack of support (James Elliman)

Cost

School Meals Future Training

Menu ideas

Secondary good practice

Foods other than lunch

More details on nutrition

Looking at individual school's menu

Keeping up customer numbers

