



Telford & Wrekin  
Co-operative Council

Protect, care and invest  
to create a better borough

# Healthy Schools Rating Scheme

Support for local schools



# Let's Dine and the Eatwell Project

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Let's Dine provide school lunches to over 50 primary and three secondary and one secondary special schools in the borough of Telford & Wrekin and Shropshire. We serve an average of 8,293 meals per day.

The Eatwell project is an integral part in supporting the school meals that Let's Dine deliver, working with pupils in school to support the healthy eating initiatives.

## Benefits

All of our school menus are school compliant and adhere to the school food standards which is regulated by the government, all primary menus are accredited with the Soil Association Bronze award. The catering supervisor's regularly attend meetings, to update their knowledge on food standards, allergens and food hygiene which is then cascaded down to their teams.

All the catering units that Let's Dine cater for aspire to achieve a 5 star rating from Environmental Health, with an achievement of 98%.

The Let's Dine team are committed to providing a healthy, nutritious school lunch to all their children in a welcoming environment.

The Let's Dine team actively encourage all KS1 children to take up their entitled Universal Infant Free School Meal (UIFSM), evidence has shown that eating balanced and nutritious food helps children to concentrate and learn. Over 1,500 children per day in our schools don't take this offer up.



The team are actively working with schools to encourage the parents to take up free school meals (FSM) their children may be entitled to! Statistics show that 400 meals per day are being missed. Many children don't get a hot, healthy, nutritious, and balanced meal daily. Schools are also missing out on extra funding because of the missed opportunity that would help support children's education.

## **Commitment**

The Let's Dine, Eatwell sessions are bespoke to each school as requirements and the level of support differ, therefore charges for our provision fluctuate.

Schools that currently buy into the Let's Dine experience benefit from significantly reduced charges. However, our charges are still competitive for those schools who have different school lunch providers.

## **What the Let's Dine team can offer**

- Working with individual school councils to review and personalise their menus
- Cooking recipes included in the school menu with the children to promote the variety we can offer
- Partnership working with schools to promote Universal Infant Free School Meals (UIFSM) and Free School Meals (FSM) to parents/carers
- Classroom based healthy eating cooking sessions for children
- Healthy eating cooking sessions for parents/carers
- Healthy eating cooking sessions for children with their parents/carers
- Whole class cooking demos and practical sessions where appropriate
- Whole class sugar awareness sessions
- Whole class Eatwell guideline sessions

For more information about Let's Dine, please visit [https://www.telford.gov.uk/info/20028/school\\_meals/378/lets\\_dine](https://www.telford.gov.uk/info/20028/school_meals/378/lets_dine)

# Health and Wellbeing: Active and Eat Well

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Telford & Wrekin Council Health Improvement team work with a range of partners to promote local and national initiatives which have been proven to decrease sedentary behaviour, increase physical activity levels, improve wellbeing and support a better start and healthy weight.

**The aim is to support schools to improve the health and wellbeing of their pupils, staff, volunteers and parents through initiatives and resources.**

To find out more, follow us on Twitter [@HealthyTF](#) or visit our website [www.healthytelford.com](http://www.healthytelford.com)

## Benefits

- Improve learning outcomes
- Improve your school's childhood excess weight and obesity profile data
- Increase attainment, attendance and attention
- Improve mental health, emotional wellbeing and resilience.
- Improve behaviour
- Improve confidence and social cohesion
- Pupils develop healthy relationships with food and physical activity
- Pupils gain a better understanding about knowledge relating to own health and wellbeing which enables them to make informed choices



## What is on offer for schools?

### PHYSICAL ACTIVITY

**The Daily Mile** is a worldwide initiative aiming to tackle childhood obesity and supporting children to meet their recommended 60 minutes a day of physical activity. This is a popular, simple and free initiative that sees children walk, run or jog for 15 minutes daily during the school day.

<https://thedailymile.co.uk/>

**Active 30:30** a Youth Sport Trust resource helps practitioners to create an active school which supports the principles of learning already established. It looks at activity outside of the timetabled PE curriculum and how to help influence the remaining 30 active minutes, which can be achieved outside of school through families, clubs and community groups.

<https://www.youthsporttrust.org/resources-and-learning>

**Energize STW** – As the local Active Partnership, Energize can help support PE, sport and physical activity in your school by signposting you to training opportunities and resources and keeping you up to date with the latest information and guidance. In addition to offering engagement and competitive opportunities through the School Games programme, Energize can offer support for Active Breaks, Active Learning, Active Travel and Wellbeing. Plus learn how the Creating Active Schools national pilot is taking a whole school behaviour approach to increasing physical activity in schools.

<https://www.energizestw.org.uk>

**Change4Life** is full of fun and simple physical activities such as the Disney 10 minute shake up enabling simple changes in working towards your Healthy School Rating.

<https://www.nhs.uk/change4life/activities>

### HEALTHY EATING AND NUTRITION

**Food for Life** is a national programme supporting a whole school approach to deliver positive change in food culture and behaviour.

<https://www.foodforlife.org.uk/schools>

**Change4life** is full of fun and simple food information to help make some simple changes in working towards your healthy school rating.

<https://www.nhs.uk/change4life/food-facts>

**Healthy breakfast and afterschool clubs.** There are resources and guidance available to help and support schools to establish clubs, ensuring that no child is too hungry to learn. For more information visit <https://www.magicbreakfast.com>

<https://www.gov.uk/government/publications/breakfast-clubs-in-high-deprivation-schools>

### TELFORD & WREKIN COUNCIL HEALTH IMPROVEMENT TEAM SUPPORT BOTH THESE PRIORITIES:

**The Health Improvement Practitioner – Children and Families** can enable and support schools to establish physical activity, food based, nutrition, cooking and growing initiatives. For more information visit [www.telford.gov.uk/info/20087/healthy\\_telford/5211/family\\_lifestyle](http://www.telford.gov.uk/info/20087/healthy_telford/5211/family_lifestyle) or email [public.health@telford.gov.uk](mailto:public.health@telford.gov.uk)

**Healthy Families Programme (0-16 years)** - one to one behaviour change support to families and young people to make long term healthy lifestyle changes. For more information visit [https://www.telford.gov.uk/info/20087/healthy\\_telford/687/healthy\\_lifestyles](https://www.telford.gov.uk/info/20087/healthy_telford/687/healthy_lifestyles)

# Road Safety and Active Travel

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The Road Safety Team combine the aim of reducing road related casualties with the promotion of active travel. The team is ambitious in its aim to create a culture of sustainable and safe travel across Telford and Wrekin providing benefits to pupils, parents, school staff and the local community.

## Benefits

The benefits of engaging with the Road Safety Team and putting Road Safety and Active Travel on your schools agenda include;

- Promotes safer more active travel for pupils and parents
- Provides a commitment to stakeholders and parents that the school is committed to reducing its carbon footprint and promoting road safety and active travel
- Pupils will gain a greater understanding of road safety and active travel and have opportunities to complete practical training such as Bikeability and pedestrian training
- Promotes a healthier school, helping to tackle obesity and encourage positive wellbeing
- Reducing your school's environmental impact
- Reducing travel costs to parents and school staff



## Commitment

Striving for positive change requires a strong and committed partnership between the School and the Road Safety Team. For a small fee of £150 Schools can join the Travel Telford School Network. By signing up to the network schools receive ongoing support from a dedicated Road Safety Officer, professional advice and resources to inspire pupils and parents to make small yet positive changes regarding road safety and active travel.

## What do Schools receive in return?

- A diagnostic visit to assess your travel challenges and discuss ambitions and opportunities
- Recognition certificate to display in your school reception
- Four themed assemblies a year
- Support in launching the Junior Road Safety Officer Scheme:
  - Ongoing advice and support
  - JRSO pupil packs
  - Project ideas
- Walking and Cycling maps
- A bespoke travel to school map for promoting sustainable travel to school
- Professional advice and support around promotion of sustainable transport
- Support and advice in updating your School Travel Plan. This is done through the national accreditation scheme, Modeshift STARS. All registration fees are covered by Telford & Wrekin Council
- Support with running events during wider National Road Safety Campaigns, such as National Road Safety Week, National Walk to School Week

The Road Safety Team can also help your school to set up a Walking Bus what's more the support is completely free!

A Walking Bus can be run by school staff, volunteers or both. Adults take it in turns to walk to school in an organised group starting from a fixed point at a fixed time. The Walking Bus may have stops on the way for more children to join and usually runs every day. Participants wear high vis to help them to be safer near traffic. The scheme has many benefits including improving pupil attendance and tackling lateness. The scheme has very little set up costs and can be virtually free to run.

To find out more or to speak to one of the team contact us on [roadsafety@telford.gov.uk](mailto:roadsafety@telford.gov.uk)

# Family Learning - Learn Telford

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A number of schools in the borough engage with Family Learning as part of our Adult and Community Learning offer. Family Learning offers a unique opportunity for families to work together in school allowing parents to support their child's learning as well as develop their own skills.

We can work with schools to tailor our courses and the following are particularly focused on health and wellbeing.

- Mindfulness for Families
- Healthy Cooking/Cooking on a budget
- Gardening for wellbeing
- Understanding your child

## Does Family Learning take place in your school?

Contact the Family Learning Team call on **01952 382888** or email [Community.Learning@telford.gov.uk](mailto:Community.Learning@telford.gov.uk) or [support@learntelford.ac.uk](mailto:support@learntelford.ac.uk)





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#### **Q - HOW CAN SCHOOLS BE PART OF THE SCHEME IF THEY HAVE NOT BEEN RANDOMLY SELECTED FOR THE ACTIVE LIVES CHILDREN AND YOUNG PEOPLE SURVEY?**

Schools that would like to gain a Healthy School Rating or would like to gain further insight regarding pupil's physical activity are able to 'opt-in'. Schools will need to ensure a teacher survey and a minimum of 30 pupil surveys for at least one key stage are completed.

#### **Q – HOW LONG DO THE SURVEYS TAKE?**

The survey should take pupils around 20 minutes to complete or less for year 1 and year 2 pupils.

#### **Q – WHAT ARE THE BENEFITS OF COMPLETING THE SURVEYS?**

Schools will receive a report. There are three types of school report:

1 Infant only; 2 Primary and 3 Secondary (includes all-through and middle schools).

Each report is different as the questions asked of the year groups vary but generally cover the measures detailed previously. This part of the report can help schools to develop the delivery and support of activity to pupils throughout the day. Schools will receive an award for their performance, and information on how they might improve their healthy living policies. Schools can use the award to show parents how they have performed. Schools are encouraged to promote their achievement and share their success with all.

#### **Q – WHAT INFORMATION WILL THE SCHOOL NEED TO PROVIDE IF THEY WANT TO OPT-IN?**

- School name and URN.
- The groups that the school would like to survey: KS1, KS1 parents, KS2, KS3/KS4, and teacher.
- Which term the school would like to complete the survey.
- Two email contacts for the school.
- Confirmation that the school is happy to participate in the surveys again if randomly sampled at a later date.

#### **Q – WHO DO SCHOOLS CONTACT TO OPT-IN?**

Energize the Active Partnership for Shropshire and Telford & Wrekin administer the Active Lives Children and Young People surveys on behalf of Sport England. If you would like to opt-in or require any further information please contact Claire Mansfield at [claire.mansfield@energizestw.org.uk](mailto:claire.mansfield@energizestw.org.uk) or **07539 824586**.

Queries and comments regarding the Healthy Schools Rating Scheme should be directed to DfE via [healthy.pupils@education.gov.uk](mailto:healthy.pupils@education.gov.uk)

Produced by Telford & Wrekin Council's Health Improvement Team.

