

Healthy Schools Rating Toolkit



In partnership with:

Healthy Schools Rating Toolkit

The DfE Healthy schools rating is a national scheme that has been designed to recognise and encourage schools' contributions to pupils' health and wellbeing. It celebrates the positive actions that schools are delivering in terms of healthy eating and physical activity, and aims to help schools identify useful next steps in their provision.

The Healthy Schools Rating can only be awarded to schools once they have completed the [Active Lives Children's Survey](#).

This resource has been designed to support schools in improving their healthy schools rating, and it has been developed in consultation with the 4 local Authorities, Public Health teams and partners from across the Black Country. It contains key guidance and national and local resources to support schools through the process. This document also includes a practical example of how a school can work through the rating.

We have included pages within this document for your school to record your evidence and highlight areas you wish to work on. The evidence portfolio page has been designed to align with Ofsted's 3 I's:

- **Intent** – the extent to which schools demonstrate a rich and varied curriculum
- **Implementation** – that teachers present all aspects of this broad and balanced curriculum and are visibly encouraging discussion and the whole-hearted engagement of pupils
- **Impact** – that learners develop detailed knowledge and skills across the whole curriculum

Black Country schools should complete and retain evidence as this will aide with reporting and Ofsted inspections.



Food Education



Criteria	Healthy eating is a curriculum priority	Professional development for teachers on food	Pupils assist catering staff in preparing food	School grows food on site for school meals	School provides extra-curricular cooking clubs
Maximum 25 points available	5 points	5 points	5 points	5 points	5 points
<p>Guidance (local support, programmes and initiatives are also available and should be considered when looking at the criteria and your evidence to support)</p>	<p>(Primary Schools) Pupils should know:</p> <ol style="list-style-type: none"> 1. What constitutes a healthy diet 2. The principles of planning and preparing a range of healthy meals 3. The characteristics of a poor diet and risks associated with unhealthy eating and other behaviours <p>(Secondary Schools) Pupils should know:</p> <ul style="list-style-type: none"> · How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer. · The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health. 	<p>All accomplished teachers should further their professional expertise by selecting appropriate professional development activities, such as observing experienced teachers, undertaking practical training in food skills or updating their subject knowledge (through face-to-face events and online training).</p> <p>This could include developing an action plan for professional development (based on a needs analysis audit) and how this will be applied in school.</p>	<p>There are a number of ways schools can seek assistance from pupils. This could include practical cooking but other examples could include utilising student voice, tasting sessions, menu development and dining room monitors.</p>	<p>Growing food in schools is a great opportunity to engage with your school cook, catering team or catering services as well as your pupils. Ask what food they would like grown in your school garden so that they can use this in the school dinners – children are much more likely to eat fresh produce and experiment with different foods if they've grown it themselves.</p>	<p>Schools should build on curriculum learning to provide further opportunities for children before and after school and at lunchtimes.</p> <p>Engage with pupils to discover relevant nutrition, cooking and recipe information (eg through apps and Youtube) to share at school and through the school website.</p>
Documents and Resources	<ul style="list-style-type: none"> ★ PSHE Association Programme of Study ★ RSHE National Guidance ★ The Food Standards Agency ★ Food a Fact of Life ★ Food for Life ★ School Food Matters ★ Change4Life – Healthy Eating Toolkit 	<ul style="list-style-type: none"> ★ Food a Fact of Life ★ Primary Food Teaching: Knowledge and Skills Framework ★ Secondary Food Teaching: Knowledge and Skills Framework ★ Public Health: Healthy Eating Teacher Training School Food Plan ★ Change4Life: Cooking Toolkit 	<ul style="list-style-type: none"> ★ Food a Fact of Life ★ Let's Get Cooking ★ School Food Plan: What works well Recipe Hub ★ Food for Life 	<ul style="list-style-type: none"> ★ Countryside Classroom ★ Garden Organic ★ Food for Life ★ Royal Horticultural Society ★ Grow Your Own Potatoes ★ Sustain: Food Growing Schools ★ London Food Growing Schools ★ Trees for Cities – Edible Playground 	<ul style="list-style-type: none"> ★ Let's Get Cooking ★ Food a Fact of Life ★ Change4Life ★ Change4Life: Recipe Ideas ★ Change4Life: Classroom Cooking Toolkit
Local Support	<p>Dudley - Dudley Public Health's Children and Young Peoples' Team Email: CYPTeam@dudley.gov.uk Website: Revolution for Schools (Health & Wellbeing)</p> <p>Sandwell - Sandwell Public Health contact line - Healthy Sandwell Phone: 0800 011 4656 0121 569 5100 Website: Healthy Sandwell</p> <p>Walsall - Department: Walsall Public Health – Children and Young people Phone: 01922 65 37 47 Website: Healthy Walsall</p> <p>Wolverhampton - Amanda Evans PSHE Advisory Teacher Email: Amanda.evans@wolverhampton.gov.uk Website: Wolverhampton PSHE website</p>				
Scoring Criteria	For schools to achieve a Silver or Gold award a minimum of 10 points are required from this section				

Evidence Portfolio



Criteria	Healthy eating is a curriculum priority	Professional development for teachers on food	Pupils assist catering staff in preparing food	School grows food on site for school meals	School provides extra-curricular cooking clubs
Maximum 25 points available	5 points	5 points	5 points	5 points	5 points
Evidence <i>What has your school achieved to date in this area?</i>					
Intent Review: <i>What could your school do to improve further?</i>					
Implementation Next Steps: <i>What changes need to be made to enable this to happen and take place?</i> Make sure your actions to achieve are linked to your intentions.					
Impact Evaluate: <i>This section allows your school to outline the difference you are making to your pupils.</i>					

School Food Standards



Criteria	Complies with the school food standards throughout the day	School food standards are specific in school catering contracts or there is an annual assurance from caterers or local authorities	Oversight from nominated school governor on school food standards	Training for catering staff on school food standards	Unhealthy items are banned from packed lunches	The school is part of a school food award or accreditation scheme
Maximum 25 points available	Statutory Requirement	5 points	5 points	5 points	5 points	5 points
Guidance (local support, programmes and initiatives are also available and should be considered when looking at the criteria and your evidence to support)	The school food standards ensure that the food served throughout the day and across the week in schools is healthy and nutritious. The standards restrict foods that are high in fat, salt and sugar. Compliance with the school food standards is mandatory for schools.	Schools should check and seek assurance that School Food Providers comply with the school food standards. Local procurement guidance should be met for all School Food Providers.	The Governing Board are responsible for the provision of school food, ensuring the mandated school food standards are met A named governor should ensure there is a school food policy and hold the head teacher accountable.	Schools should seek assurance from their catering providers that catering staff have received up to date training in the requirements of the school food standards.	Schools should undertake a process to engage with their school community to arrive at a whole school food policy that encourages healthy options.	Schools can choose to gain accreditation and recognition for the work they have undertaken in developing a whole school healthy food offer.
Documents and Resources	<ul style="list-style-type: none"> ★ School Food Standards: Resources for Schools ★ Scientific Advisory Committee on Nutrition Health Report ★ Food for Life – School Food Standards 	<ul style="list-style-type: none"> ★ DFE Catering Service Advice ★ Food For Life Served ★ School Food Plan: Headteacher checklist 	<ul style="list-style-type: none"> ★ School Food Plan– ‘Creating a culture and ethos of healthy eating’ ★ Guidance for Governors 	<ul style="list-style-type: none"> ★ What Works Well Recipe Hub ★ School Food Plan 	<ul style="list-style-type: none"> ★ Education Leeds: healthy packed lunch Policy ★ Packed Lunch Toolkit ★ Healthier Lunchboxes 	<ul style="list-style-type: none"> ★ Food for Life Award (please contact your local public health team to discuss any local awards)
Local Support	<p>Dudley - Dudley Public Health’s Children and Young Peoples’ Team Email: CYPTeam@dudley.gov.uk Website: Revolution for Schools (Health & Wellbeing)</p> <p>Sandwell - Sandwell Public Health contact line - Healthy Sandwell Phone: 0800 011 4656 0121 569 5100 Website: Healthy Sandwell</p> <p>Walsall - Department: Walsall Public Health – Children and Young people Phone: 01922 65 37 47 Website: Healthy Walsall</p> <p>Wolverhampton - Howard Jobber Senior Public Health Specialist Email: Howard.jobber@wolverhampton.gov.uk Website: Wolverhampton PSHE website</p>					
Scoring Criteria	Complying with School Food standards is a statutory requirement and, as such, are no there are no points available for this area. Schools must answer ‘yes’ to this statement to be eligible for Gold or Silver on their overall rating. If schools answer ‘no’ to this, they must answer ‘yes’ to the second statement in this section in order to be eligible for Bronze. This will show that the school is taking concrete steps to ensure compliance with the school food standards, but the school will not be able to achieve a higher award.					

Evidence Portfolio



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Maximum 25 points available	Statutory Requirement	5 points	5 points	5 points	5 points	5 points
Evidence <i>What has your school achieved to date in this area?</i>						
Intent Review: <i>What could your school do to improve further?</i>						
Implementation Next Steps: <i>What changes need to be made to enable this to happen and take place?</i> Make sure your actions to achieve are linked to your intentions.						
Impact Evaluate: <i>This section allows your school to outline the difference you are making to your pupils.</i>						

Active Travel

This should complement and not replace existing whole school physical activity schemes



Criteria	Walk to School Week	Travel to School is monitored	Promotes Active Travel across the school
Maximum 15 points available	10 points Primary Schools Only	5 points Primary Schools Only	15 points Secondary Schools Only
<p>Guidance (local support, programmes and initiatives are also available and should be considered when looking at the criteria and your evidence to support)</p>	<p>Walk to School Week is an awareness week in May each year run by Living Streets. The aim is to encourage walking to school through fun events and activities. Each year a new five-day walking challenge is developed aimed at primary schools to take part in during Walk to School Week. Schools can also promote cycling and scooting as healthy active ways to get to school.</p> <p>Local offers may be available to schools e.g. cycling and pedestrian training. Contact your local public health team to find out more.</p>	<p>All schools should monitor how pupils travel to and from school. For example, this could include an internal audit or active travel survey, using free resources to do so. Examples available include participation in local programmes, or use of national resources or programmes such as Living Streets WOW Travel Tracker. If you are already doing something locally contact your local Public Health team first.</p>	<p>Schools could seek to promote active travel in a variety of ways with examples including utilising assemblies and tutor time, developing the environment, engaging with the school community and incorporating campaigns to raise awareness.</p> <p>Utilising pupil voice and parents is a great way to get the local community moving more.</p> <p>Schools are encouraged to use resources across programmes and initiatives as these can add value and complement each other. As an example the Living Streets Travel Tracker can be used by schools to attain the Modeshift Stars awards.</p> <p>Schools and staff should be aware of the numerous benefits that Active Travel can have on both the individual and for the school.</p>
Documents and Resources	<ul style="list-style-type: none"> ★ Living Streets: Walk to School Week ★ Living Streets: WOW Resources ★ Brake: Road Safety ★ ROSPA: Road Safety ★ Road Injury Prevention ★ Walk for Life ★ Walsall A Stars 	<ul style="list-style-type: none"> ★ Living Streets: Wow Monitor ★ Active School Planner ★ Walsall A Stars 	<ul style="list-style-type: none"> ★ Modeshift Stars: Travel Planning ★ Living Streets: Walking Zones ★ Living Streets: Park and Stride ★ Walsall A Stars ★ Modeshift Stars: Accreditation Award ★ Sustrans: School Mark ★ Road Injury Prevention ★ Brake: Road Safety ★ ROSPA: Road Safety
Local Support	<p>Dudley - Dudley Public Health's Children and Young Peoples' Team Email: CYPTeam@dudley.gov.uk Website: Revolution for Schools (Health & Wellbeing)</p> <p>Sandwell - Sandwell Public Health contact line - Healthy Sandwell Phone: 0800 011 4656 0121 569 5100 Website: Healthy Sandwell</p> <p>Walsall - Walsall Road Safety Team Phone: 01922 654678 Website: Walsall A Stars</p> <p>Wolverhampton - Howard Jobber Senior Public Health Specialist Email: Howard.jobber@wolverhampton.gov.uk Website: Wolverhampton PSHE website</p> <p>Living Streets Coordinator: ed.wicks@livingstreets.org.uk</p>		
Criteria	This section holds 15 points and a school would need to score 10 points or above here to be eligible for Gold overall.		

Evidence Portfolio



Criteria	Walk to School Week	Travel to School is monitored	Promotes Active Travel across the school
Maximum 15 points available	10 points Primary Schools Only	5 points Primary Schools Only	15 points Secondary Schools Only
Evidence What has your school achieved to date in this area?			
Intent Review: What could your school do to improve further?			
Implementation Next Steps: What changes need to be made to enable this to happen and take place? Make sure your actions to achieve are linked to your intentions.			
Impact Evaluate: This section allows your school to outline the difference you are making to your pupils.			

Physical Education

This section relates to curriculum time within school



Criteria	All school year groups are offered at least 1.5 hours of PE lesson per week	Ensure all School year groups are offered 2+ hours of PE a week	Ensure all School year groups are offered 2.5+ hours of PE a week
Maximum 35 points available	15	25	35
<p>Guidance (local support, programmes and initiatives are also available and should be considered when looking at the criteria and your evidence to support)</p>	<p>The Ofsted Inspection framework (September 2019) guidelines now place greater emphasis on the quality of education and personal development. This represents a positive step in recognising the essential role that PE, sport and physical activity plays in a good and well-rounded education, enhancing children’s health, building character, improving wellbeing and supporting them to fulfil their potential.</p> <p>The national curriculum for PE should ensure that all pupils:</p> <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives <p>As part of curriculum provision all schools must provide swimming instruction either in key stage 1 or key stage 2. Pupils should be taught the following:</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively • Perform safe self-rescue in different water-based situations <p>Physical literacy (building physical competency alongside confidence, enjoyment, knowledge and understanding) and high quality, modern physical education (PE) lessons that engage boys and girls of different backgrounds and abilities should be a fundamental part of every child’s school experience.</p> <p>Where schools run a timetable over a two week period the hours of PE should still reflect the recommended provision e.g for a two week period every pupil should have access to either 3, 4 or 5 hours of curriculum Physical Education.</p>		
Documents and Resources	<ul style="list-style-type: none"> ★ Ofsted School Inspection Handbook ★ Primary School National Curriculum ★ Active Black Country: Must, Should Could ★ Secondary School National Curriculum ★ Active Lives Surveys 	<ul style="list-style-type: none"> ★ Active Black Country ★ Association for Physical Education (afPE) ★ Black Country Schools Hub ★ Youth Sport Trust ★ Active School Planner ★ Youth Sport Trust: Leadership and Volunteering Insight Tool 	<ul style="list-style-type: none"> ★ afPE: Key stage one and two expectations ★ CMO guidelines: Infographics for CYP ★ School Games ★ Reframing competition – School Games
Local Support	<p>All schools should work closely with their local School Games Organiser. Further details can be found at Your School Games Active Black Country: Education lead – tim_aldred@blackcountryconsortium.co.uk Website: Active Black Country</p> <p>Dudley - Dudley Public Health’s Children and Young Peoples’ Team Email: CYPTeam@dudley.gov.uk Website: Revolution for Schools (Health & Wellbeing) Sandwell - Sandwell Public Health contact line - Healthy Sandwell Phone: 0800 011 4656 0121 569 5100 Website: Healthy Sandwell Walsall Department - Walsall Public Health - Children and Young people Phone: 01922 65 37 47 Website: Healthy Walsall Wolverhampton - Andrea Fieldhouse - Health Improvement Manager (Education) Email: Andrea.fieldhouse@wolverhampton.gov.uk Website: Wolverhampton PSHE website Wasps Online</p>		
Criteria	Schools offering fewer than two hours of PE to all year groups are ineligible for Gold or Silver awards overall.		

Evidence Portfolio



Criteria	All school year groups are offered at least 1.5 hours of PE lesson per week	Ensure all School year groups are offered 2+ hours of PE a week	Ensure all School year groups are offered 2.5+ hours of PE a week
Maximum 35 points available	15	25	35
<p>Evidence What has your school achieved to date in this area?</p>			
<p>Intent <i>Review:</i> What could your school do to improve further?</p> <p>Your school focus should be clear what you want the pupils to know and be able to do and about what they need to learn and to consolidate through practice.</p>			
<p>Implementation <i>Next Steps:</i> What changes need to be made to enable this to happen and take place?</p> <p>Make sure your actions to achieve are linked to your intentions.</p>			
<p>Impact <i>Evaluate:</i> This section allows your school to outline the difference you are making to your pupils.</p> <p>Evidence of impact: what do pupils now know and what can they now do? What has changed?</p>			

Healthy Schools Rating

The below is one example of how your school could work through the DfE healthy schools rating. This is not the only route.

Active Lives Children's Survey

The Active Lives Children's Survey requires a minimum of 30 pupils to complete an online survey outlining their behavioural and attitudinal habits to physical activity.

A teacher survey is also required to generate the report and ratings.

- ✓ Your school may be randomly selected and asked by Active Black Country to complete the survey.
- ✓ Your school can opt in throughout the year to complete the survey. To opt in, click here

40+

BRONZE

To achieve bronze, your school must score 40+ points. Below is an example of how you can do this.

Food Education

- ✓ Healthy eating is a curriculum priority

School Food Standards

- ✓ The school must comply with the school food standards across the school day (*This is a Statutory Requirement for schools*)
- ✓ School food standards are specific in school catering contracts, annual assurance is provided by catering services or the Local Authority.
- ✓ Have a nominated School Governor with responsibility for school food standards

Active Travel

- ✓ School participates in Living Streets walk to school week (*Primary Schools only*)
- ✓ Promotes Active Travel across the school (*Secondary Schools only*)

Physical Education in School

- ✓ All school year groups are offered at least 1.5 hours of PE lessons per week (*This is a compulsory requirement to achieve the bronze award*)

55+

SILVER

To achieve silver, your school must score 55+ points. For example, you could have our bronze criteria in place and choose from the below to score an additional 15 points.

Food Education

- ✓ Professional development for teachers on food

School Food Standards

- ✓ School ensure training for catering staff on the school food standards

Active Travel

- ✓ Travel to school is monitored (*Primary Schools only*)

Physical Education in School

- ✓ Ensure all school year groups are offered 2+ hours of PE a week (*This is compulsory to achieve the silver and gold awards*)

70+

GOLD

To achieve gold, your school must score a total of 70+ points. For example, you could have our bronze and silver criteria in place and choose from the below to score an additional 15 points.

Food Education

- ✓ Pupils assist catering staff in preparing food
- ✓ School grows food on site for school meals
- ✓ School provides extra – curricular cooking clubs

School Food Standards

- ✓ Unhealthy items are banned from packed lunches
- ✓ The school is part of a school food award or accreditation scheme

Active Travel

- ✓ Continuing to promote Active Travel across the school (*Secondary Schools only*)

Physical Education in School

- ✓ Ensure all school year groups are offered 2.5+ hours of PE a week

Black Country Healthy Schools Platinum Award

Once your school has achieved the gold award, you can apply for the Healthy School Platinum Award. To receive the award schools will be assessed on their whole school approach to the following areas:

- ✓ Embedding physical activity across the school day
- ✓ Food and Nutrition

This will support schools to meet their statutory health education requirements.

On successful achievement your school will receive a quality award which is available to use for 2 years.

To find out more and apply please [click here](#).



Should you achieve either a Bronze or Silver award, when ready the school can opt back into the Active Lives Children's Survey at any point and use the Healthy Schools Toolkit to improve their rating and achieve Gold.

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