

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.

There is also a locally produced **toolkit** to support your school to achieve each rating. This includes details of the points available for each criteria.

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



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*)

OR



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*)

OR



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 your healthy schools rating, 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 not achieve a Healthy Schools Rating or if you wish to opt back in to the Active Lives Children's Survey and use the Healthy Schools Toolkit, please contact Leah Goode for support.

In partnership with:

