

DIRECTORS' REPORT AUTUMN TERM 2015	ITEM NO 18	FOR INFORMATION	ATTENTION OF: primary only
TITLE	Healthy Eating is Now Part of the New Ofsted Inspection Framework		
SUMMARY	Ofsted are now looking at what schools do to promote healthy lifestyles. The Health Improvement Team offer training workshops, toolkits and bespoke activities to help schools achieve the new requirements.		
KEY ACTION POINTS	<ul style="list-style-type: none"> • Explain the Ofsted framework changes to your team of school staff and let them know what support is available. • Encourage your school to achieve their Healthy Schools London Bronze, Silver or Gold awards. • Find out if your school has an up-to-date and effective packed lunch policy. • Ask your school's personal, social, health, education co-ordinator if your school is following the Ealing PSHE scheme of work. 		
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Background Information

Ofsted have announced that they will be looking at what schools do to promote wellbeing, health and healthy eating under the new inspection framework and this framework will come into effect in September 2015.

Under the framework, Ofsted will include, for the first time, a judgement on personal development, behaviour and welfare. As part of reaching this judgement, Ofsted inspectors will look at the extent to which schools support pupils to gain 'knowledge of how to keep themselves healthy, including through exercise and healthy eating'.

Inspectors will look for evidence of an open culture that 'actively promotes all aspects of pupil's welfare'. Schools need to consider how to demonstrate that pupils feel safe, know how to keep healthy and understand how to stay safe online. In addition an ethos of exercise and healthy eating will be sought throughout their entire inspection visit, in classrooms as well as in the school canteen. They will look at the food on offer and visit the canteen to see the atmosphere and culture in the dining room and the effect this has on pupils' behaviour.

Inspectors will also speak to leaders about how they help to ensure a healthy lifestyle for pupils by helping them gain knowledge of a good diet, physical exercise and mental and physical wellbeing. In addition to this, under the judgement on 'leadership and management,' inspectors will consider the breath and balance of the curriculum, of which practical cookery is now a part. It is also clear from the new inspection guidance that the effectiveness of PSHE is more crucial than ever and could be used to inform all four judgements, safeguarding requirements and the overall effectiveness of the school.

How can we work together to meet the new Ofsted framework?

The health improvement team suggest that schools can do the following activities:

- Create a relaxing, welcoming environment by changing the layout of the dining room furniture, adding finishing touches such as tablecloths, stagger breaks to give children enough time to eat and promote meals using colourful menu posters.
- Reward healthy lunch choices by introducing incentives and reward schemes to promote good behaviour and healthy eating choices.
- Request a copy of the health improvement team's new dining room toolkit to help your school improve its dining space.
- Achieve a healthy schools London (HSL) Bronze, Silver and/or Gold award. Schools can buy back the health improvement team to help them complete these awards*.
- Introduce a packed lunch policy. Schools can use the new packed lunch policy toolkit to help them develop their own packed lunch policy*.
- Review your curriculum. Ensure your school's design and technology curriculum includes cooking and nutrition', which is a compulsory element for pupils in Key Stages 1 to 3, and use the Ealing PSHE Scheme of work, which is available on Ealing Grid for Learning www.egfl.org.uk/ and includes topics on healthy eating.

Schools can get support from the health improvement team on a range of bespoke activities to support health and wellbeing in schools. Take a look at the health improvement team's full bespoke activity list online at <https://goo.gl/EnRZIm> for inspiration and details of how they can help.

*To obtain a copy of the either the packed lunch policy toolkit or dining room toolkit, or for more information on the Health Improvement Team's bespoke work including policy writing, Healthy Schools London award support and healthy eating activities for pupils, contact the author of this article.