

Report to: **Scrutiny Committee for Children’s Services**
 Date: **17 June 2008**
 By: **Director of Children’s Services**
 Title of report: **PSHE and Healthy Schools - Tackling Obesity in East Sussex**
 Purpose of report: **To inform the Committee of work being undertaken to tackle obesity in children.**

RECOMMENDATIONS

The Adult Social Care Scrutiny Committee is recommended to consider and comment on the report and note progress.

2. Background and Supporting Information

2.1 The brief of the PSHE and Healthy Schools Team (within the East Sussex School Improvement Service’s Inclusive Learning Team) is to work with schools and partner agencies to promote and deliver effective personal, social and health education through both the taught curriculum and whole school dimensions. Since 2001 the work has also included the delivery of the National Healthy Schools Programme (NHSP) with local and national targets for the number of schools with or working towards National Healthy School Status. This programme is seen as making an important contribution to the obesity agenda particularly through the themes ‘Healthy Eating’ and ‘Physical Activity’

2.2 A school achieving the new Healthy Schools status (NHSS) will have worked with the PSHE and Healthy Schools Adviser and Consultants and partners such as the Food in Schools Specialist; School travel Plan Adviser, School nurses and Health Promotion colleagues including from Dental Health, usually over a year. The national criteria are used as a self review or audit tool, now on-line. There are four themes: PSHE; healthy eating, physical activity and emotional health and well being. A summary of the criteria is attached. **(Appendix 1)** Schools are required to submit an overview showing outcomes under each theme. In addition the local programme requests a more detailed case study from each school to show how activities undertaken under one theme have made an impact. Many of these have been about healthy eating and physical activity as shown below, in 3.

2.3 Healthy Schools programme has clear links to the Children’s Act in 2004 and the most recent National Indicator requirements. Targets for Healthy Schools continue to be in local strategic plans providing evidence for the self-evaluation processes for *Every Child Matters* and Ofsted (personal development and well-being) and for whole school improvement. The Government expects all schools to be working toward achieving national Healthy School Status by 2009 and for 75% to have achieved NHSS. East Sussex has exceeded the national targets and now has 78% of schools with NHSS and 100% participating.

East Sussex Schools	With NHSS	Total number of schools	ESDW PCTs	HR
Primary	118	156	77/ 105	41/51
Secondary	24	27	17 /17	7/10
Special	10	12	7 /8	3/4

Schools	Case studies relating to Physical Activity / Healthy Eating(PA/HE)	Percentage of those schools with NHSS that have completed a PA/HE case study
Primary	52	44%
Secondary	11	46%
Special	1	10%

2.4 The total percentage of schools using PA / HE topics when completing their NHSS case studies is 42%. Please see the list of case study headings in **Appendix 2**.

The local HSP has seen positive outcomes in healthy eating and physical activity including an increase in uptake of school meals; healthier lunch boxes; increase both in the number of, and in attendance at, after school physical activities; more parental involvement eg in making healthy food sculptures at home and in attending tasting sessions to try new foods.

2.5 During 2005-2007, 7 schools took part in the pilot of a Healthy schools Gold Award, selecting a theme with which to produce additional evidence, following locally devised criteria. 3 schools received a Gold award for Healthy Eating. The NHSP is now considering a national Healthy Schools Plus Award and has asked for local programmes to put any further developments on hold. Similarly a Gold award for Physical Activity was not developed as recent national changes to the Sports Mark and Active Mark awards were underway and clarification was needed.

2.6 Funding from the Healthy Partnerships Grant is used to support the local implementation of the National Healthy Schools programme and in East Sussex this has included buying in a PE and Sports Adviser (from the East Sussex team – Julie Robertson) to support work on both Physical Activity and Healthy Eating. Until 2006 and reorganisation, the PSHE and HS team jointly funded a project consultant with Eastbourne Downs PCT to work with healthy eating issues and Primary schools.

2.7 Work with multi-agency partners is central to the delivery of the NHSP. The PSHE and HS team convenes a local Healthy Schools Partnership Group that advises the East Sussex Healthy Schools Programme. Partners include School Nurses; Physical Activity, Healthy Eating and Mental Health specialists based within PCTs; School Travel Plan Advisers and the East Sussex School Meals Service and Food in Schools specialist. The team is also represented on the Obesity Management Group and sub – group.

The work promoting healthy eating in schools has benefited greatly from a robust partnership with the School Meals Service (Jane Carter) and Food in Schools Specialist. (Paul Aagaard) This post is now permanent and funded and managed by the PCTs , but started as a 2 year project with the School Meals Service.

74 schools have taken part since 2006 with schools working towards their NHSS and those with high free school meal entitlement targeted for involvement. In the 74 schools, school meal uptake has increased on average by 6%.and in some cases schools have reported an increased uptake of 20%. The quality of lunch boxes including a healthy sandwich and dairy product has also increased on average by 12%. The work receives very positive evaluations in schools and has been cited in an Ofsted report.

Appendix 3 outlines the work of the Food in Schools Specialist.

3. Current position

3.1 In November 2007 the PSHE and HS team undertook the Health Related Behaviour Survey with Year 10 students in local secondary and Secondary Special schools. All 27 secondary and 4 special schools took part with a total of 3,900 students. Questions about healthy eating, body image and weight were included and responses could be compared with previous findings in 2004 and with a broader sample of schools used by the Unit that designed and implemented the survey.

The survey includes findings that show an increase in uptake of fruit and vegetables (and decrease in some less healthy foods); a decrease in the uptake of school meals; low consumption of breakfast and high levels of concern about body image.

Physical activity levels are higher than is commonly portrayed and children walking to school (or not being driven) has increased.

Appendix 4 gives the summary for East Sussex. The results have been disseminated to partners centrally and in locality settings and discussed with individual schools, to inform practice. A full data set is available for greater scrutiny and cross tabulation.

3.2 The national body, the School Food Trust (set up in 2005 as a response to Jamie Oliver's criticism of school meals) provides excellent information for schools and works closely with the NHSP. The SFT standards are in place for all schools (including vending machines; tuckshops; drinking water) and are adhered to by the caterer contracted in by East Sussex, Scholarest. The

DfES states that all secondary schools should provide cookery lessons by 2011(it is thought that currently 85% of schools have the facilities to do this),and young people will be given a License to Cook voucher in Sept 2008 to allow them to access other training opportunities. Many school still deliver Food Technology (**Appendix 5.**)

4. Conclusion

4.1 The East Sussex School Food Specialist's proposed work in secondary schools, alongside the PSHE and HS team, should provide other imaginative yet realistic ways forward. In addition the Health Promotion PCT team is also setting up locality based groups to stimulate developmental work in physical activity and healthy eating to tackle obesity. New appointments have just been made (May 08) and the PSHE and HS team look forward to working with them as they will bring invaluable specialist knowledge and expertise to the work in schools and their communities.

MATT DUNKLEY
Director of Children's Services

Contact Officer: Marilyn Stephens - East Sussex PSHE and Healthy Schools Adviser June 2008

Tel No: 01323 432244

Local Member(s): All

BACKGROUND DOCUMENTS:

A Strategy for the Preventions and Management of overweight and Obesity Across Hastings and Rother 2007 to 2010

Choosing a Healthy Lifestyle – A Strategy for the Preventions and Management of Overweight and Obesity Across East Sussex Downs and Weald 2007 to 2010

Personal, Social & Health Education^{HS}

<p>1.1 Uses the PSHE framework to deliver a planned programme of PSHE, in line with relevant DCSF/ QCA guidance</p>	<p>1.5 Has up-to-date policies in place – developed through wide consultation, implemented, monitored and evaluated for impact - covering Sex and Relationship Education, Drug Education and Incidents, Safeguarding, and Confidentiality</p>	<p>1.9 Uses local data and information to inform activities and support important national priorities such as reducing teenage pregnancies, sexually transmitted infections and drug/ alcohol misuse</p>
<p>1.2 Monitors and evaluates PSHE provision to ensure the quality of teaching and learning</p>	<p>1.6 Has an implemented Non-Smoking Policy, Summer 2007</p>	<p>1.10 Ensures provision of appropriate PSHE professional development opportunities for staff – such as the Certification Programmes for teachers and nurses offered by DH/DCSF</p>
<p>1.3 Assesses children and young people’s progress and achievement in line with QCA guidance</p>	<p>1.7 Involves professionals from appropriate external agencies to create specialist teams to support PSHE delivery and to improve skills and knowledge, such as a school nurse, sexual health outreach workers and Drug Education Advisers</p>	<p>1.11 Has mechanisms in place to ensure all children and young people’s views are reflected in curriculum planning, teaching and learning and the whole school environment, including those with special educational needs and specific health conditions, as well as disaffected children and young people, young carers and teenage parents</p>
<p>1.4 Has a named member of staff responsible for PSHE provision with status, training and appropriate Senior Management support within the school</p>	<p>1.8 Has arrangements in place to refer children and young people to specialist services who can give professional advice on matters such as contraception, sexual health and drugs</p>	

Healthy Eating^{HS}

2.1 Has an identified member of the senior management team to oversee all aspects of food in schools

2.5 Has a welcoming eating environment that encourages the positive social interaction of children and young people (see Food in Schools guidance)

2.9 Ensures that children and young people have opportunities to learn about different types of food in the context of a balanced diet (using the Balance of Good Health), and how to plan, budget, prepare and cook meals, understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables

2.2 Ensures provision of training in practical food education for staff, including diet, nutrition, food safety and hygiene

2.6 Ensures that breakfast club, tuck shop, vending machine and after-school food service (where available in school) meets or exceeds current DCSF school food standards

2.10 Has easy access to free, clean and palatable drinking water, using the Food in Schools guidance

2.3 Has a whole school Food Policy – developed through wide consultation, implemented, monitored and evaluated for impact

2.7 Has a school lunch service that meets or exceeds current DCSF standards for school lunches

2.11 Consults children and young people about food choices throughout the school day using school councils, Healthy School task groups or other representative bodies of children and young people.

2.4 Involves children, young people and parents/carers in guiding food policy and practice within the school, enables them to contribute to healthy eating and acts on their feedback

2.8 Monitors children and young people's menus and food choices to inform policy development and provision

Physical Activity^{HS}

<p>3.1 Provides clear leadership and management to develop and monitor its Physical Activity Policy</p>	<p>3.5 Consults with children and young people about the Physical Activity opportunities offered by the school, identifies barriers to participation and seeks to remove them</p>	<p>3.9 Ensures that there is appropriate training provided for those involved in providing physical activities</p>
<p>3.2 Has a whole school Physical Activity Policy – developed through wide consultation, implemented, monitored and evaluated for impact</p>	<p>3.6 Involves School Sport Co-ordinators (where available) and other community resources in provision of activities</p>	<p>3.10 Encourages all staff to undertake Physical Activity</p>
<p>3.3 Ensures a minimum 2 hours of structured Physical Activity each week to all of its children and young people in or outside the school curriculum</p>	<p>3.7 Encourages children, young people, parents/carers and staff to walk or cycle to school under safer conditions, utilising the School Travel Plan</p>	
<p>3.4 Provides opportunities for all children and young people to participate in a broad range of extra-curricular activities that promote Physical Activity</p>	<p>3.8 Gives parents/carers the opportunity to be involved in the planning and delivery of Physical Activity opportunities and helps them to understand the benefits of Physical Activity for themselves and their children</p>	

Emotional Health & WellBeing^{HS}

4.1 Identifies vulnerable individuals and groups and establishes appropriate strategies to support them and their families

4.5 Has explicit values underpinning positive emotional health which are reflected in practice and work to combat stigma and discrimination

4.9 Has a clear Confidentiality Policy

4.2 Provides clear leadership to create and manage a positive environment which enhances emotional health and wellbeing in school – including the management of the Behaviour and Rewards Policies

4.6 Has a clear policy on bullying, which is owned, understood and implemented by the whole school community

4.3 Has clear, planned curriculum opportunities for children and young people to understand and explore feelings using appropriate learning and teaching styles

4.7 Provides appropriate professional training for those in a pastoral role

4.4 Has a confidential pastoral support system in place for children, young people and staff to access advice – especially at times of bereavement and other major life changes – and that this system actively works to combat stigma and discrimination

4.8 Provides opportunities for children and young people to participate in school activities and responsibilities to build their confidence and self-esteem



Healthy School case studies focussing on physical activity / healthy lifestyles

Name of school	Case study title
Alfriston	Increase levels and quality of phy activity
All Saints CE Junior	Healthy Eating and Active Lifestyles strategy
Annecy	Healthy eating
Battle and Langton	Healthy eating
Blackboys	Physical activity and PSHE
Brede	Healthy living week
Broad Oak	Lunchtimes recipe for success
Burwash	Developing a healthier school
Castledown	Healthy eating at Castledown
Chantry	Physical activity
Chyngton	Healthy eating, including Grow it, Cook it
Cross in Hand	Playground leaders / healthy lunchboxes
Crowhurst	Developing awareness of healthy foods and snacks
Dallington	Healthy living week
Danehill	Jump Ahead project / Healthy packed lunches, recycling, re-using rubbish week
Dudley Infant	Lunchtime recipe day
Five Ashes	Upgrade and improve playtime healthy activities through physical activity and healthy eating
Fletching	Lunchtime food and playtime
Frant	Healthy lifestyle fortnight
Grays	Healthy eating
Grovelands	Physical activity development
Hampden Park Infant	Physical activity – 30 minute lunchtime programme
Hankham	PA Get Active week
Harlands	HE healthy living week
Hawkes Farm	Physical activity – playtimes
Hellingly	PE / School sports
Holy Cross	Healthy food for ethnic minority pupils
Iford & Kingston	Health week
Little Common	Healthy lunches
Manor	Healthy eating
Meridian	Healthy schools week
Ocklynge	Healthy lunchboxes
Parkland Inf	Healthy food awareness week
Parkland Jun	Healthy eating and lunchtime experience
Peasmarsh	Healthy lifestyles
Robsack Wood	School lunches
Sacred Heart	Health awareness
Sir Henry Fermor	Physical activity during playtimes
St Andrew's Infant	Healthy eating
St John's Meads	Healthy eating
St Marks CE, Hadlow Down	School lunchtimes
St Michael's, Playden	Development of a fruit tuck shop for KS2
St Michael's, Withyham	Encouraging HE

Name of school	Case study title
St Paul's	Healthy eating
St Peter's, Chailey	Healthy lunchboxes
St Thomas a Becket Inf	Physical activity – positive playtime
St Thomas', Winchelsea	Healthy eating and physical activity
Stafford Jun	Healthy eating
Tilling Green Inf	Enriching PA provision
Wadhurst	Healthier playtimes and lunchtimes
West Rise Jun	Healthy eating and physical activity
Whitehill Inf	The Whitehill walking bus
Beacon CC	Healthy eating at Beacon CC
Eastbourne TC	Healthy eating – water
Filsham Valley	Healthy eating
Heathfield	Healthy eating review
Helenswood	Lunchtime provision
Peacehaven	Active health week
Priory	Healthy eating
Ratton	Lifelong participation in physical activity focussing on KS4
Ringmer	Everyone is going to get active
Seaford Head	Health and fitness fortnight
Thomas Peacocke	Healthy eating lifestyle programme
Hazel Court	Healthy eating – fruit and lunch boxes

A few other primary schools had put down playground development for their case study but it is not clear whether or not this was just the changing of the physical environment or the level of physical activity for the students.

Julie Robertson

Project Consultant for PSHE and Healthy Schools and PE and Sports Adviser
June 08

FOOD IN SCHOOLS PROGRAMME SYNOPSIS

What is the Food in Schools programme?

It's a Health Improvement Programme offered to all East Sussex Schools which helps to improve food and drink provision at lunchtime. This involves consultations with all school stakeholders to establish views and opinions on lunchtime, pupil workshops on healthy eating, parent tasters and new lunchtime procedures.

The overall aim of the programme is to reduce childhood obesity and improve diet by:

- helping schools to achieve National Healthy School Status
- increasing the up take of free and paid for school meals
- improving the nutrient quality of packed lunches
- improving the dining room environment

What partners are involved?

Hastings & Rother PCT
East Sussex Healthy Schools Team
Children's Services (Contracts Management Team)

Number of East Sussex schools involved from September 2006 – June 2008

Schools	Total
Primary	71
Secondary	1
Special	2
TOTAL	74

Food in Schools developments for 2008/2009

- Food interest groups to be set up for at least two target secondary schools.
- Development of curriculum pack for secondary schools to address body image and making informed choices about diet.
- Development of resource pack for midday supervisors including advice and support on physical activity and diet.
- Launch of whole school picnic day to help pupils and parents prepare healthier packed lunches.
- Food in Schools Project Support Worker now appointed and due to start work in September 2008 subject to references.

Outcomes (2006-2007)

- School meal uptake increased on average by 6%. In some cases schools reported an increased uptake of 20%
- Lunch boxes including a healthy sandwich and dairy product increased on average by 12%.

Paul Aagaard

Food in Schools Specialist
June08

Supporting the health of YOUNG PEOPLE IN EAST SUSSEX

A summary report of the Health Related Behaviour Survey 2007

East Sussex Healthy Schools Programme commissioned the Health Related Behaviour survey to take place during Autumn term 2007. The survey has taken place on three previous occasions with 2004 being the most recent.

The management of the survey was co-ordinated by the PSHE (Personal, Social & Health Education) and Healthy Schools Team with input from the PCTs, schools and other partner agencies.

A total of 3906 Year 10 students from, Pupil Referral Units, secondary schools and special schools took part in the survey. For the first time, every mainstream secondary school participated.

Students anonymously completed the questionnaires which were returned to the Schools Health Education Unit in Exeter for analysis. This summary report presents an overview of the data collected this year. The information is organised within the four themes of the National Healthy schools Programme. Some comparison is made to 2004 data from East Sussex as well as with wider data from across England in 2007.

Beverley Hughes, Minister of State for Children, Young People and Families spoke at the **Engaging young people** conference on 18 June 2007.

"Many young people I've spoken to say they feel let down by the constant negative portrayals of young people both in the press and among older generations. Every time we fail to listen to young people, or to take what they tell us seriously, we reaffirm these misconceptions when it is our duty to challenge them.

Young people have unfortunately become one of those categories of people, of whom for many people, somehow, it's acceptable to make gross generalisations about. I'd like to make it very clear today, that this neither acceptable, nor helpful, nor right".

The HRBS reflects the current picture of local young people and their behaviour, lifestyles and aspirations. The normative data can be used to support the breaking down of unrealistic stereotypes and the development of an understanding of students in East Sussex.

3906 young people were involved in the survey

Sample	East Sussex		Wider Data
	2004	2007	
Year 10 (Age 14-15)			
Boys	1570	1925	4903
Girls	1711	1981	5161
	3281	3906	10064

Reference Sample

East Sussex data have been compared with the wider SHEU survey sample.

Themes

PSHE and Citizenship
(Including tobacco, alcohol, drugs and sex & relationships)

Emotional Health and Well-being

Healthy Eating

Physical Activity



For more information
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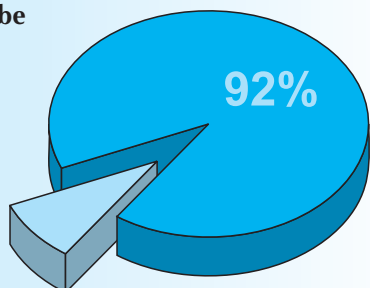
Healthy Schools
EAST SUSSEX

EAST SUSSEX

Secondary school students in Year 10 (ages 14-15 years) said:

PSHE and CITIZENSHIP

- 92% of students describe themselves as White UK.
- 57% of students report that they live with both parents. This compares with 61% in the wider data.
- When asked what they wanted to do after Year 11, 47% of boys and 55% of girls wanted to continue full-time education. These figures are lower than the wider data at 53% and 65% respectively.
- 52% of the boys and 48% of the girls say that they want to get training for a skilled job. 39% overall want to find a job as soon as they can. These figures are higher than those seen in the wider data.
- 57% used the Internet for chat or email after school the day before the survey.
- 67% of students did homework on the evening before the survey, 24% did over an hour. In the Wider data 66% did homework the night before.

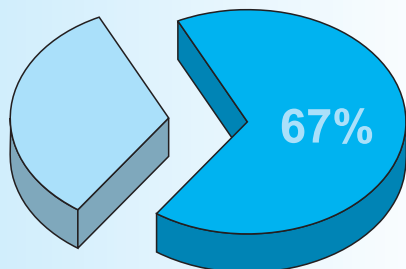


Tobacco

- 15% students in the East Sussex survey smoked at least one cigarette during the last 7 days.

	East Sussex 2004	2007	Wider data
Boys	16%	12%	13%
Girls	27%	18%	21%

- 67% of regular smokers say they would like to give up smoking.



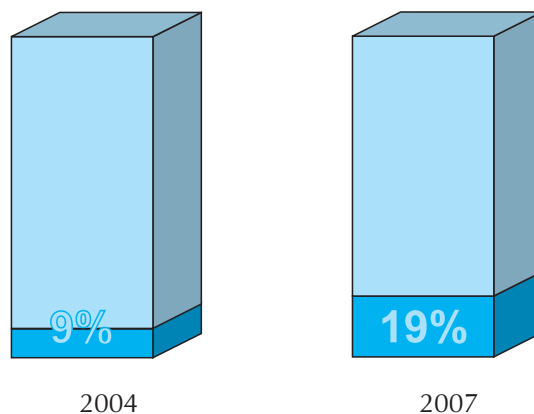
Alcohol

- 63% of students did not drink alcohol in the past 7 days.
- Units of alcohol drunk over past 7 days:

	East Sussex 2004		2007		Wider data	
	Boys	Girls	Boys	Girls	Boys	Girls
0 units	56%	52%	65%	62%	58%	53%
> 14 units	10%	6%	8%	6%	12%	8%

- 14 units is the recommended upper limit for women, 21 units for men.

- 19% of students reported never drinking alcohol at all up from 9% in 2004.

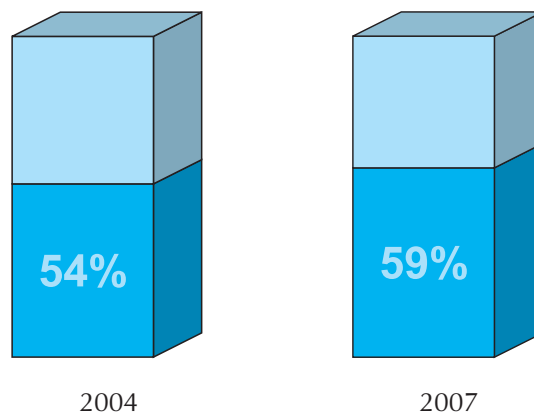


- 84% boys and 79% of girls said they did not get drunk in the previous week. This compares with 75% and 68% respectively in the wider data.
- Of those who reported drinking in the past 7 days, 19% reported getting drunk on at least one occasion
- 42% of students say if drinking was ever done at home it always took place with their parents knowledge.
- During the past 7 days before the survey 75 students (2%) had bought alcohol from an off-licence. 458 (12%) said that they got someone else to buy alcohol for them.
- 599 (15%) reported drinking outside in a public place.

Drugs

Have ever used	East Sussex				SHEU Wider data	
	2004		2007		Boys	Girls
Cannabis leaf or resin	29%	30%	16%	16%	16%	15%
Amphetamines	2%	3%	1%	2%	3%	3%
Ecstasy	2%	3%	2%	1%	3%	3%
Cocaine	2%	3%	2%	2%	3%	3%
Poppers	7%	6%	4%	5%	6%	8%

- For those taking illegal drugs, 59% said they first tried a drug when they were thirteen or younger (54% in 2004) the average age that they first tried an illegal drug was 13.



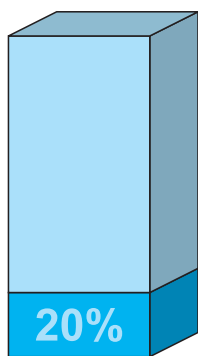
- 4% of students said that they had taken more than one type of drug on the same occasion, 10% of the boys and 12% of the girls said that they had taken an illegal drug and alcohol on the same occasion.

Sex and Relationships

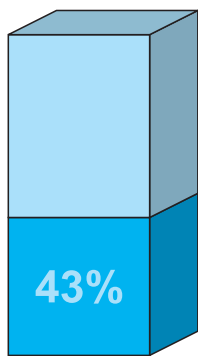
- 75% of students said that they had not had a sexual relationship. 6% said that they were currently in a sexual relationship. 11% had had a sexual relationship in the past.
- 50% of students say they know where they can get condoms free of charge.

	East Sussex 2004	2007	Wider data
Boys	52%	47%	55%
Girls	67%	52%	68%

- 32% of students (20% of boys and 43% of girls) know where they can get emergency contraception free of charge.



Boys



Girls

- 65% of students did not know if there was a special contraception and advice centre locally
- Overall, 32% of boys and 27% of girls said school lessons were their main source of information about sex.

Boys	2004	2007	Girls	2004	2007
Parents	12%	17%	Parents	22%	21%
Lessons	31%	32%	Lessons	19%	27%
Friends	25%	26%	Friends	32%	33%
Internet	9%	9%	Internet	1%	2%

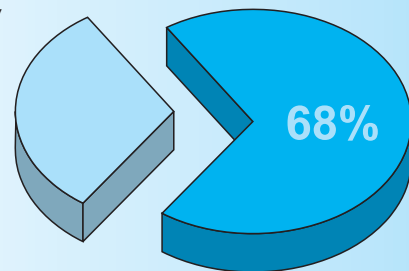
- Overall 35% of students thought their school should be the main source.

Boys	2004	2007	Girls	2004	2007
Parents	24%	28%	Parents	35%	35%
Lessons	40%	38%	Lessons	36%	32%
Friends	7%	11%	Friends	8%	12%
Internet	5%	5%	Internet	0%	1%

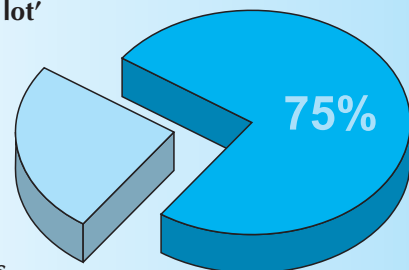
- 87% of boys and 94% of girls said that they knew about Chlamydia with 23% of boys and 29% of girls also saying that they know where to go to get a test for it.

EMOTIONAL HEALTH & WELL-BEING

- 53% of boys and 40% of girls recorded levels of high self-esteem.
- 68% of students say that in general they are satisfied with their life 'quite a lot' or 'a lot'.



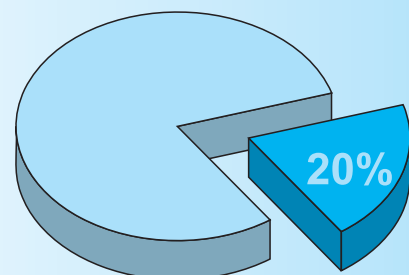
- 68% of students agreed with the statement "I am in charge of my health".
- 21% of boys and 22% of girls said that they had been bullied at school in the past 12 months.
- 9% of boys and 6% of girls said that they had bullied someone else in the last 12 months.
- 75% worry 'quite a lot' or 'a lot' about at least one of the problems listed.



- The top four worries for students were:

	Boys	East Sussex	Wider data	Girls	East Sussex	Wider data
Exams & tests	39%	39%		Their looks	57%	54%
Career	26%	28%		Exams & tests	54%	55%
Family problems	26%	26%		Family problems	42%	38%
Their looks	23%	25%		Friendships	36%	34%

- For most problems students said that they would look to their family for support.
- 20% of students said that they looked after someone in their family on at least one day in the previous week who had an illness or disability.



- 79% of boys and 77% of girls rate the safety of their area when going out after dark as ok, good or very good.

	East Sussex	Wider Data
Boys	79%	80%
Girls	77%	76%

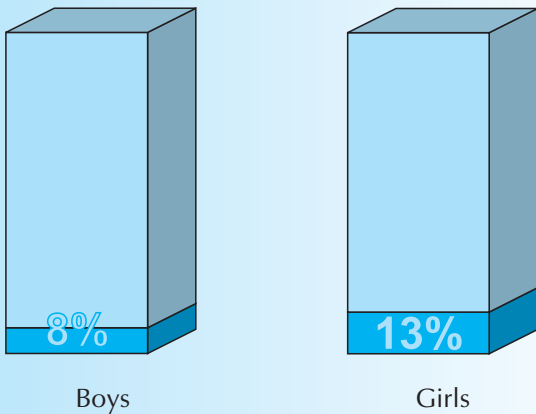
- 319 (18%) of the boys and 253 (13%) of the girls say that they have been the victim of violence or aggression in the area where they live in the last 12 months.
- 96% of students said they had one or more adults they could really trust with 76% trusting three or more.

HEALTHY EATING

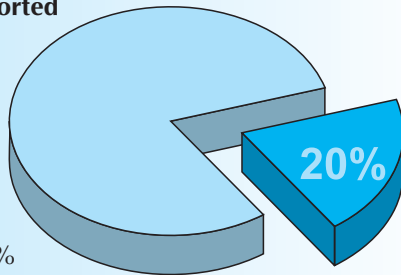
Trend data on "food eaten on most days"

	2004		2007	
	Boys	Girls	Boys	Girls
Fresh fruit	32%	42%	39%	52%
Salads	18%	24%	19%	28%
Vegetables	48%	56%	52%	62%
Wholemeal bread	25%	24%	30%	31%
Fizzy drinks	28%	18%	18%	11%
Sweets/choc	42%	42%	31%	31%

- 8% of boys and 13% of the girls in the survey had nothing for breakfast.



- 15% of students said that they had breakfast at school.
- 58% of the girls and 29% of the boys say they would like to lose weight. This compares with 58% and 27% respectively in the wider data.
- 20% of students reported eating five or more portions of fruit and vegetables the previous day



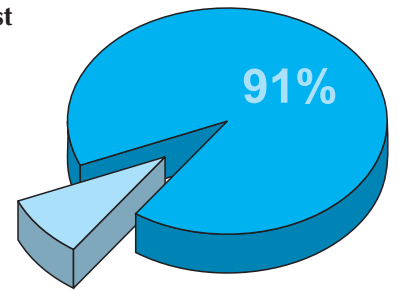
- 13% of boys and 23% of girls in the survey had no lunch yesterday. 20% had a school meal and 4% bought lunch from a takeaway or shop.
- 89% say that they drank water during the day before the survey. Up from 72% in 2004

PHYSICAL ACTIVITY

- 47% of students walked at least part of the way to school (42% in 2004).
- Car travel to school dropped from 34% in 2004 to 29%
- 44% of students consider themselves 'fit' or 'very fit'

	2004	2007
Boys	50%	55%
Girls	27%	35%

- 91% exercised at least once last week hard enough to increase breathing rate.



- 40% of boys and 20% of girls exercised **five times** or more last week.

The top five physical activities were:

	Boys	Girls
Soccer	45%	Going for walks 40%
Riding a bicycle	39%	Dancing 27%
Jogging	22%	Swimming 19%
Going for walks	19%	Jogging 19%
Weight training	16%	Riding a bicycle 15%

Our thanks go to the staff and students of the schools that took part:

Beacon Community College, Bexhill High School, Chailey School, Claverham Community College, Eastbourne Pupil Referral Unit, Eastbourne Technology College, Filsham Valley School, Hailsham Community College, Heathfield Community College, Helenswood School, Hillcrest School, Lewes Pupil Referral Unit, New Horizons School, Peacehaven Community School, Priory School, Ratton School, Ringmer Community College, Robertsbridge Community College, Seaford Head Community College, St. Mary's School, St. Richard's Catholic College, The Bishop Bell CE School, The Causeway School, The Cavendish School, The Grove College, The Lindfield School, Thomas Peacocke Community College, Tideway School, Uckfield Community Technology College, Uplands Community College, William Parker Sports College and Willingdon Community School.

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DfES PRESS RELEASE JAN 2008**COMPULSORY COOKING LESSONS FOR ALL YOUNG PEOPLE****22 January 2008**

Every young person will do compulsory practical cooking lessons for the first time ever, Children, Schools and Families Secretary of State Ed Balls announced today. From 2011, every 11 to 14-year-old will be given, hands-on cooking lessons in how to make cheap, healthy dishes from simple, fresh ingredients. Cooking has never been compulsory in secondary schools before.

Over 85 per cent of schools already have the facilities in place and offer food technology classes – lessons will be compulsory and will cover basic cooking skills for all pupils in these schools from this September and in every school from 2011.

The measures are a key part of the Government's strategy to cut obesity, to be launched by Health Secretary Alan Johnson and Ed Balls tomorrow (23 January). Mr Balls said the Government will target an extra £2.5 million a year when lessons become compulsory to cover or subsidise the cost of cooking ingredients for pupils on free school meals, to ensure that no child is disadvantaged. And he said all secondary schools would build, modernise or share good food technology facilities so every child can learn in up-to-date kitchens ready for 2011. He also said he was asking the public to suggest healthy versions of classic dishes young people can cook – from Shepherd's Pie or curries to tomato and bolognese sauces to baked apples and fruit crumbles.

Mr Balls said:

"Leaving school able to cook healthy dishes from scratch is an essential everyday skill all young people should have. We're not talking about schools training top chefs – but it is right that children learn the basics they need to go on and start cooking at home with their parents and later on their own.

"The vast majority of schools already offer food technology and we've ensured that every child that wants lessons will get them – but we're now taking this further by focussing on basic cooking skills and with investment and support for schools.

"It must be a thing of the past that young people – especially boys - can leave secondary school never having had a basic cooking lesson.

"Simple cooking is a fundamental skill that every young person should master - it is at the heart of tackling obesity and will enable future generations to understand food, diet and nutrition; and put together healthy meals for their entire lives.

"That is why we are also asking people to e-mail in to getcooking.consultation@dcsf.gsi.gov.uk with suggestions for simply healthy recipes which young people could learn."

The key elements are:

- Food technology will be a compulsory Key Stage 3 curriculum entitlement for every 11-14 year old from September 2011 - with food technology lessons, involving practical cooking lessons and classes on diet, nutrition, hygiene and healthy food shopping. The new secondary curriculum, announced last year and introduced this September, deliberately focuses on practical cooking skills and knowledge and less on food manufacturing processes, packaging and marketing.
- The 85% of secondary schools, which currently offer food technology and have their own teaching facilities, will be expected to have compulsory classes for all children from this September.

- From September 2008, ministers have already announced all young people in the remaining schools not offering food technology, have a “licence to cook” if they want to, in after-school cooking clubs or neighbouring schools. Today’s announcement extends this to all children.
- Around 800 new food technology teachers will be trained through Initial Teacher Training over the next three years and another 150 teachers will enter the profession through employment-based routes. We will also look to train Higher Level Teaching Assistants (HLTAs) who will specialise in cooking. By the end of this March, 100 cookery teachers will have been recruited and trained to help schools which currently do not teach food technology.
- Today’s announcement builds on the existing ‘Food in Schools’ programme, which was set up in 2001 so expert secondary food teachers can train primary colleagues to teach cooking and related areas such as healthy eating and food safety – with more than 4000 primary teachers trained by this March 2008 and 260 trained secondary teachers by the same date. The programme supports primary schools to work towards the healthy eating strand of Healthy Schools.
- The Government will target £2.5m a year to cover or subsidise the cost of cooking ingredients for pupils on free school meals to ensure that no child is disadvantaged.
- All secondary schools will build or modernise good food technology equipment and facilities on their own site or to share at neighbouring schools or colleges.
- The public are being asked to suggest which classic British and international main courses and puddings young people should be taught by emailing getcooking.consultation@dcsf.gsi.gov.uk. This will be published as a guide for schools.
- Cooking will remain compulsory in primary schools – as part of Sir Jim Rose’s comprehensive review of the primary curriculum announced earlier this month.
- We expect Academies to offer cookery courses as they all have or will have high quality cooking facilities. There are already many examples of good practice such as the Oasis academies and Trinity Academy.

Editor's Notes

This press notice relates to 'England'

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