



BNF Healthy Eating Week

BNF Healthy Eating Week 2017

Impact pack



Welcome

This pack has been developed to help you demonstrate the impact of activities undertaken as part of BNF Healthy Eating Week (BNF HEW) on pupil health and wellbeing.

Defining 'impact' is often difficult, as it is a complicated area. However, this pack has been developed to help you get started on your impact journey in just 4-steps!

Why impact?

Understanding the impact of your activities on pupils allows you to:

- show how you have made a difference to the children in your care (based on health indicators, as well as academic success);
- promote healthy behaviours;
- plan activities for the future;
- report your work to parents, governors and inspectors;
- raise the visibility of your school;
- motivate children and pupils;
- demonstrate your school values and ethos;
- celebrate your success with the local community.

What do you need to do?

This pack contains a **4-step plan** to help you implement, monitor and publish your impact - allowing you to raise your visibility and celebrate success.

By collecting the information, you can also generate your own unique impact certificate, which can be displayed at school.

This pack also provides ideas and advice for the future (after BNF HEW) – so you can continue to monitor the impact of your activities and go for gold!

Why is health important?

We know that the health of many young people needs improving, and taking part in these health challenges can help to improve their academic performance, concentration in class, and mental and physical health. This can also help pupils to develop healthy behaviours for the future.

What and how will you measure?

This pack provides you with the resources you need to report on the impact of being involved in BNF HEW.

You will need to have someone to co-ordinate this work, making sure that:

- staff know that the school will be measuring impact;
- pupils complete a tracker throughout the week;
- pupil progress is recorded at the start of class or in tutor time;
- activities organised in the week are recorded;
- overall school progress is collated at the end (to generate your certificate). This could be collected and collated by pupils.

The resources within this pack will help you to capture information on:

- pupils achievement of the BNF HEW challenges:
 - have breakfast;
 - have 5 A DAY;
 - drink plenty;
 - get active;
- the activities you run;
- pupil attitudes/opinions towards healthy behaviours;
- pledges by pupils.

You can use the pack to measure the impact for one or two classes or the whole school – it is your choice.

| What will you measure? | How will you measure it? | What will this show? |
|---|--|---|
| Pupil achievement of the BNF HEW challenges, i.e. breakfast, 5 A DAY, drink plenty and activity | Pupils complete the Challenge Tracker throughout the week Each class taking part collects this information from pupils on the Class recording form This information is then collated for all classes that took part in the Your impact spreadsheet . | % pupils that had breakfast |
| | | % pupils that had at least 5 A DAY |
| | | % pupils that had at least 6-8 drinks |
| | | % pupils that were active for at least 60 minutes |
| Your class activities | Record the activities you undertake as a class on the Class recording form (if other classes take part in the same activities, e.g. a whole school assembly, this should be recorded separately on each classes' form) and the number of pupils that participated. Enter this information for each class onto the Your impact spreadsheet . | % of pupils that were involved in different activities |
| Pupil attitudes and opinions towards health behaviours | Run the End of week review with your class, and record the responses. Enter this information for each class onto the Your impact spreadsheet . | % pupils that are motivated to meet the health challenges |
| Pledges made by pupils | | Type and number of pledges made by pupils |
| On completion, you can generate your own unique impact certificate. | | |

4-step plan

Here's your 4-step plan to report on the impact of BNF HEW in your school:

| Step | When | Actions | Resources to help |
|----------------------------------|--------------------|--|--|
| 1 Get ready! | Before the 12 June | <p>Plan your BNF Healthy Eating Week</p> <ul style="list-style-type: none"> • Make sure all classes/form groups that are taking part in BNF HEW are involved. • Print Challenge Trackers for all pupils • Give class teachers/form tutors a copy of the Class recording form • Get pupils involved to help collect forms from classes and collate the results | <p>Challenge Trackers</p> <p>Class recording form</p> |
| 2 Launch BNF HEW! | 12-16 June | <p>Run your BNF Healthy Eating Week activities!</p> <p>On Monday, at the start of class or in form time, tell pupils that they will be completing a Challenge Tracker for the week. Give out the forms.</p> <p>Ask the pupils to complete the form throughout the day, every day for that week. At the end of each day, or the following morning, the class teacher/form tutor should complete the Class recording form for that day.</p> <p>On Friday, undertake the End of week review with the pupils. Record the results.</p> | <p>Challenge Trackers</p> <p>Class recording form</p> <p>End of week review</p> |
| 3 Collate | 19-23 June | <p>If the Class recording form has not been completed for Friday, this should be done on Monday.</p> <p>The Class recording form for each class/form group should be handed to you (nominated HEW teacher) or pupils that are helping.</p> <p>Collate all the results on Your Impact spreadsheet.</p> <p>A unique certificate will be generated!</p> <p>We'd love to find out how you did! Please email Your Impact spreadsheet to postbox@nutrition.org.uk</p> | <p>Your Impact spreadsheet</p> |
| 4 Celebrate and reward | June-July | <p>Celebrate your success - tell people about your impact. Why not share your news with:</p> <ul style="list-style-type: none"> • pupils; • parents/carers; • staff; • governors; • community contacts; • local media; • Twitter. | <p>Media release</p> |

Resources to help

To support your work, there are many resources available:

Impact reporting forms

- Challenge trackers
- Class recording form
- End of week review
- Your impact spreadsheet

All available to download [here](#).

Health festival pack

BNF is encouraging schools to run a *Health festival* during BNF Healthy Eating Week. This could involve pupils, parents, health professionals and organisations setting up stalls to promote healthy eating and drinking and being active. This could provide a great opportunity for pupils to undertake a mini enterprise project. Available to download [here](#).

Active learning resources

A unique set of resources designed by BNF and Disney to engage pupils age 4-11 years with the health challenges. Available to download [here](#).

Challenge Posters

BNF has designed five simple posters which outline each challenge. These are designed to be displayed in school to promote participation. Available to download [here](#).

Full details for each challenge can be found in the BNF Healthy Eating Week 2017 Planning Guide (available [here](#)).

Videos

BNF have produced short videos about the health challenges to share with pupils during the Week. Click on the links below to take a look:

- [Have breakfast](#)
- [Have 5 A DAY](#)
- [Drink plenty](#)
- [Get active](#)

The future ...

Working out your 'impact' can be daunting – so, start small and grow over time! Being involved in BNF HEW is an excellent way to demonstrate your commitment, as well as validate impact.

Think about the following:

- monitor & report what you already do;
- pupil feedback & evaluation;
- what staff & parents think;
- tell people what happened;
- uptake in healthy behaviours;
- number of children, parents & staff involved in activities.

Going for gold!

In the future, you could:

- record data before and after an event to show your success;
- monitor pupil attitudes and opinions towards health behaviours at the end of each term to show how you have made a difference to the children in your care.

Start small in BNF HEW and use our ideas to help you plan, measure, report and celebrate your impact!

- Parental feedback and collaboration of pupil achievement
- Breakfast club take up (& evaluation)
- Food and drink choice at break and lunch
- Lunchbox monitoring and reporting
- What food/nutrition education children receive via curriculum - hours per year, opportunities to cook, learn about healthy eating, where food comes from
- Interviews and case studies
- Photographs

There are a number of ways to measure impact, here are a few examples:

- survey and questionnaire;
- interviews;
- completing trackers (based on target setting);
- taking data from sales (break/lunch);
- numbers attending breakfast club uptake.

What could success look like in your school?

Imagining telling parents, governors and community how well your school is achieving. Below are examples of what you might say, along with what you would need to know or find out:

| What you might say ... | What you need to know/find out | How could you capture this information? |
|--|---|---|
| "During healthy eating week all children had breakfast and achieved their 5 A DAY" | Did all pupils have breakfast? Did all pupils have their 5 a day? | Ask in the morning during registration. Ask pupils to complete the Challenge Tracker. |
| "All children in Year 4 learned new cooking skills to make healthy dishes" | Did all pupils in Year 4 learn new cooking skills? | Organise a cooking session for Year 4. Note how many pupils participate. |
| "9 in 10 pupils had 60 minutes of activity each day" | Were 90% of pupils active for at least 60 minutes each day? | Ask pupils to complete the Challenge Tracker. Organise 60 minutes of activity each day and note how many pupils participate. |
| "All pupils got involved in healthy eating workshops" | Did all pupils get involved? | Run the healthy eating workshops. Ensure all pupils take part throughout the school. |
| "All our pupils have pledges to have their 5 A DAY and breakfast" | Did pupils make a pledge? Did they all pledge to have 5 A DAY and breakfast every day? | Ask pupils to complete the End of week review. |

Display your unique impact certificate with pride!

Tell people about your Healthy Eating Week, the activities you undertook and the impact you had!

Acknowledgement

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