

School Food Improvement Programme in Tower Hamlets

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Healthy Schools in Tower Hamlets



The best of London
in one borough



Tower Hamlets



Mayor of London's Healthy Schools Awards

Tower Hamlets is the top performing borough in London for the Mayor of London's Healthy Schools Awards.

Demographic and Education

There are 39,579 students in primary (20,280) and secondary (19,299) schools in Tower Hamlets. (School census, Spring 2021)



Why are we doing this?

- Start good habits
- Obesity figures
- Oral health figures



Tower Hamlets Health Profile



Healthy Weight

	Obesity	Excess Weight
Reception	15.6%	26.5%
Year 6	33.7%	50.4%

(NCMP data 2020/21 academic year)



Oral Health

Tower Hamlets has high levels of children aged 5 years old with experience of visually obvious dental decay (March 2021). Tower Hamlets has 39.8% compared to the national figure of 23.4%.

(Tower Hamlets Child Health Profile, Public Health England, <https://fingertips.phe.org.uk/>)

Mental Health and Wellbeing

The most recent Tower Hamlets Pupil Attitudes Survey (PAS) 2022 demonstrates a reduction in pupils in primary and secondary schools reporting that they “feel happy about life at the moment”. 69% reported they do, compared to 81% in 2015.



Free School Meals

46.7% of pupils in Tower Hamlets met the eligibility criteria for free school meals in the last six years (DfE, 2017).

(Tower Hamlets Council Strategic Plan 2022-2026: [Tower Hamlets Council Strategic Plan 2022-2026](#))



What are we doing about it?

School Food Improvement Programme

Aims:

- To improve healthy food option for all children
- Take cakes and biscuits off the menu
- Enhanced Borough wide school food standards
- Offer support and training to kitchen staff
- Conditions of Grant
- Family style dining
- Parent taster sessions



School Food Improvement Programme



To improve school meals provision across the Borough so all children can eat healthy and nutritious food and enjoy a good school food experience.

- Pupil education: TastEd
- Engaged Silver & Gold schools to do pilot
- Conditions of Grant: Possible School Food Standards for LBTH with accompanying audit



School Food Improvement Programme



Objectives:

- To ensure the Universal Free School Meals offer in Tower Hamlets supports healthy eating, healthy habits, and wider social value benefits.
- To agree common standards for school food provision Borough-wide and ensure these are delivered. These standards will focus on good nutrition and food quality but also encapsulate other Council priorities, such as pay and employment, sustainability and social value.
- To support schools in meeting these standards by implementing an agreed programme of support and training and introduce effective monitoring and accountability. This is designed to improve school meal quality and take-up.



Joint working



- Joint working with Healthy Schools Team, school meal providers and Public Health
- Working together to agree borough wide menus
- Reduction in packed lunches
- Working with parents
- Pupil / parent / staff / kitchen staff consultation



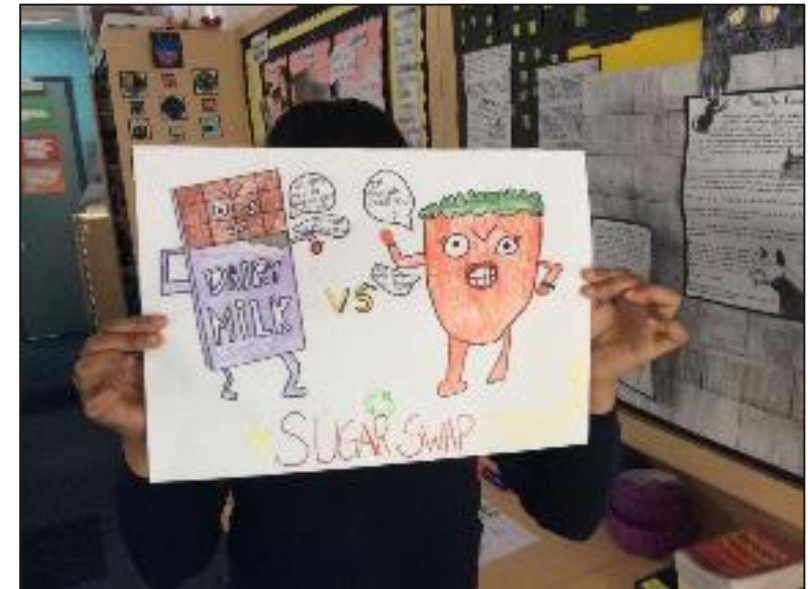
Support offered to schools

- Work with governors
- Work really closely with schools and families practical help with recipes etc
- Working with schools to support family style dining
- Support with Silver and Gold Award applications



Support continued...

- Taste Ed sessions in schools
- Food waste project weighing and measuring waste
- Taster sessions for pupils
- Menu
- All schools water only
- Ready steady cook competitions



Support continued...



- School healthy food policy – whole school picture
- Sugar smart
- Packed lunches
- Breakfast club provision including physical activity
- Borough priority



Contact details



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