



Childhood Obesity Plan

Below are key points that have been taken from the Childhood Obesity Plan and implications for schools.

Soft Drinks Levy

As a first major step towards tackling childhood obesity, we will be introducing a soft drinks industry levy across the UK. In England, the revenue from the levy will be invested in programmes to reduce obesity and encourage physical activity and balanced diets for school age children. This includes doubling the Primary PE and Sport Premium and putting a further £10 million a year into school healthy breakfast clubs to give more children a healthier start to their day.

Schools should prepare themselves for this investment by identifying the health and wellbeing needs of their pupils and considering evidence-based solutions to the issues identified.

Reducing sugar by 20%

All sectors of the food and drinks industry will be challenged to reduce overall sugar across a range of products that contribute to children's sugar intakes by at least 20% by 2020, including a 5% reduction in year one. The programme will initially focus on the nine categories that make the largest contributions to children's sugar intakes: breakfast cereals, yoghurts, biscuits, cakes, confectionery, morning goods (e.g. pastries), puddings, ice cream and sweet spreads.

Schools should consider these guidelines in their school food policies, catering and vending and can go to www.childrensfoodtrust.org.uk for further support.

Helping all children enjoy an hour of physical activity every day

The UK Chief Medical Officers' recommend that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes every day. Many schools already offer an average of two hours of PE or other physical activities per week. However, we need to do more to encourage children to be active every day. Every primary school child should get at least 60 minutes of moderate to vigorous physical activity a day. At least 30 minutes should be delivered in school every day through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events, with the remaining 30 minutes supported by parents and carers outside of school time.

During inspections, Ofsted assess how effectively leaders use the Primary PE and Sport Premium and measure its impact on outcomes for pupils, and how effectively governors hold them to account for this. Physical activity will be a key part of the new healthy schools rating scheme, and so schools will have an opportunity to demonstrate what they are doing to make their pupils more physically active.

Schools will need to consider how they can make more parts of the school day active as part of a holistic whole school offer for every child.

Improving the co-ordination of quality sport and physical activity programmes for schools

County Sport Partnerships are being asked to work with National Governing Bodies of Sport (NGBs), the Youth Sport Trust and other providers to ensure every school has access to 'quality provision' with NGBs ensuring they have an offer for every primary school.

Sport England is investing £40m into children and family programmes to get them active together based on children's physical literacy.

There will also be continued investment into walking and cycling to school programmes with a further £300m strategy to come from the Department of Transport (DfT). There will be further focus and investment into BikeAbility and a report on local infrastructure that surrounds schools including cycle routes, roads and pathways.

Schools will need to consider how they map provision of daily physical activity across the school day and ensure that they underpin children's competence and confidence in being active by using programmes such as BikeAbility.

New healthy rating scheme for primary schools

From September 2017, we will introduce a new voluntary healthy rating scheme for primary schools to recognise and encourage their contribution to preventing obesity by helping children to eat better and move more. This scheme will be taken into account during Ofsted inspections. The scheme will help schools to demonstrate to parents that they are taking evidence-based actions to improve their pupils' health. Building on existing schemes where appropriate, the criteria for the rating scheme will be developed in consultation with schools and experts but will cover the school's approach as a whole.

Schools should consider how the focus on health within their school demonstrates impact on the achievement of their students and can be a tool to engage parents and families in the welfare of their child.

Making school food healthier

The School Food Plan, published in July 2013, has helped bring about whole school improvements in food. The new School Food Standards came in to force from January 2015. They have been widely welcomed but since then new advice on sugar and nutrition has been published. Therefore the Department for Education (DfE), supported by PHE, will update the School Food Standards in light of refreshed government dietary recommendations

Breakfast clubs can contribute to improved attainment, attendance and overall health. This is why the Government recently announced that £10 million a year of revenue from the soft drinks levy will fund the expansion of healthy breakfast clubs. This programme will ensure that more children benefit from a healthy start to their school day.

Schools should consider these guidelines in their school food policies, catering and vending and can go to www.childrensfoodtrust.org.uk for further support.

Supporting Early Years settings

The early years are a crucial time for children's development. One in five children are already overweight or obese before they start school²¹ and only one in ten children aged two to four meets the UK Chief Medical Officers' physical activity guidelines for this age group.

PHE have commissioned the Children's Food Trust to develop revised menus for early years settings by December 2016. These will be incorporated into voluntary guidelines for early years settings to help them meet current Government dietary recommendations. This will include practical ideas and suggestions, alongside the sample menus.

Early Years Providers should look at creative ways by which they can increase the amount of daily physical activity their children engage in throughout the EYFS curriculum and how they can work with families of those children with additional needs to improve their physical competence to take part.