



Supporting School Meal Uptake in Hampshire

Briefing Sheet 6

Universal Infant Free School Meals (UIFSM)

We are well into the brave new world that is Universal Infant Free School Meals and some early patterns and trends are emerging. Some schools are achieving a very high uptake. This is happening when schools are clear that eating the hot meal is expected practice and where parents have been engaged in the process throughout. Schools have collected their first census day data on 2nd October and should be planning now for the second collection on January 15th. Payments will be adjusted up if average uptake exceeds the expected 87% and adjusted down for schools with lower take up. If you would like support in maximising the numbers please contact Ian Wright. Also, if you have a good news story to tell, contact Ian on ian.wright@hants.gov.uk. If you would like further support with any aspect of school meals or improving the wider lunchtime experience, contact Ian or HC3S directly.

In this briefing

- An update on the story so far with the introduction of Universal Infant Free School Meals in Hampshire
- A guide to what works well in schools for maximising uptake of school meals
- A link to the new menu for implementation this half term and which satisfies the new national guidelines on school nutrition which come into force on January 1st 2015.
- Important information regarding the law around dealing with Food Allergies in schools which comes into force on December 13th.
- A form of wording that schools can use to promote school meals on your website
- Some telling statistics from Hampshire on childhood weight issues that reinforce how important it is to get children eating well at an early age
- Research facts about packed lunches and why they are not the healthy option



School Meals on the School Website

We would urge all schools to make reference to their school food provision on their website. It is the first place that Ofsted will look in beginning to form judgements and they will be looking at your lunchtimes. To support you, the following wording could be adapted for use with your website.

At School, we believe that the best option for children at lunchtime is to have the hot school dinner, provided through our partnership with HC3S. We expect that parents of children in Key Stage 1 will take up the option of the Universal Infant Free School Meal. This is because we believe that the hot school dinner option is much better for the children's learning and health. We recognise the evidence that states

- Children are better prepared for learning if they eat well
- Children make more progress if they have eaten the right nutritional lunch
- Only 1% of packed lunches provide the correct nutrition
- Eating hot dinners is an important social occasion and the children learn vital social skills

HC3S provide all the nutrients that children require through the week. They produce a menu which has a three-weekly cycle and is available for parents to view (www.hants.gov.uk/hc3s).

Our goal is to have ZERO packed lunches.

Healthy Weights in Hampshire – Children

These research findings indicate why healthy eating and good exercise is such an important topic in our schools.

- 1 in 5 of our Year R children are overweight or obese
- 1 in 3 of our Year 6 children are overweight or obese
- Nationally, 1 in 5 secondary students are obese
- Social deprivation makes matters worse
- Children with physical or learning disabilities are at greater risk

Packed Lunches – What the research tell us

- Only 1% of packed lunches meet nutritional standards
- Only 5% of packed lunches contain all 5 of the necessary food groups
- Less than 20% contain any vegetables
- About half contain dairy or fruit
- Fruit is the thing least likely to be eaten from the lunchbox
- One third contain no protein

This is based on a sample of nearly 1300 packed lunches.

The message is clear – hot school dinners are the healthy option, the best option for learning and behaviour.



Courses to Support Better Lunchtimes and Healthier Schools

Hampshire Healthy Schools Team runs a number of courses throughout the year to support schools in maximising the positive impact of healthy eating, better lunchtimes and health promotion work. Most exciting are the two half days with **Jenny Mosley** on either the morning or afternoon of **Thursday 11th December**. The courses will take place near Winchester and Jenny's courses are aimed at enhancing the whole lunchtime experience. Jenny is always a popular course leader and early booking is advised. Other dates and courses are:

- Personal Development Learning Conference, Friday 28th November
- Back to Basics with Healthy Schools, Friday 6th February
- Monitoring and Assessing Personal Development Learning, Friday 6th March

In addition, there are the termly PDL Briefing meetings at four different locations around the county and take place between 4 and 5.30 in the evening.

Details of all these courses can be found in the Hampshire Teaching and Leadership College (HTLC) Directory.

New Menu

The new menu is now being served in our schools. This menu complies fully with the new School Food Standards which will come into force in January 2015. To see the new three weekly cycle of menus, follow the link, <http://www3.hants.gov.uk/hc3s/hc3s-primary/primarymenu.htm>

New Law on Food Labelling and Allergens

From December 13th this year, a new law comes into force which legislates that all food must contain allergen information on the labelling. This applies to caterers and suppliers. The legislation covers 14 allergens and includes all packaged food, all pre-packed food, all ingredients (including hidden ingredients) and all food for service. There are very few exceptions to the law. Anything provided by your school on a regular basis will be included. For example, if you provide a weekly coffee morning for parents, the law applies. If you have a one off cake sale to raise funds for Children in Need, it does not.

Any food provided by HC3S will conform to these new requirements and we will be vetting all food from our suppliers to ensure that this remains the case. All HC3S staff have received training in the new allergen law. For schools using HC3S* for all their catering needs, you will not need to do anything. If you have any concerns, please contact HC3S.

**If your school does not commission HC3S for school meals, you will need to contact your caterers and/or suppliers.*

Successful School Lunchtimes

The evidence from Hampshire about what makes schools successful at lunchtimes is now being reinforced by the evidence that is emerging nationally from the Universal Infant Free School Meals programme. Successful schools will have a higher uptake than the expected 87% and will qualify for additional funding as a result.

The single biggest factor in these successful schools is that they adopt a Whole School Approach. Stakeholders share a vision for school food and have a clear idea of what “Good” looks like. They regard lunchtimes as an integral part of the school day and maximise the potential for healthy behaviours, not just for healthy food. They will have consulted widely about food issues within the school and have moved the school forward together in pursuit of their vision of excellence.

For support in adopting the Whole School Approach, why not attend the Jenny Mosley training in December or contact Ian Wright at HC3S.

Your Questions Answered

How will the next payment from the government for UIFSM be calculated?

It will be based on the actual number of infant school children taking the free school meal on census days. There are two census days that this will be based on. The next of these is Thursday January 15th. The first payment to schools was based on an anticipated take up of 87% of the number on roll from the census of January 2014 and the second payment will be adjusted up or down to account for the actual uptake in a school. In other words, if your take up exceeds 87%, you will receive extra funding in the second payment to make up the difference. If your take up is less than 87%, there will be some ‘claw back’ in the second payment.

What do schools need to do regarding the provision of milk in schools?

Schools are expected to organise milk. It is not part of HC3S service. Milk is a requirement for schools to have available for children during the school day. It doesn't mean that children have to have it nor does it mean they don't have to pay for it – but children in receipt of a free school meal (eligible through income) should get it for free. Schools are expected to pay for milk for pupil premium children and sell it to those whose parents wish to pay.

We recommend that you source via Cool Milk who are delivery partners with the Children's Food Trust and who will supply the milk, do all the paperwork, collect money from parents and all the school would have to do would be to pay the bill for pupil premium children.

Who to contact:



For any issues or support in implementing a whole school approach

Ian Wright, HC3S Healthy Schools Coordinator

Tel: **07833 247585** E mail: **ian.wright@hants.gov.uk**



For any issues or support with the provision of school lunches

HC3S Head Office Tel: **023 8062 9388**

Email: **hc3s.support@hants.gov.uk**