

• GOVERNORS BULLETIN •

News from the DfES

Governing the School of the Future describes the government's ambitions for schools, the role and contribution of governing bodies, and their recruitment, support and training. Copies have been sent direct to chairs of governors. Further copies are available from DfES publications on 0845 602 2260 (quote reference DfES 0786/2004) or download from www.governornet.co.uk and click on the roles and responsibilities topic area.

The DfES, with Ofsted, has also recently published a **New Relationship with Schools – Next Steps**. This document sets out how government, including the DfES and Ofsted, and LEAs will work with schools. The main changes are:

- **Inspection** – short notice, more frequent and shorter Ofsted inspections
- **Accountability** – an annual school profile including the school's own account plus standardised data (this will be provided centrally)
- **Funding** – funding for 3 academic years and streamlined grants
- **Support** – nationally accredited School Improvement Partners
- **Self Evaluation** – the starting point for inspection and planning

You can download the full document from

<http://www.governornet.co.uk/publishArticle.cfm?contentId=940>

or order a copy from the DfES by telephone **0845 602 2260** (quote reference **DfES 1288/2005**).

Remember the DfES now only publishes online updates to your Guide to the Law. You can reach the Guide via www.learningtrust.co.uk/governors. If you don't have access to the internet, your Clerk will be able to print off updates on request.

Building Maintenance & Statutory Testing

The Learning Trust is currently running a tender for a framework agreement for Reactive Building Maintenance and Statutory Testing Services for participating schools. The Framework Agreement should offer improved service and value-for-money because of economies of scale.

The tender process is underway and the Trust expects to have one or more suppliers in place for 1st May 2005. The Trust therefore recommends that schools do not sign up to any other contractual arrangement before viewing the centrally agreed contracts. Schools are of course free to contract with other suppliers should they wish to.

If you have any questions please contact **Tai Iqbal, Contract Management Executive** on **020 8820 7117** or email tai.iqbal@learningtrust.co.uk

Healthy Schools

With school meals never far from the headlines in recent weeks, we asked two of our schools to tell us about the changes they've been making and Liz Kelly, Healthy Schools Coordinator, updates us on progress here in Hackney

The National Healthy Schools Programme

Evidence from the National Healthy Schools Programme evaluation showed that Healthy Schools were improving faster in terms of health behaviours than other schools. They scored higher on 9 out of 11 Ofsted indicators. Children and young people report a range of positive outcomes such as feeling less likely to be bullied, feeling as though they have more of a say in the running of the school and enjoying it more.

Schools in the future will be asked to show how they are contributing to the five national outcomes for

children: 'being healthy', 'staying safe', 'enjoying and achieving', 'making a positive contribution' and 'economic well being'. The National Healthy Schools Programme will record all the health-related activities and achievements of every school on its own database. Government departments and Ofsted will monitor schools progress using this database. See www.wiredforhealth.gov.uk

Achieving recognition as a healthy school

To achieve Healthy School status from 2005, schools will be asked to demonstrate how they use a whole school approach to promoting and delivering:

- Comprehensive Personal Social and Health Education (including sex and relationship education and drug and alcohol education as defined by the QCA in line with QCA and DfES policies)
- Healthy Eating
- Physical Activity
- Emotional health and well being

This should include showing how they involve parents/carers, pupils and staff.

National Healthy School Standard for Healthy Eating

The Learning Trust (through Hackney Healthy Schools programme) will help schools to achieve the National Healthy School Standard for Healthy Eating if they are part of the Healthy Schools programme. A school will have to show evidence that:

Pupils have the skills and understanding to make healthy food choices and messages about healthy eating in the classroom are supported by the range of food and drink available in school. A healthy school:

- involves parents in discussing food policy and practice, and acts on their feedback
- has a welcoming eating environment (see Food in Schools Guidance)



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, Healthy Eating

- ensures healthier options are available and promoted at break, lunchtimes and in breakfast clubs as outlined by Food in Schools guidance (if established or planned);
- educates pupils of need to limit consumption of foods high in salt, sugar and fat;
- monitors pupils' menus and food choices;
- includes food studies in the curriculum. Pupils should learn about different types of food in the context of a balanced diet, nutrition, safety and hygiene; and also study the emotional effect of food, how it can affect self-esteem, and the role of the media
- has easy access to drinking water, using the Food in Schools guidelines
- has meals, vending machines and tuck shop facilities (if established or planned) that are nutritious and healthy (see Food in Schools guidelines) and meet or exceed National Standards
- is working towards the latest DfES guidance on improving school meals service
- We will be offering further guidance to schools during the Summer term
- To access 'Healthy Schools Healthy Eating and Physical Activity bursaries' (£600 Primary and £800 Special and Secondary schools) the schools should contact Liz Kelly to audit progress and begin to develop a healthy schools action plan by July 2005.
- In 2005, the Healthy Schools team will be developing activities with Hackney's early years settings

For further information contact

Liz Kelly
Healthy Schools Coordinator
0208 820 7455
liz.kelly@learningtrust.co.uk

School Fruit and Vegetable Scheme

All 4-6 year olds now receive a free piece of fruit or vegetable each day. This scheme may be extended to Nursery schools.

Many schools in Hackney are already developing good healthy eating policy and practice; moving to organic meals, engaging parents and pupils in tasting sessions and in choosing menus, developing healthy tuck shops led by school councils and providing free access to water.

Next steps

- To develop and access support for this work, schools should be signed up to Healthy Schools



The Government View

Education Secretary Ruth Kelly has announced that schools should spend at least 50p per child on food ingredients. From September and over the next three years, schools and local education authorities will be supported in transforming school meals with healthy food, prepared fresh on the premises by trained school cooks, which would follow tough minimum nutrition standards underpinned by Ofsted inspection. The following elements are intended to deliver a step change in school meals:

- £220 million new funding grants direct to schools and local education authorities to ensure they can transform school meals, including a minimum spend on ingredients of 50p per pupil per day for all primary schools, and 60p per pupil per day for all secondary schools, as well as providing increased training and working hours for school cooks;
- £60 million from the Big Lottery Fund and the Department for Education and Skills to enable a new School Food Trust to give independent support and advice to schools and parents to improve the standard of school meals;
- tough minimum nutrition standards developed by an expert panel to be rolled out to primary and secondary schools from September 2005, and becoming mandatory from September 2006; the panel has been asked to strongly consider the use of nutrient-based standards and whether any individual foodstuffs should be banned;
- proposals to enable parents to work with schools and the School Food Trust to improve the quality of their child's school meal, with a dedicated 'toolkit' for parents to be published in May;
- Ofsted to review the quality of school meals as part of regular school inspections from September, and to perform detailed inspections with nutritionists of the nutritional content of school food in a sample of schools in every local education authority.

In 2004 the Government launched the Healthy Living Blueprint for Schools www.teachernet.gov.uk/healthyliving which gives details of the sort of activities that could be undertaken to support a schools' progress to becoming healthier. By 2009, the Government wants to be supporting every school to be working towards being a healthy school.

Children Who Are Fed Rubbish Can't Learn

Thomas Fairchild Community School is a Hackney primary school with 315 children. Headteacher Alasdair Friend, "appalled at the quality of school meals" and believing that "children who are hungry or fed rubbish can't learn", took control, with his governing body, of the school kitchen two and a half years ago, putting money into quality and sourcing all meat, fresh fruit and vegetables from an organic supplier, with ingredients costing 65p per child per day.

- They give out warm cinnamon bagels in the playground to any child who can't make the breakfast club.
- No pre-processed foods are served.
- Chips are only on offer twice in any 15-day period.
- All food is seasonal and children visit the farm where the food is produced.
- Tablecloths are on the tables. There's a "top table" with flowers on a Friday where well-behaved diners sit.
- The school will be holding special days where parents and carers can come and have lunch with their children.

The results

"For many of the children this is their most important meal of the day and the changes are obvious. The children concentrate better in the afternoon and behave much better at mealtimes," says Alasdair.

Putting Health at the Centre

The headteacher and governors of Shacklewell School have been putting health and well-being at the centre of the curriculum for more than two years. The school has taken the catering in-house, giving it more control over the menus, and there is at least one salad on the menu every day. The bread served is wholemeal, the vegetables are freshly prepared that day and there is always a vegetarian option. There are no fizzy drinks on offer. Chips are offered no more than once a week and all children are given a free piece of fruit at break time. Despite the potential for supplementary income, the school refuses to countenance the presence of vending machines.

At Shacklewell most children have at least 15 minutes of physical education each day. The plan is for this to be extended. In the playground, youngsters have an area with climbing frames, slides and swings where they can burn off energy and there are plans to build a dedicated sports area later this year. Children are also encouraged to learn more about the natural world around them as a way of keeping them active, but also encouraging awareness about where their food comes from.

There is a wildlife trail and an organic flowerbed in the playground, while at the back of the school there is a terraced vegetable patch. Here, with the help of a parents' group called the Gardeners of Shacklewell, children learn to get closer to their food. Tomatoes, beans, rhubarb, potatoes, lettuces, carrots and fruits are grown seasonally, while back in the classrooms, the processes of germination and growth and the nutritional value of the produce are dissected during science classes. Once the garden becomes more established there are plans for the produce to be used by the school kitchen.

"We try to incorporate everything into being healthy," says Darra McFadyen, headteacher. "It's about moving away from a reliance on processed foods, encouraging activity and looking at emotional wellbeing. It's a whole curriculum approach."

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School Teachers Pay

The School Teachers Pay & Review Body (STRB) has made its recommendations to the DfES regarding teacher pay for 2005-2006. Among the likely changes is the replacement of management allowances with new teaching and learning responsibility payments. While we are waiting for DfES guidance, schools should award new management allowances temporarily. For more advice contact your school's link adviser or human resources officer on 020 8820 7301.

Dear Governors Bulletin

Our governing body meetings are interesting, but by the end of a couple of hours we are all flagging. We've all had a long day before the meeting even gets going, and would welcome a cup of tea before we start. I don't know what other schools do - do you think it would be acceptable to ask for some basic refreshments for the meeting?

From two happy but hungry governors.

Dear Governors

Yes I think you should ask for refreshments. I'm sure it helps governors feel welcome and wanted in school. Also people cannot make such good decisions if they're flagging, hungry or thirsty.

Some governing bodies meet for sandwiches half an hour before the meeting, others offer tea and biscuits or perhaps have fruit and water on the table. Sometimes it's a good idea to take a short break half way through the meeting.

Your governing body will need to discuss a solution that suits you all (it's important not to make it a burden for the headteacher and staff). In terms of budget, there is a heading for governor expenses and the school could set aside a modest sum for refreshments.