

## **Appendix One**

### **Free Healthy School Meals Programme – Progress Report**

#### **Evaluation Framework – Southwark Free Healthy School Meal (FHSM) programme**

As part of its commitment to reducing poverty and tackling the high levels of childhood obesity, the Council has made a commitment to fund a free healthy school meal (FHSM) for all primary school aged children attending Southwark schools,.

Southwark children have consistently been amongst the most overweight and obese in England since the introduction of the national child measurement programme, with data for 2011 confirming this trend. FHSM is one significant piece of a local jigsaw of intervention that aims to support and challenge parents, schools and therefore pupils to make healthier food choices for life.

The evaluation of the FHSM programme will focus on the aims set out below.

#### **Evaluation Aims:**

1. To evaluate the impact of the FHSM programme on the take up of school meals.
2. To evaluate the contribution of the programme to tackling the high levels of childhood obesity.
3. To evaluate the contribution of the programme in mitigating the effects of child poverty.

#### **Methodology**

This will be both through a universal approach with all primary schools asked to take an annual snapshot of the views of parents, children and staff, alongside a targeted approach in partnership with public health colleagues in those Southwark schools where obesity and overweight data indicates there is the greatest need.

#### **All schools**

1. Measuring the take up of meals by year group during the roll out and comparing with take up prior to the programme – annually from 2012/13
2. Measure numbers of children eligible for Government funded free school meals during the roll out and comparing with numbers eligible prior to the programme – annually from 2012/13
3. Annual feedback from parents and children to assess the overall impact of the programme, through focus groups. Topics to include impact on or changes in eating behaviours at school and at home, impact on family budgets, changed attitudes to food and nutrition for children and for families as well as opportunities for parents and children to suggest improvements to the programme at school and local community level – annually from 2012/13

4. Comparing the overweight and obesity levels of pupils using the national weighing programme statistics in comparison with their levels in reception - at the soonest available national weighing point: as the current Year 1 pupils reach year six

### **Targeted schools**

In addition to the above a targeted support programme for schools with consistently high levels of overweight and obese reception and year six pupils will be delivered by the Healthy Schools Health Inequalities public health consultant on an ongoing basis. School level plans to be devised that continue to build upon the Healthy Schools approach to involve the 'whole school community' of staff, parents and pupils in activities which promote healthy weight.

### **Resource implication for FHSM evaluation**

1. Support with the provision of information
2. Tools and templates to hold focus groups and carry out surveys, wherever possible involving children directly as authors, designers and editors. Maximise on-line responses e.g. survey monkey.
3. Partnership support from other agencies e.g. public health, the wider children's services department to ensure alignment with the Healthy Weight Strategy, environment and leisure for sports and active life access in targeted areas.
4. Support to provide effective communication with parents, to maximise the levels of Government funded free school meals claimed.

### **Outcomes measures**

1. Year on year increase in take up and consumption of a healthy school meal at lunchtime.
2. Increase in identification of families who are entitled to Government funded free school meals.
3. Positive parent/child feedback on the impact of FHSM on children's eating habits and families' finances.
4. Positive impact on levels of childhood obesity as measured through the national child measurement programme.