

Introduction

- As a result of a School Zone (Childhood Obesity Trailblazer) project which commenced in 2019, we have been working with Selby High School over a number of years to identify and address health needs at the school regarding healthy food, the catering offer and dining space/experience.
- A consultation exercise with the pupils, parents/carers and staff took place to identify needs and priorities, and continued contact with the school staff has enabled the work to adapt to address changing priorities and needs over time.
- The NYC Trading Standards team (as part of their *Healthier Choices* award scheme for businesses and schools) also undertook a review of the school cafeteria and catering offer to assess compliance with the national school food standards.



Needs Identified

- Examine mid-morning break options and reduce availability of bacon sandwiches
- Assess and improve the quality and contents of the grab and go, pre-order bag option
- Improve and widen the sandwich offering
- Examine the homemade cakes and traybakes
- Look at the flow of the canteen
- Look at increasing seating provision



Outcomes

Below is a list of the key outcomes that were achieved, and have been **sustained** since the Covid pandemic:

Healthier Food Options

- Increased **salad and vegetables** in wraps and sandwiches - 75% of wraps and sandwiches now include some form of salad and/or veg.
- All bread is now either 50/50 or **wholemeal bread**. Wholemeal and beetroot wraps are being used in place of white.
- Main meal recipes contain **more vegetables** e.g. 'hidden veg' in sauces.
- Reduced the size of (or took off the menu) **baked goods** e.g. traybakes, cookies.

Better dining experience

- Over 18 months the school installed three **outdoor canopies** (with heating and lighting), and an **outdoor pod servery** to improve the dining space & experience.
- Two-sitting system** employed at lunch time (years 7,8 and 11) (years 9 and 10). This has shortened queuing time (by 10-12 mins) and provided more locations to sit and eat. Time gained has led to the introduction of **football sessions during the lunch break**. This combats any potential boredom/behaviour issues.
- Uptake of hot cooked meals has increased in the Year 7s (Sep 23).

Outcomes contd.



Reduced the use of single use plastic

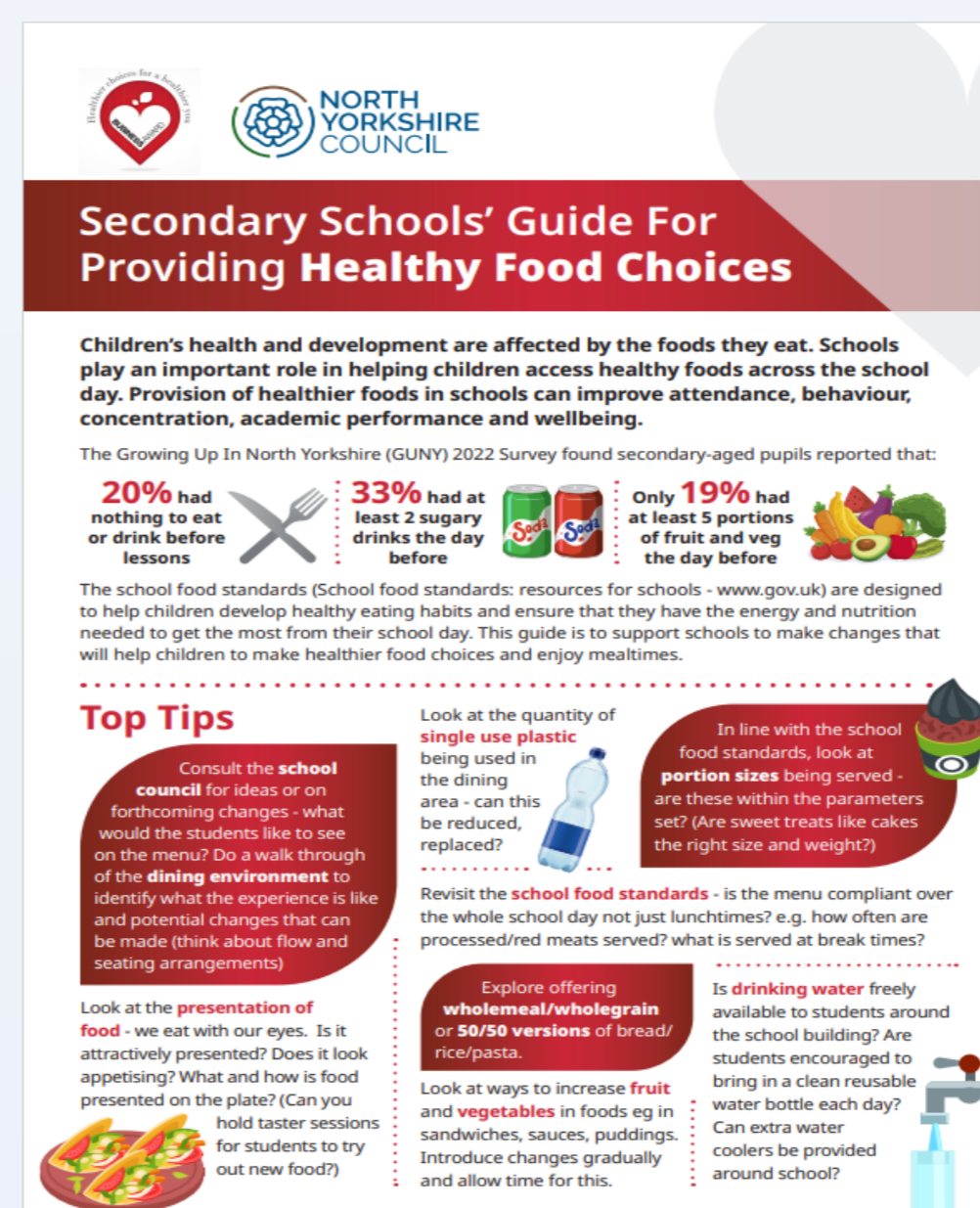
- Eliminated single use plastics (plates, cutlery) in canteen - more use of **biodegradable packaging** for sandwiches.
- Eliminated single use plastic bottles** within the school.
- Installed several **water bottle filling stations**.
- All pupils encouraged to bring **reusable bottles** to school in which to drink from throughout the day.
- The school has eliminated approx. 114,000 bottles going to landfill each year from the school!



Sharing Ideas with Other Schools

In order to share this work as an example of good practice, and to support other secondary schools in making similar changes, we have (in 2023) undertaken the following:

- Delivered a **live webinar for NY secondary schools** to share good practice and support them with making healthy food changes and policies in their schools. This was recorded and shared widely with all secondary schools. This covered the following topics: Healthy Schools Award programme; Pupil survey on school food at a local secondary school; Free school meals; Breakfast clubs; National Food Standards.
- Created an **infographic resource** (below) to share top tips with secondary schools and details of the Selby High School case study, as an example of good practice:



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