**Food in Schools Policy**

**Monitoring Survey**

**October 2016**

**Report prepared by Statistics and Research Team, Department of Education. Based on the results of a survey carried out by Statistics and Research Team in September 2015.**



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**EXECUTIVE SUMMARY**

This is a report of a survey that was carried out in September 2015, approximately 2 years after the introduction of the joint DE and DHSSPS (now DoH) Food in Schools policy (see <https://www.education-ni.gov.uk/articles/food-schools-policy>). The Food in Schools policy applies to all grant-aided schools and came into effect on 24 September 2013. It is an overarching policy advocating a ‘whole-school approach’ to all food provided and consumed in schools and developing knowledge and skills in relation to healthy eating and lifestyles. A baseline survey was carried out in September 2013, prior to the introduction of the Food in Schools policy, and this will be used to benchmark progress in the last 2 years.

The Department wishes to thank schools that participated in the survey.

**Methodology**

All grant-aided schools were invited to participate in the survey via an e-mail addressed to the school principal. Each school was provided with a username and password to gain access to the online survey. A total of 482 valid returns were received from schools, resulting in an overall response rate of 41.0%. The achieved sample was representative of grant-aided schools with regard to a number of key characteristics such as school type, management type and EA region.

**Whole school food policy**

Overall nearly all schools (94.1%) reported that they were aware of the Food in Schools policy. Most schools (82.8%) reported that they have a written school food policy/healthy eating policy reflecting their school’s approach to food and nutrition.

Most schools involve or consult with pupils on the school’s approach/policy to food and nutrition, with school councils being the most frequently reported means of consulting with pupils. ‘Education about healthy eating’ was a typical consultation topic for all schools as was ‘choices available for school lunch’ in post-primary schools.

Almost all schools (96.9%) reported that they engaged with parents on the school’s approach/policy to food and nutrition. The most frequently reported way in which this engagement takes place was through literature sent home to parents.

**School meals**

Most schools (88.9%) reported that they actively promote school meals to all pupils. Almost all schools (92.9%) reported that they actively encourage parents to apply to the Education Authority for free school meals and most schools (86.7%) reported that they actively encourage pupils entitled to a free school meal to take a school meal.

Around one in five schools (20.3%) reported that they were not aware of the Nutritional Standards for School Lunches. These were pre-dominantly primary schools. All schools were asked about their compliance with the standards, regardless of their previous level of awareness, and most schools (90.3%) responded. Almost all schools (95.4%) reported that they were either fully compliant with the Nutritional Standards or were making good progress towards compliance with them.

Where payment systems operate for school meals at the point of collection, cash is the most common system, reported by 83.9% of all schools. While the responses suggest that a cash payment system operates in nearly all primary schools where there is a transaction by pupil at the point of collection, feedback from EA catering managers suggests that some primary schools may have misinterpreted the question. A cash system is operated by 44.3% of post-primary schools, and a biometric or smartcard system is operated by 50.8% of post-primaries.

In the majority of all schools (66.3%) payment can be made on the day the meal is to be taken. The remaining schools have an advance payment/commitment period of 1 day or more, however in the main, the typical advance period operated by schools is for the week ahead (32.0%). In almost all post-primary schools (96.1%) payment can be made on the day the meal is to be taken.

For the majority of schools (71.5%), mainly nursery, primary and special, there is no transaction system in operation for the collection of free school meals by pupils. Where transaction systems operate for pupils to personally collect free school meals, tickets/vouchers are the most common system in operation overall, reported by 37.4% of schools. No primary schools use a biometric or smartcard system for collection of free school meals by pupils. However in post-primary schools a biometric or smartcard system was reported as being used by the majority of schools (51.8%)

**Pupils bringing own food to school for lunch**

For pupils that bring their own food to school for lunch the majority of schools (83.9%) indicated that it is a specific aspect of their approach or policy to encourage pupils to bring only healthy options. Nearly all primary schools indicated this and a majority of post-primary schools.

Both parents and pupils were consulted by the majority (65.8%) of these schools prior to introducing this particular aspect of their approach or policy.

**Lunchtime management**

Almost two thirds of schools (62.7%) indicated that the average lunch break at their school was between 35 minutes and 50 minutes. More than one third of schools (34.6%) had a lunch break of 30 minutes or less. A large minority of primary schools (39.4%) indicated that the average lunch break at their school was 30 minutes or less, whereas the equivalent figure for post-primary schools was 14.5%.

In schools where pupils have to queue for school meals the majority (57.9%) reported that pupils would queue for less than 5 minutes on a typical day, more than one third (35.4%) reported queues of between 5 and 9 minutes and the remainder (5.4%) reported queues of 10 minutes or more. The majority of primary schools (70.1%) reported that pupils, on average, queue for less than 5 minutes. However the majority of post-primary schools (66.3%) reported that pupils queue for between 5 and 9 minutes.

Most schools (94.0%) reported that they actively take steps to improve the dining experience. The use of supervision, rules and policies was the overall most frequently reported way of improving the dining experience with most schools reporting this (82.8%).

Almost all schools (90.6%) reported that they generally do not allow pupils to leave the school grounds at lunchtime without parental consent. The remaining schools were predominantly post-primary schools permitting some groups of pupils to leave school at lunchtime.

Very few schools (3.9%) permit the consumption of fast food/takeaways on the school premises. Those that do are predominantly post-primary schools.

**Other food and drinks**

A minority of schools (14.8%) reported that they were not aware of the Nutritional Standards for Other Food and Drinks in Schools. These were pre-dominantly primary schools.

All schools were asked about their compliance with the standards, regardless of their previous level of awareness, and most schools (88.1%) responded. Almost all schools (96.7%) that responded reported that they were either fully compliant with the Nutritional Standards or were making good progress towards compliance with them.

Most schools (89.4%) reported that cakes and/or biscuits were not provided/sold at school, other than at lunchtime as part of a meal. Nearly all primary schools (92.3%) reported that cakes/biscuits were not provided/sold, while the figure for post-primary schools was 79.5%.

A majority of schools (74.6%) reported that savoury snacks, other than nuts and seeds without added salt or sugar, were not provided/sold at school.

Most schools indicated that they make fruit and vegetables available at school breakfast club (77.0%) and at break-time (86.2%). A majority reported that it is available at after school club (63.0%). For tuck shops, less than half of schools reported that they make fruits and vegetables available and for those schools with vending machines none reported making it available through this outlet.

Almost all schools (96.0%) reported that they do not provide or sell any other drinks, other than those permitted under the nutritional standards for other food and drinks in school. Those that did were pre-dominantly post-primary schools.

**Miscellaneous issues**

Almost all schools (95.4%) reported that pupils have easy access to free, fresh drinking water at all times. The figure for primary schools was 97.0% and for post-primary schools was 86.6%. Where this was not the case the majority of schools were restricting access during lessons or limiting access to break and lunchtimes only.

Most schools (87.5%) reported that in the previous school year there were fewer than five occasions, or none at all, in which they were flexible with the Nutritional Standards to allow for special one-off functions. Around a fifth of post-primary schools (20.5%) reported being flexible with the Nutritional Standards on five occasions or more in the previous school year.

Around one third of schools (31.2%) reported using sweets or confectionary as rewards for pupils. The figure for primary schools was 33.5% and for post-primary schools was 30.5%.

More than half of these schools (56.9%) reported the frequency of this as no more than once per week. A small number of schools reported a frequency of more often than once a week. A minority of schools (39.4%) reported a frequency of once per month or less often.

**EU Milk Scheme and Sponsorship**

A large minority of all schools (41.8%) reported that they did not participate in the EU school milk scheme. Those participating were almost entirely nursery, primary or special schools. The most frequently reported reason for not participating was not being aware of the scheme (37.0% of all schools). This was, by far, the main reason for post-primary schools, reported by 64.4% of schools.

Almost all schools (92.0%) reported that they do not display advertising of less healthy food options. The figure for primary schools was 92.7% and for post-primary schools was 93.8%.

Almost all schools (92.4%) reported that, in the last school year, they did not receive any sponsorship for events which included either the promotion or distribution of less healthy food options to pupils.

**Healthy breaks**

Most schools (89.3%) reported that it is a specific aspect of their approach or policy to encourage pupils to bring only healthy options with them to school for break-times. Almost all primary schools (98.2) reported this but only around half (52.7%) of post-

primary schools. The majority of these schools (72.5%) reported that both parents and pupils were consulted prior to introducing this particular aspect of their approach or policy.

The majority of all schools (71.7%) indicated that they follow their own school policy or scheme to encourage pupils to bring only healthy options with them to school for break-times. The PHA healthy break scheme only applies to nursery, primary and special schools. More than one quarter (27.1%) of primary schools follow this scheme with just under 70% following their own school policy/scheme.

**Curriculum elements**

Very few schools (7.3%) indicated that they were a member of the food@myschool room in C2k’s fronter. Almost all of the schools (90.4%) that were not a member indicated that this was because they were not aware of this resource. Most schools who had used the resource indicated that it was at least somewhat useful.

Almost all primary schools reported that all pupils at each key stage are provided with education in relation to nutrition and healthy eating as an integral part of Personal Development. Similarly, almost all post-primary schools reported that all pupils are provided with this education.

A majority of all schools reported that they availed of relevant support, advice or resources from health partners (65.9%) and voluntary organisations (54.0%). Just less than half of all schools (48.1%) reported availing of support from the Education Authority while around one-third (33.5%) reported availing of support from the CCEA.

Almost all schools (98.0%) with Key Stage 3 pupils reported that they provide teaching in Home Economics to Key Stage 3 pupils, and almost all of these schools (95.7%) reported that this Home Economics teaching is provided to all pupils at Key Stage 3. The small minority of schools which did not provide teaching in Home Economics, or did not provide it to all KS3 pupils, were special schools, where the teaching would depend on a pupil’s individual abilities and level of understanding.

**Comparison with 2013 baseline results**

***Whole school food policy*:** A higher proportion of schools in 2015 have a written school food policy/ healthy eating policy reflecting their approach to food in schools, compared to 2013. There is more awareness of the Public Health Agency (formerly Health Promotion Agency) guidance booklet on establishing a whole school food policy. A higher proportion of schools appear to be making use of a school council to consult with pupils in the development of their approach to food and nutrition and

there is more engagement with pupils about healthy eating, rules about packed lunches and break and lunch times and duration.

***School meals*:** A higher proportion of schools in 2015 indicated that they actively promote school meals to all pupils, and a higher proportion indicated that their school actively encourage pupils entitled to a free school meal to take a school meal. The proportion of schools that indicated that they are fully compliant with the nutritional standards for school meals is similar to what it was in 2013.

***Lunchtime management*:** A higher proportion of schools in 2015 indicated a lunch break duration of 30 minutes or less, and a lower proportion indicated a lunch break duration of 45 to 50 minutes. The proportion of schools reporting that they have actively sought opportunities to improve the dining experience has increased in 2015.

***Other food and drink in schools*:** In 2015 the proportion of schools indicating that they were experiencing difficulties or barriers to moving towards compliance with the nutritional standards for other food and drinks has fallen.

***Miscellaneous issues*:** The proportion of schools indicating that they had, on no occasions in the previous year, been flexible with the Nutritional Standards, or provided less healthy food to allow for special one-off functions, fell in 2015. However, there was a higher proportion of school indicatingthat they generally do not permit the use of sweets or confectionery as rewards for pupils.

**INTRODUCTION**

The Statistics and Research Team in the Department of Education were asked to undertake this survey of schools approximately two years after the Department of Education and the Department of Health, Social Services and Public Safety joint Food in Schools policy came into effect (see <https://www.education-ni.gov.uk/articles/food-schools-policy>). A baseline survey was undertaken in September 2013 prior to the publication of the policy. These surveys will facilitate the evaluation of the policy which **came into effect from 24 September 2013.**

The Food in Schools policy is an overarching policy advocating a ‘whole school approach’ to all food provided in a school, promoting healthy eating among children and young people at school as well as developing skills and knowledge to support healthy eating outside school.

**RESEARCH METHODOLOGY**

**Questionnaire and Survey Administration**

School principals were asked to complete the survey online. The questionnaire contained around 70 questions in 9 sections as follows. The topics covered can be grouped into the following areas:

* Whole school food policy
* School meals
* Pupils bringing own food to school for lunch
* Lunchtime management
* Other food and drinks in school
* Miscellaneous issues
* EU Milk Scheme and Sponsorship
* Healthy breaks
* Curriculum elements

The questionnaire is set out at Annex 1.

All grant-aided schools were invited to participate in the survey via an e-mail addressed to the school principal. Each school was provided with a username and password to gain access to the online survey. The initial fieldwork period for conducting the survey was from 16 September 2015 to 30 September 2015. On 28 September schools were informed that the closing date was extended to 7 October to boost response to the survey. A final reminder e-mail was issued on 5 October 2015.

**Response rates and representativeness**

A total of 482 valid returns were received from schools, resulting in an overall response rate of 41.0%. The response rate varied between 39.0% for nursery schools and 72.0% for special schools.

**Table 1: Response rates by school type**

|  |  |  |  |
| --- | --- | --- | --- |
| School type | Number of schools (population) | Number of schools (sample) | Response rate |
| Nursery | 96 | 37 | 39% |
| Primary (including preparatory departments of grammar schools) | 828 | 333 | 40% |
| Post-primary | 203 | 84 | 41% |
| Special | 39 | 28 | 72% |
| All grant aided schools | 1166 | 482 | 41% |

There is a possibility of non-response bias in any survey. Non-response bias arises if the characteristics of non respondents differ largely from those of respondents in such a way that they are reflected in the responses given in the survey. The extent of

non-response bias can only be examined by comparing characteristics of the achieved sample with the distribution of the same characteristics in the population at the time of sampling.

A comparison of the achieved sample with the population of Northern Ireland grant-aided schools is set out in Table 2.

**Table 2: Comparison of the distribution of participating schools with all**

**schools in Northern Ireland**

|  |  |  |
| --- | --- | --- |
|  | Achieved Sample | Population |
|  |  |  |
| **School type** |  |  |
| Nursery | 7.7% | 8.2% |
| Primary (including preparatory departments of grammar schools) | 69.1% | 71.0% |
| Post-primary | 17.4% | 17.4% |
| Special | 5.8% | 3.3% |
|  |  |  |
| **Management type** |  |  |
| Controlled | 48.1% | 46.1% |
| Voluntary | 5.2% | 5.2% |
| Catholic maintained | 38.8% | 40.5% |
| Other maintained | 3.1% | 2.7% |
| Controlled integrated | 1.7% | 2.1% |
| Grant maintained integrated | 3.1% | 3.3% |
|  |  |  |
| **Geography** |  |  |
| Belfast | 12.7% | 13.6% |
| Western | 17.0% | 19.5% |
| North Eastern | 23.7% | 23.6% |
| South Eastern | 19.3% | 18.3% |
| Southern | 27.4% | 25.1% |
|  |  |  |

The above table shows that the distribution of the various school characteristics in the sample of 482 schools broadly reflects those found in the population of all grant-aided schools.

**Weighting**

The sample data was not weighted.

**Sampling Errors and Confidence Limits**

An estimate of the amount of error due to the sampling process can be calculated. For a simple random sample design, in which every member of the sampled

population has an equal and independent chance of inclusion in the sample, the sampling error (s.e.) of any percentage, p, can be calculated by the formula:

**s.e.(p) = √ p\*(100-p)/n**

Where n is the number of respondents on which the percentage is based.

A confidence interval for the population percentage can be calculated by the formula:

95% confidence interval = p+/-(1.96\*s.e.(p))

Table 3 provides example sampling errors and confidence limits for a range of questions in the survey. In general, the sampling errors and confidence limits for responses reported for all schools are lower than those reported for a sub-sample. Table 3 can be used to indicate the confidence intervals for the survey.

**Table 3: Example estimates with confidence intervals**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Sample size (n) | % (p) | 95% Confidence Interval +/- | Range | |
| **Minimum** | **Maximum** |
| Percentage of all schools with a written school food policy  (Table 5) | 472 | 82.8% | 2.6% | 80.2% | 85.5% |
| Percentage of all schools fully compliant with the nutritional standards for school meals (Table 22) | 392 | 55.1% | 4.0% | 51.1% | 59.1% |
| Percentage of post-primary schools fully compliant with the nutritional standards for other food and drinks (Table 39) | 72 | 51.4% | 9.3% | 42.1% | 60.7% |
| Percentage of all schools permitting use of sweets or confectionary as rewards  (Table 50) | 478 | 31.2% | 3.2% | 28.0% | 34.4% |
| Percentage of all schools displaying advertising of less healthy food options (Table 54) | 473 | 8.0% | 1.9% | 6.1% | 9.9% |
| Percentage of post-primary schools that encourage pupils to bring only healthy options for break, as a specific aspect of the school approach/policy (Table 56) | 74 | 52.7% | 9.1% | 43.6% | 61.8% |

**Presentation of results**

The following tables of results show percentages based on the actual frequencies of responses. Frequencies have not been weighted.

School type results have only been reported for primary and post-primary schools. The number of respondents was too small for nursery and special schools to report individually on these school types.

Survey findings are reported as a percentage of the total number of respondents who provided a response to that particular question. This means that the valid total number of respondents will vary from one question to another. Base numbers are provided on tables to illustrate the unweighted number of respondents on which percentages are based. As a result of rounding, some column or row percentages may not sum to 100%.

A percentage estimate of less than 1% is recorded as <1.0.

For some questions, the sample size is less than 100. The reader is asked to treat the results to these questions with caution. Such cases are indicated by ‘\*\*\*Caution small numbers’. Where the sample is less than 50 respondents, the findings are not reported in the table. Such cases are indicated by ‘n=<50’.

Verbatim comments were provided in response to many questions, for example, in response to “Other- please specify”. To facilitate reporting, these responses were summarised into common themes. The unweighted number of comments received under each summarised theme/topic is provided.

In this report, percentages may be expressed in more general quantitative terms, as follows:

|  |  |  |
| --- | --- | --- |
| Almost/nearly all | - | more than 90% |
| Most | - | 75%-90% |
| A majority | - | 50%-74% |
| A significant minority | - | 30%-49% |
| A minority | - | 10%-29% |
| Very few/a small number | - | less than 10% |

**SECTION 1: WHOLE SCHOOL FOOD POLICY**

**Policy development**

Overall nearly all schools (94.1%) reported that they were aware of the Food in Schools policy. Those schools that indicated that they were not aware of the policy were predominantly primary schools.

**Table 4: Are you aware of the Food in Schools policy, which was published jointly by the Department of Education (DE) and the Department of Health and Social Services and Public Safety (DHSSPS) in September 2013?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 5.9 | 7.6 | 2.5 |
| Yes | 94.1 | 92.4 | 97.5 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *473* | *327* | *81* |

**\*\*\***Caution small numbers

Most schools (82.8%) reported that they have a written school food policy/healthy eating policy reflecting their approach.

**Table 5: Does your school have a written school food policy/ healthy eating policy reflecting your approach to food in school?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 17.2 | 16.8 | 22.8 |
| Yes | 82.8 | 83.2 | 77.2 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *472* | *328* | *79* |

**\*\*\***Caution small numbers

The majority (66.6%) of these schools indicated that their written policy was developed in conjunction with the Public Health Agency (formerly Health Promotion Agency) guidance on establishing a whole school food policy. More than one in five of these schools (21.8%) indicated that their policy was not developed in conjunction with this guidance (primary schools figure was 24.3%, post-primary 6.8%) while a smaller proportion of schools (11.6%) indicated that they were not aware of the guidance (primary schools figure was 15.0%, post-primary 1.7%).

**Table 6: If you answered ‘Yes’ was this written policy developed using the Public Health Agency (formerly Health Promotion Agency) guidance booklet on establishing a whole school food policy?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 21.8 | 24.3 | 6.8 |
| Yes | 66.6 | 60.7 | 91.5 |
| Not aware of guidance | 11.6 | 15.0 | 1.7 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *380* | *267* | *59* |

**\*\*\***Caution small numbers

**Consultation on the development of the school’s approach to food and nutrition**

Most primary schools reported the involvement of school teaching staff, and senior management team in the development of the school’s approach to food and nutrition. For post-primary schools it was senior management team, school catering staff and pupils that was reported by most schools.

**Table 7: In developing your school’s approach/policy to food and nutrition, who has been involved or consulted with?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| School teaching staff | 88.7 | 90.7 | 72.3 |
| School senior management team | 78.1 | 78.3 | 95.4 |
| Pupils | 69.3 | 71.9 | 76.9 |
| School catering staff | 67.1 | 66.2 | 93.8 |
| School governors | 63.4 | 65.5 | 44.6 |
| Parents | 62.7 | 64.8 | 47.7 |
| Education Authority catering staff | 20.6 | 18.1 | 36.9 |
| School nurse | 9.1 | 7.5 | 21.5 |
| Health Trust community dietician | 3.7 | 2.8 | 4.6 |
| Others | 4.9 | 3.9 | 7.7 |
| *Total cases (unweighted)* | *407* | *281* | *65* |

**\*\*\***Caution small numbers

A small minority of schools (12.6%) reported that pupils were not involved or consulted with in the development of the school’s approach to food and nutrition. Most schools do involve or consult with pupils, with school councils (70.0% of all schools, 73.1% of primary schools, 83.8% of post-primary schools) being the most frequently reported means of consulting with pupils. A minority of schools (16.0%) cited one or more other methods of involving and consulting pupils. The main method cited by schools was 'talks and discussions with pupils' which was reported by 54 schools.

**Table 8: How are pupils involved or consulted with in the development of your school’s approach to food and nutrition?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Pupils are not involved or consulted with | 12.6 | 5.3 | 4.4 |
| School council | 70.0 | 73.1 | 83.8 |
| Suggestion box | 28.4 | 32.5 | 27.9 |
| SNAG (School Nutritional Action Group) | 6.6 | 2.8 | 27.9 |
| Surveys and audits | 31.3 | 34.6 | 35.3 |
| Other | 16.0 | 14.1 | 4.4 |
| *Total cases (unweighted)* | *412* | *283* | *68* |

**\*\*\***Caution small numbers

Most schools (88.4%) reported that they consulted with pupils on education about healthy eating. Most post-primary schools (79.4%) also consulted on choices available for school lunches.

**Table 9: On what aspect of school food and nutrition does your school engage with pupils?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| There is no engagement with pupils | 1.7 | 1.0 | 1.5 |
| Education about healthy eating | 88.4 | 90.3 | 82.4 |
| Choices available for school lunches | 53.3 | 50.7 | 79.4 |
| Quality of school lunches | 49.9 | 50.0 | 64.7 |
| Rules about packed lunches | 49.6 | 57.6 | 29.4 |
| Break and lunch - times and duration | 35.9 | 34.7 | 61.8 |
| Rules on leaving school premises at lunchtime | 14.2 | 5.2 | 61.8 |
| Tuck shop and vending choices | 9.4 | 4.9 | 27.9 |
| Pricing of school lunches | 7.5 | 3.1 | 30.9 |
| Other | 2.2 | 1.0 | 1.5 |
| *Total cases (unweighted)* | *415* | *288* | *68* |

**\*\*\***Caution small numbers

Almost all schools (96.9%) reported that they engaged with parents on the school’s approach/policy to food and nutrition. Engagement with parents was higher for primary schools (98.6%) than post-primary schools (88.2%). The most frequently reported way in which this engagement takes place was through literature sent home to parents (reported by 86.3% of all schools, 92.8% of primary schools and 61.8% of post-primary schools).

**Table 10: How are parents engaged with on the school’s approach/policy to food and nutrition?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| There is no engagement with parents | 3.1 | 1.4 | 11.8 |
| Literature sent home e.g. letter, flyer, policy, weekly menus etc. | 86.3 | 92.8 | 61.8 |
| As part of a general information day/evening | 48.7 | 47.8 | 41.2 |
| Information placed on school website | 44.7 | 49.5 | 41.2 |
| Consultation on school food policy | 32.6 | 33.1 | 27.9 |
| Food and nutrition focused event | 20.6 | 22.2 | 13.2 |
| Other | 3.1 | 1.7 | 4.4 |
| *Total cases (unweighted)* | *423* | *293* | *68* |

**\*\*\***Caution small numbers

**SECTION 2: SCHOOL MEALS**

***This section is about school meals provided in school. The questions were only answered by schools where pupils can take a school meal.***

**Promotion of school meals**

Most schools (88.9%) reported that they actively promote school meals to all pupils. The figure for primary schools was 89.1% while for post-primary schools was 88.3%.

**Table 11: Does your school actively promote school meals to all pupils?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 11.1 | 10.9 | 11.7 |
| Yes | 88.9 | 89.1 | 88.3 |
| Total | 100.0 | *100.0* | 100.0 |
| *Total cases (unweighted)* | *413* | *285* | *77* |

**\*\*\***Caution small numbers

Generally the most frequently reported method of promoting school meals was through advertisement of the dinner menu with 91.0% of schools reporting this. In post-primary schools the use of theme days/special events or competitions was the most frequently reporting method reported by most schools (76.4%).

**Table 12: Please indicate how you promote school meals to all pupils?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Advertising the dinner menu | 91.0 | 96.5 | 72.7 |
| Theme days/special events/competitions | 75.2 | 79.7 | 76.4 |
| Healthy eating initiatives and health promotion materials | 70.3 | 72.7 | 65.5 |
| Correspondence with parents | 67.8 | 69.6 | 50.9 |
| Induction and school open days | 54.8 | 53.3 | 56.4 |
| Through the curriculum | 51.1 | 49.3 | 54.5 |
| Assemblies and general promotion around the school | 40.2 | 38.8 | 63.6 |
| School nutrition action group (SNAG) | 39.0 | 37.9 | 67.3 |
| Parent evenings or parent teacher meetings | 31.6 | 29.5 | 27.3 |
| Meal demonstrations/ taster sessions | 18.6 | 17.2 | 23.6 |
| Other | <1.0 | <1.0 | - |
| *Total cases (unweighted)* | *323* | *227* | *55* |

**\*\*\***Caution small numbers

Almost all schools (92.9%) reported that they actively encourage parents to apply to the Education Authority for free school meals. The figure for primary schools was 95.1% while for post-primary schools was 85.1%.

**Table 13: Does your school actively encourage parents to apply to the Education Authority for free school meals?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 7.1 | 4.9 | 14.9 |
| Yes | 92.9 | 95.1 | 85.1 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *411* | *286* | *74* |

**\*\*\***Caution small numbers

The most frequently reported method of encouraging parents to apply for free school meals was issuing a letter to parents about the criteria and application process, which was reported by 68.0% of all schools.

**Table 14: How do you encourage parents to apply to the EA for free school meals?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Letter to parents about the criteria and application process | 68.0 | 70.3 | 56.0 |
| Circulation of application forms to parents | 62.5 | 60.2 | 56.0 |
| Speaking to parents at parent evenings, induction days and open days | 64.0 | 64.0 | 56.0 |
| Offering parents support to complete application form | 49.1 | 47.5 | 32.0 |
| Advertising in the school newsletter or website | 47.6 | 53.8 | 24.0 |
| Other general advertising/promotion | 21.6 | 20.8 | 22.0 |
| Other | 4.0 | 2.5 | 12.0 |
| *Total cases (unweighted)* | *328* | *236* | *50* |

**\*\*\***Caution small numbers

Most schools (86.7%) reported that they actively encourage pupils entitled to a free school meal to take a school meal. The figure for primary schools was 85.3% while for post-primary schools was 87.0%.

**Table 15: Does your school actively encourage pupils entitled to a free school meal to take a school meal?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Not applicable | 0.2 | 0.3 | 0.0 |
| No | 13.0 | 14.3 | 13.0 |
| Yes | 86.7 | 85.3 | 87.0 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *414* | *286* | *77* |

**\*\*\***Caution small numbers

The most frequently reported method of encouraging uptake of free school meals was through monitoring uptake reported by 74.2% of all schools.

**Table 16: How does your school actively encourage pupils entitled to a free school meal to take a school meal?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Monitoring the uptake of free school meals | 74.2 | 74.0 | 75.5 |
| Direct contact with parents or pupils not availing of their free school meal entitlement | 57.7 | 59.8 | 39.6 |
| Using discrete processes and payment systems thereby reducing possible stigma | 38.9 | 34.3 | 67.9 |
| Other | 1.0 | <1.0 | 3.8 |
| *Total cases (unweighted)* | *298* | *204* | *53* |

**\*\*\***Caution small numbers

**Pupils with special meal requirements (special dietary requirements as a result of disability, medical condition or allergy)**

Most schools providing school meals (88.9%) indicated that they were aware of pupils at their school with special dietary requirements as a result of disability, medical condition or allergy.

**Table 17: Are you aware of any pupils at your school having special dietary requirements as a result of disability, medical condition or allergy?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 11.1 | 12.8 | 5.2 |
| Yes | 88.9 | 87.2 | 94.8 |
| Total | 100.0 | *100.0* | 100.0 |
| *Total cases (unweighted)* | *416* | *288* | *77* |

\*\*\*Caution small numbers

Almost all of these schools (94.1%) indicated that the school lunch menu planning accommodates the needs of these pupils.

**Table 18: Please indicate if the school lunch menu planning accommodates the needs of these pupils.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 5.9 | 6.9 | 4.4 |
| Yes | 94.1 | 93.1 | 95.6 |
| Total | 100.0 | *100.0* | 100.0 |
| *Total cases (unweighted)* | *358* | *246* | *68* |

\*\*\*Caution small numbers

**Pupils with special meal requirements (pupils with particular religious and cultural dietary requirements)**

More than one third of schools providing school meals (35.8%) indicated that they were aware of pupils at their school with particular religious and cultural dietary requirements. The figure for post-primary schools (46.8%) was higher than that reported by primary schools (31.6%).

**Table 19: Are you aware of any pupils at your school having particular religious and cultural dietary requirements?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 64.2 | 68.4 | 53.2 |
| Yes | 35.8 | 31.6 | 46.8 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *416* | *288* | *77* |

\*\*\*Caution small numbers

Almost all of these schools (95.1%) indicated that the school lunch menu planning accommodates the needs of these pupils.

**Table 20: Please indicate if the school lunch menu planning accommodates the needs of these pupils.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 4.9 | 5.6 | n=<50 |
| Yes | 95.1 | 94.4 | n=<50 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *143* | *89* | *34* |

**\*\*\***Caution small numbers – while the percentages have not been reported almost all post-primary schools who answered this question responded ‘Yes’

**Nutritional Standards for School Lunches**

Around one in five schools (20.3%) reported that they were not aware of the Nutritional Standards for School Lunches. These were pre-dominantly primary schools.

All schools were asked about their compliance with the standards, regardless of their previous level of awareness, and most schools (90.3%) responded. Almost all schools (95.4%) reported that they were either fully compliant with the Nutritional Standards or were making good progress towards compliance with them. The primary school figure was 95.2%, while for post-primary schools it was 93.0%. Some schools (4.6%) reported experiencing some difficulties or barriers.

**Table 21: Are you aware of the school lunch nutritional standards?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 20.3 | 24.1 | 9.1 |
| Yes | 79.7 | 75.9 | 90.9 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *414* | *286* | *77* |

\*\*\*Caution small numbers

**Table 22: Which of the following statements is most applicable in relation to your school’s compliance with the Nutritional Standards for school lunches?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Our school is fully compliant | 55.1 | 55.0 | 47.2 |
| Our school is making good progress towards full compliance | 40.3 | 40.2 | 45.8 |
| Our school is making slow progress towards compliance and is experiencing some difficulties or barriers | 4.6 | 4.8 | 6.9 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *392* | *271* | *72* |

\*\*\*Caution small numbers

The most frequently reported difficulty or barrier experienced by schools was pupil reluctance to try new food.

**Table 23: Please indicate the nature of any difficulties or barriers?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **Number** | **Primary** | **Post-primary** |
| Pupil reluctance to try new food | 8 | 5 | 3 |
| Lack of control over the nutritional standard of meals prepared off-site | 5 | 5 | 0 |
| Insufficient choice of meals | 4 | 4 | 0 |
| Inadequate dining facilities | 3 | 2 | 1 |
| Pupil preference for convenience ‘grab and go’ food choices | 3 | 1 | 2 |
| Skills and knowledge of staff/ staff training | 2 | 1 | 1 |
| Access to water is difficult | 1 | 1 | 0 |
| Other | 4 | 4 | 0 |

**Payment systems for school meals**

Almost one-quarter of all schools (24.1%) indicated that there was no payment system for school meals at the point of collection. Only one post-primary school reported this. Where payment systems operate for school meals at the point of collection, cash is the most common system, reported by 83.9% of all schools. The response to the survey suggests that a cash payment system operates in nearly all primary schools where there is a transaction by pupil at the point of collection.

However, subsequent feedback from EA catering managers suggests that some primary schools may have misunderstood the question. In many primary schools the school secretary or a teacher collects the cash for school meals, but there is no cash transaction by pupils when they collect their school meal each day. A cash system is operated by 44.3% of post-primary schools, and a biometric or smartcard system is operated by 50.8% of post-primaries. There were very few schools operating more than one payment system.

**Table 24: What payment system(s) operates for the purchase of school meals at the point of collection?**

|  |  |  |
| --- | --- | --- |
| **Response** | **All schools**  **%** | **All schools**  **(where payment system operates) %** |
| None – meals are paid for in advance with no transaction required by pupils at point of collection | 24.1 | - |
| Cash | 63.7 | 83.9 |
| Biometric or smartcard system (cashless) | 8.9 | 11.3 |
| Tickets/vouchers (cashless) | 2.8 | 3.6 |
| Other cashless system | 3.6 | 4.7 |
| *Total cases (unweighted)* | *361* | *274* |

**Table 25: What payment system(s) operates for the purchase of school meals at the point of collection (where payment system operates) – by school type**

|  |  |  |
| --- | --- | --- |
| **Response** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Cash | 95.6 | 44.3 |
| Biometric or smartcard system (cashless) | 0.0 | 50.8 |
| Tickets/vouchers (cashless) | 3.3 | 4.9 |
| Other cashless system | 3.8 | 6.6 |
| *Total cases (unweighted)* | *182* | *61* |

**\*\*\***Caution small numbers

In the majority of all schools (66.3%) payment can be made on the day the meal is to be taken. The remaining schools have an advance payment/commitment period of 1 day or more, however in the main, the typical advance period operated by schools is for the week ahead (32.0%). In almost all post-primary schools (96.1%) payment can be made on the day the meal is to be taken.

**Table 26: How far in advance do pupils, or their parents, have to commit to, or pay for, school meals?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| There is no required advance payment period – payment can be made in exchange for a meal on the day | 47.8 | 44.0 | 76.6 |
| Advance payment is required on the day the meal is to be taken | 18.5 | 19.9 | 19.5 |
| Advance payment is required on the day before the meal is to be taken | 1.0 | 0.0 | 3.9 |
| Advance payment is required for the week ahead | 32.0 | 35.1 | 0.0 |
| Advance payment period greater than 1 week ahead | <1.0 | 1.1 | 0.0 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *410* | *282* | *77* |

**\*\*\***Caution small numbers

**Collection systems for free school meals**

For the majority of schools (71.5%), mainly nursery, primary and special, there is no transaction system in operation for the collection of free school meals by pupils. Where transaction systems operate for pupils to personally collect free school meals, tickets/vouchers are the most common system in operation overall, reported by 37.4% of schools. No primary schools use a biometric or smartcard system for collection of free school meals by pupils. However in post-primary schools a biometric or smartcard system was reported as being used by the majority of schools (51.8%)

**Table 27: What system(s) operates for the collection of free school meals by pupils?**

|  |  |  |
| --- | --- | --- |
| **Response** | **All schools**  **%** | **All schools**  **(where system operates)\*\*\***  **%** |
| None – meals are organised in advance with no transaction required by pupils at point of collection | 71.5 | - |
| Biometric or smartcard system (cashless) | 8.4 | 29.3 |
| Tickets/vouchers (cashless) | 10.7 | 37.4 |
| Other system | 9.5 | 33.3 |
| *Total cases (unweighted)* | *347* | *99* |

**\*\*\***Caution small numbers

**Table 28: What system(s) operates for the collection of free school meals by pupils (where a system operates) – by school type**

|  |  |  |
| --- | --- | --- |
| **Response** | **Primary\*\*\***  **%** | **Post-primary\*\*\***  **%** |
| Biometric or smartcard system (cashless) | 0.0 | 51.8 |
| Tickets/vouchers (cashless) | 42.5 | 33.9 |
| Other system | 57.5 | 14.3 |
| *Total cases (unweighted)* | *40* | *56* |

**\*\*\***Caution small numbers

**SECTION 3: PUPILS BRINGING OWN FOOD TO SCHOOL FOR LUNCH**

The majority of schools (83.9%) indicated that it is a specific aspect of their approach or policy to encourage pupils to bring only healthy options with them to school for lunch. Nearly all primary schools indicated this and a majority of post-primary schools.

**Table 29: Is it a specific aspect of your approach or policy to encourage pupils to bring only healthy options with them to school for lunch?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 16.1 | 9.8 | 45.2 |
| Yes | 83.9 | 90.2 | 54.8 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *397* | *285* | *73* |

**\*\*\***Caution small numbers

Both parents and pupils were consulted by the majority (65.8%) of these schools prior to introducing this particular aspect of their approach or policy.

**Table 30: Please indicate whether parents and/or pupils were consulted prior to introducing this particular aspect of your approach or policy?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Only parents were consulted | 10.1 | 8.6 | n=<50 |
| Only pupils were consulted | 6.3 | 4.9 | n=<50 |
| Both parents and pupils were consulted | 65.8 | 70.4 | n=<50 |
| There was no consultation with parents or pupils | 17.7 | 16.0 | n=<50 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *316* | *243* | *39* |

**\*\*\***Caution small numbers – while the percentages for post-primary schools have not been reported the numbers responding are as follows: only parents=7, only pupils=0, both parents and pupils=20, no consultation=12

**SECTION 4: LUNCHTIME MANAGEMENT**

**Average lunch break**

Almost two thirds of schools (62.7%) indicated that the average lunch break at their school was between 35 minutes and 50 minutes. More than one third of schools (34.6%) had a lunch break of 30 minutes or less, while a small number of schools (2.8%) reported an average lunch break of between 55 and 60 minutes.

A large minority of primary schools (39.4%) indicated that the average lunch break at their school was 30 minutes or less, whereas the equivalent figure for post-primary schools was 14.5%.

**Table 31: How long, on average, is the lunch break per sitting at your school?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary %** | **Post-primary\*\*\* %** |
| 30 minutes or less | 34.6 | 39.4 | 14.5 |
| 35 to 40 minutes | 37.6 | 30.6 | 61.4 |
| 45 to 50 minutes | 25.1 | 26.9 | 21.7 |
| 55 to 60 minutes | 2.8 | 3.1 | 2.4 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *463* | *327* | *83* |

**\*\*\***Caution small numbers

**Queuing for school meals**

Some schools (16.4%) indicated that pupils do not have to queue for school meals. These were nursery, primary or special schools. In schools where pupils do have to queue for school meals the majority (57.9%) reported that pupils would queue for less than 5 minutes on a typical day, more than one third (35.4%) reported queues of between 5 and 9 minutes and the remainder (5.4%) reported queues of 10 minutes or more.

The majority of primary schools (70.1%) reported that pupils, on average, queue for less than 5 minutes. However the majority of post-primary schools (66.3%) reported that pupils queue for between 5 and 9 minutes.

**Table 32: On a typical day how long, on average, would a pupil spend queuing for a school meal?**

|  |  |  |
| --- | --- | --- |
| **Response** | **All schools**  **%** | **All schools**  **(where pupils queue)**  **%** |
| Not applicable – pupils do not queue for meals | 16.4 | - |
| Less than 5 minutes | 46.5 | 57.9 |
| Between 5 and 9 minutes | 28.4 | 35.4 |
| Between 10 and 14 minutes | 3.7 | 4.7 |
| 15 minutes or more | 1.7 | 2.1 |
| Total | 100.0 | 100.0 |
| *Total cases (unweighted)* | *466* | *387* |

**Table 33: Average queuing times (where pupils queue) – by school type**

|  |  |  |
| --- | --- | --- |
| **Response** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Less than 5 minutes | 70.1 | 12.0 |
| Between 5 and 9 minutes | 27.1 | 66.3 |
| Between 10 and 14 minutes | 1.8 | 15.7 |
| 15 minutes or more | 1.1 | 6.0 |
| Total | 100.0 | 100.0 |
| *Total cases (unweighted)* | *284* | *83* |

**\*\*\***Caution small numbers

**Figure 2: Average queuing times (where pupils queue) – by school type**

**\*\*\***Caution small numbers for post-primary

**Improving the dining experience**

Most schools (94.0%) reported that they actively take steps to improve the dining experience.

**Table 34: Does your school actively seek opportunities to improve the dining experience?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 6.0 | 7.0 | 0.0 |
| Yes | 94.0 | 93.0 | 100.0 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *464* | *328* | *83* |

**\*\*\***Caution small numbers

The use of supervision, rules and policies was the overall most frequently reported way of improving the dining experience with most schools reporting this (82.8%).

**Table 35: How do you actively seek opportunities to improve the dining experience?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Supervision, rules and policies | 82.8 | 83.0 | 89.9 |
| Monitoring lunchtime routines, menus and seating arrangements | 74.9 | 77.8 | 63.8 |
| Advertising the dinner menu and healthy eating information | 72.3 | 76.7 | 62.3 |
| Theme days and menu promotions including healthy eating | 70.8 | 75.6 | 68.1 |
| Consultation with pupils | 44.4 | 43.3 | 63.8 |
| Meetings between school management and catering staff | 41.8 | 38.9 | 56.5 |
| Reducing queuing times | 39.2 | 40.4 | 50.7 |
| Improvements to accommodation, including decor and furnishings | 38.6 | 34.4 | 53.6 |
| Reward charts, stickers and badges | 37.9 | 44.1 | 2.9 |
| Introducing extra sittings | 25.3 | 27.8 | 18.8 |
| Use of music or control of noise levels | 19.8 | 18.9 | 20.3 |
| Consultation with parents | 17.8 | 18.5 | 14.5 |
| Other | <1.0 | <1.0 | 1.4 |
| *Total cases (unweighted)* | *383* | *270* | *69* |

**\*\*\***Caution small numbers

**Policy on pupils leaving school grounds at lunchtime**

Almost all schools (90.8%) reported that they generally do not allow pupils to leave the school grounds at lunchtime without parental consent. The remaining schools were predominantly post-primary schools permitting some groups of pupils to leave

school at lunchtime. One special school, reported that all pupils were free to leave the school grounds at lunchtime.

**Table 36: Please choose the answer which best describes your school’s policy on pupils leaving the school grounds at lunchtime**

|  |  |
| --- | --- |
| **Response** | **All schools**  **%** |
| Pupils are generally not allowed to leave the school grounds at lunchtime without parental consent | 90.8 |
| Some or all pupils are free to leave the school grounds at lunchtime | 9.2 |
| *Total cases (unweighted)=457* | 100.0 |

**Policy on the consumption of fast food/takeaways on the school premises**

Very few schools (3.5%) permit the consumption of fast food/takeaways on the school premises. Those that do are predominantly post-primary schools and in all cases this is only for some groups of pupils, e.g. senior year group..

**Table 37: Please choose the answer which best describes your school’s policy on the consumption of fast food /takeaways on the school premises.**

|  |  |
| --- | --- |
| **Response** | **All schools**  **%** |
| Pupils are generally not permitted to consume fast food /takeaways on the school premises | 96.5 |
| Some or all pupils are permitted to consume fast food/takeaways on the school premises | 3.5 |
| *Total cases (unweighted)=461* | 100.0 |

**SECTION 5: OTHER FOOD AND DRINKS IN SCHOOL**

***This section is about other food and drinks in schools, i.e. other than school meals provided by the schools. Section 2 is about school meals.***

**Nutritional Standards for other** **Food and Drinks**

A minority of schools (14.8%) reported that they were not aware of the Nutritional Standards for Other Food and Drinks in Schools. These were pre-dominantly primary schools.

All schools were asked about their compliance with the standards, regardless of their previous level of awareness, and most schools (88.1%) responded. Almost all schools (96.7%) that responded reported that they were either fully compliant with the Nutritional Standards or were making good progress towards compliance with them. The primary school figure was 96.7%, while for post-primary schools it was 95.8%. A small number of schools (3.2%) reported experiencing some difficulties or barriers.

**Table 38: Are you aware of the nutritional standards for other food and drinks in schools?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 14.8 | 19.3 | 2.7 |
| Yes | 85.2 | 80.7 | 97.3 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *352* | *223* | *73* |

\*\*\*Caution small numbers

**Table 39: Which of the following statements is most applicable in relation to your school’s compliance with the Nutritional Standards for other food and drinks?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| Our school is fully compliant | 58.4 | 57.5 | 51.4 |
| Our school is making good progress towards full compliance | 38.3 | 39.2 | 44.4 |
| Our school is making slow progress towards compliance and is experiencing some difficulties or barriers | 3.2 | 3.3 | 4.2 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *339* | *212* | *72* |

\*\*\*Caution small numbers

**Table 40: Please indicate the nature of any difficulties or barriers?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **Number** | **Primary**  **Number** | **Post-primary**  **Number** |
| Access to water is difficult | 3 | 2 | 1 |
| Lack of time to prepare nutritionally compliant food | 0 | 0 | 0 |
| Pupil reluctance to try new food | 2 | 0 | 2 |
| Other | 3 | 2 | 0 |

Most schools (89.4%) reported that cakes and/or biscuits were not provided/sold at school, other than at lunchtime as part of a meal. Nearly all primary schools (92.3%) reported that cakes/biscuits were not provided/sold, while the figure for post-primary schools was 79.5%.

**Table 41: Are cakes and/or biscuits provided/sold at your school (other than at lunchtime as part of a meal)?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 89.4 | 92.3 | 79.5 |
| Yes | 10.6 | 7.7 | 20.5 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *350* | *222* | *73* |

**\*\*\***Caution small numbers

A majority of schools (74.6%) reported that savoury snacks, other than nuts and seeds without added salt or sugar, were not provided/sold at school.

**Table 42: Are savoury snacks provided/sold at your school (other than nuts and seeds without added salt or sugar)?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 74.6 | 78.9 | 68.5 |
| Yes | 25.4 | 21.1 | 31.5 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *350* | *223* | *73* |

**\*\*\***Caution small numbers

Most schools indicated that they make fruit and vegetables available at school breakfast club (77.0%) and at break-time (86.2%). A majority reported that it is available at after school club (63.0%). For tuck shops, less than half of schools reported that they make fruits and vegetables available and for those schools with vending machines none reported making it available through this outlet.

**Table 43: Does your school make fruit and vegetables available at the following school food outlets (where applicable)?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools** | | |
|  | **No**  **%** | **Yes**  **%** | ***Total cases (unweighted)*** |
| Breakfast club | 23.0 | 77.0 | *213* |
| Tuck shop\*\*\* | 53.8 | 46.2 | *65* |
| Vending machines1\*\*\* | n=<50 | n=<50 | *48* |
| Break time | 13.8 | 86.2 | *298* |
| After school club | 37.0 | 63.0 | *165* |

**\*\*\***Caution small numbers

1No schools reported making fruit and vegetables available via vending machines

**Table 44: Does your school make fruit and vegetables available at the following school food outlets (where applicable)? Primary schools**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **Primary** | | |
|  | **No**  **%** | **Yes**  **%** | ***Total cases (unweighted)*** |
| Breakfast club | 25.5 | 74.5 | *145* |
| Tuck shop1\*\*\* | n=<50 | n=<50 | *46* |
| Vending machines2\*\*\* | n=<50 | n=<50 | *24* |
| Break time | 16.6 | 83.4 | *175* |
| After school club | 31.5 | 68.5 | *127* |

**\*\*\***Caution small numbers

1For tuck shop the numbers were: No=24, Yes=22

2 No schools reported making fruit and vegetables available via vending machines

**Table 45: Does your school make fruit and vegetables available at the following school food outlets (where applicable)? Post-primary schools**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **Post-primary** | | |
|  | **No**  **%** | **Yes**  **%** | ***Total cases (unweighted)*** |
| Breakfast club\*\*\* | 17.3 | 82.7 | *52* |
| Tuck shop1\*\*\* | n=<50 | n=<50 | *16* |
| Vending machines2\*\*\* | n=<50 | n=<50 | *23* |
| Break time\*\*\* | 15.7 | 84.3 | *70* |
| After school club3\*\*\* | n=<50 | n=<50 | *29* |

**\*\*\***Caution small numbers

1 For tuck shop the numbers were: No=10, Yes=6

2 For vending machine the numbers were: No=23, Yes=0

3 For after school club the numbers were: No=19, Yes=10

Almost all schools (96.0%) reported that they do not provide or sell any other drinks, other than those permitted under the nutritional standards for other food and drinks in school. Those that did were pre-dominantly post-primary schools.

**Table 46: Other than the drinks permitted under the nutritional standards for other food and drinks in school, are any other drinks provided/sold at your school?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 96.0 | 98.6 | 86.5 |
| Yes | 4.0 | 1.4 | 13.5 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *351* | *221* | *74* |

**\*\*\***Caution small numbers

The small number of schools that said that they do provide or sell other drinks offered the following in terms of the drink products involved:

* milk-based drinks
* diluted juice
* soft drinks
* flavoured water
* energy drinks
* fruit juice

**SECTION 6: MISCELLANEOUS ISSUES**

**Access to drinking water**

Almost all schools (95.4%) reported that pupils have easy access to free, fresh drinking water at all times. The figure for primary schools was 97.0% and for post-primary schools was 86.6%. Where this was not the case the majority of schools were restricting access during lessons or limiting access to break and lunch times only.

**Table 47: Do pupils at your school have easy access to free, fresh drinking water at all times?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary %** | **Post-primary\*\*\* %** |
| No | 4.6 | 3.0 | 13.4 |
| Yes | 95.4 | 97.0 | 86.6 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *477* | *330* | *82* |

**\*\*\***Caution small numbers

**Table 48: If not, please select one option?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **Number** | **Primary Number** | **Post-primary Number** |
| Access is limited during lessons | 4 | 3 | 1 |
| Access is limited to break and lunch times only | 7 | 1 | 5 |
| Other reason | 8 | 5 | 3 |
| *Total cases (unweighted)* | *19* | *9* | *9* |

**Flexibility with Nutritional Standards**

Most schools (87.5%) reported that in the previous school year there were fewer than five occasions, or none at all, in which they were flexible with the Nutritional Standards to allow for special one-off functions. Around a fifth of post-primary schools (20.5%) reported being flexible with the Nutritional Standards on five occasions or more in the previous school year.

**Table 49: In the previous school year, on how many occasions has your school been flexible with the Nutritional Standards, or provided less healthy food (e.g. sweets, crisps or fizzy drinks) to allow for special one-off functions such as discos, parties or fundraising events like school fairs?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No occasions | 6.1 | 5.4 | 12.0 |
| On fewer than 5 occasions | 81.4 | 84.0 | 67.5 |
| On 5 or more occasions | 12.5 | 10.6 | 20.5 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *479* | *331* | *83* |

**\*\*\***Caution small numbers

**Use of sweets or confectionary as rewards**

Around one third of schools (31.2%) reported using sweets or confectionary as rewards for pupils. The figure for primary schools was 33.5% and for post-primary schools was 30.5%.

**Table 50: Generally speaking, does your school permit the use of sweets or confectionery as rewards for pupils?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary %** | **Post-primary\*\*\* %** |
| No | 68.8 | 66.5 | 69.5 |
| Yes | 31.2 | 33.5 | 30.5 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *478* | *331* | *82* |

**\*\*\***Caution small numbers

More than half of these schools (56.9%) reported the frequency of this as no more than once per week. A small number of schools reported a frequency of more often than once a week. A minority of schools (39.4%) reported a frequency of once per month or less often.

**Table 51: Frequency of use of sweets or confectionary as rewards**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary %** | **Post-primary\*\*\* %** |
| On a daily basis | 0.0 | 0.0 | n=<50 |
| A few times per week | 3.6 | 2.9 | n=<50 |
| No more than once per week | 56.9 | 64.4 | n=<50 |
| No more than once a month | 13.1 | 12.5 | n=<50 |
| Less frequently than once a month | 26.3 | 20.2 | n=<50 |
| Total | 100.0 | 100.0 | n=<50 |
| *Total cases (unweighted)* | *137* | *104* | *22* |

**\*\*\***Caution small numbers – the majority of post-primary schools (13) reported that it was less frequently than once a month

**SECTION 7: EU SCHOOL MILK SCHEME AND SPONSORSHIP**

**Participation in the EU School Milk Scheme**

A large minority of all schools (41.8%) reported that they did not participate in the EU school milk scheme. Those participating were almost entirely nursery, primary or special schools.

**Table 52: Does your school participate in the EU School Milk Scheme?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary \*\*\***  **%** |
| No | 41.8 | 35.4 | 96.3 |
| Yes | 58.2 | 64.6 | 3.8 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *467* | *322* | *80* |

**\*\*\***Caution small numbers

The most frequently reported reason for not participating was not being aware of the scheme (37.0% of all schools). This was, by far, the main reason for post-primary schools, reported by 64.4% of schools.

**Table 53: Why schools do not participate in the EU School Milk Scheme**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary \*\*\***  **%** |
| Not aware of scheme | 37.0 | 19.6 | 64.4 |
| School provides its own milk | 16.4 | 18.8 | 13.7 |
| No interest from parents/pupils | 14.3 | 21.4 | 4.1 |
| No chilled storage available | 12.7 | 18.8 | 2.7 |
| Admin too cumbersome | 7.4 | 11.6 | 1.4 |
| Not cost effective | 3.2 | 4.5 | 0.0 |
| Planning to do so in future | 2.1 | 2.7 | 1.4 |
| Other | 6.9 | 2.7 | 12.3 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *189* | *112* | *73* |

**\*\*\***Caution small numbers

**Advertising and Sponsorship**

Almost all schools (92.0%) reported that they do not display advertising of less healthy food options. The figure for primary schools was 92.7% and for post-primary schools was 93.8%.

**Table 54: Does your school display any advertising of less healthy food options, e.g. branding/ sponsorship/promotion of foods high in fat, salt and sugar?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 92.0 | 92.7 | 93.8 |
| Yes | 8.0 | 7.3 | 6.2 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *473* | *327* | *81* |

**\*\*\***Caution small numbers

Almost all schools (92.4%) reported that, in the last school year, they did not receive any sponsorship for events which included either the promotion or distribution of less healthy food options to pupils.

**Table 55: In the last school year, did your school receive any sponsorship for events (such as Sports Day) which included either the promotion or distribution to pupils of less healthy food options, e.g. those high in fat, salt and sugar?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary %** | **Post-primary \*\*\***  **%** |
| No | 92.4 | 90.9 | 95.1 |
| Yes | 7.6 | 9.1 | 4.9 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *475* | *328* | *82* |

**\*\*\***Caution small numbers

**SECTION 8: HEALTHY BREAKS**

***These questions were only answered by schools that permit pupils to bring in their own food for morning and/or afternoon break-times***

Most schools (89.3%) reported that it is a specific aspect of their approach or policy to encourage pupils to bring only healthy options with them to school for break-times. Almost all primary schools (98.2) reported this but only around half (52.7%) of post-primary schools.

**Table 56: Is it a specific aspect of your approach or policy to encourage pupils to bring only healthy options with them to school for break-times?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary %** | **Post-primary \*\*\***  **%** |
| No | 10.7 | 1.8 | 47.3 |
| Yes | 89.3 | 98.2 | 52.7 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *375* | *280* | *74* |

**\*\*\***Caution small numbers

The majority of these schools (72.5%) reported that both parents and pupils were consulted prior to introducing this particular aspect of their approach or policy.

**Table 57: Were parents and/or pupils consulted prior to introducing this particular aspect of your approach or policy?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary %** | **Post-primary \*\*\***  **%** |
| Only parents were consulted | 7.0 | 7.8 | n=<50 |
| Only pupils were consulted | 4.4 | 2.0 | n=<50 |
| Both parents and pupils were consulted | 72.5 | 75.3 | n=<50 |
| There was no consultation with parents or pupils | 16.1 | 14.9 | n=<50 |
| Total | 100.0 | 100.0 | n=<50 |
| *Total cases (unweighted)* | *375* | *255* | *41* |

**\*\*\***Caution small numbers – the majority of post-primary schools (21) consulted both parents and pupils

The majority of all schools (71.7%) indicated that they follow their own school policy or scheme to encourage pupils to bring only healthy options with them to school for break-times. The PHA healthy break scheme only applies to nursery, primary and special schools. More than one quarter (27.1%) of primary schools follow this scheme with just under 70% following their own school policy/scheme.

**Table 58: Please indicate what policy or scheme you follow to encourage pupils to bring only healthy options with them to school for break-times?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary %** | **Post-primary \*\*\***  **%** |
| PHA healthy break scheme | 24.8 | 27.1 | n=<50 |
| Own school policy/scheme | 71.7 | 69.8 | n=<50 |
| Other | 3.5 | 3.1 | n=<50 |
| Total | 100.0 | 100.0 | n=<50 |
| *Total cases (unweighted)* | *315* | *255* | *39* |

**\*\*\***Caution small numbers – the majority of post-primary schools (38) follow their own school policy/scheme

**SECTION 9: CURRICULUM ELEMENTS**

Very few schools (7.3%) indicated that they were a member of the food@myschool room in C2k’s fronter.

**Table 59: Are you a member of the food@myschool room in C2k’s fronter?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| No | 92.7 | 95.5 | 75.0 |
| Yes | 7.3 | 4.5 | 19.0 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *453* | *313* | *79* |

**\*\*\***Caution small numbers

Almost all of the schools (90.4%) that were not a member indicated that this was because they were not aware of this resource.

**Table 60: Please indicate why you are not a member of this resource?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary**  **%** | **Post-primary\*\*\***  **%** |
| We were not aware of this resource | 90.4 | 94.0 | 94.5 |
| It is too difficult to join | 1.3 | 1.1 | 1.8 |
| Other reason | 8.4 | 4.9 | 3.6 |
| Total | 100.0 | 100.0 | 100.0 |
| *Total cases (unweighted)* | *394* | *284* | *55* |

**\*\*\***Caution small numbers

Most schools who had used the resource indicated that it was at least somewhat useful.

**Table 61: Please indicate how useful this resource has been in supporting you in the implementation of the Food in Schools policy?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools\*\*\***  **Number** | **Primary\*\*\***  **Number** | **Post-primary\*\*\***  **Number** |
| Very useful | 10 | 4 | 6 |
| Somewhat useful | 16 | 6 | 7 |
| Not very useful | 5 | 2 | 3 |
| *Total cases (unweighted)* | *31* | *12* | *16* |

**\*\*\***Caution small numbers

**Education on nutrition/healthy eating**

Almost all primary schools reported that all pupils at each key stage are provided with education in relation to nutrition and healthy eating as an integral part of Personal Development. Similarly, almost all post-primary schools reported that all pupils are provided with this education.

**Table 62: Please indicate, for each Key Stage, whether all pupils are provided with education in relation to nutrition and healthy eating as an integral part of Personal Development?** (Percentages are based on primary/post-primary schools that indicated they had children in the specific key stage)

|  |  |  |
| --- | --- | --- |
| **Key Stage** | **Primary**  **% (Number)** | **Post-primary\*\*\***  **% (Number)** |
| Foundation Stage | 98.6 (292) | - |
| Key Stage 1 | 99.7 (303) | - |
| Key Stage 2 | 99.3 (301) | - |
| Key Stage 3 | - | 100.0 (76) |
| Key Stage 4 | - | 90.0 (70) |

**\*\*\***Caution small numbers

A majority of all schools reported that they availed of relevant support, advice or resources from health partners (65.9%) and voluntary organisations (54.0%). Just less than half of all schools (48.1%) reported availing of support from the Education Authority while around one-third (33.5%) reported availing of support from the CCEA.

**Table 63: If you answered ‘Yes’ for any of the Key Stages please indicate if you availed of relevant support, advice or resources available from any of the following, in delivering this aspect of the curriculum.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools**  **%** | **Primary %** | **Post-primary\*\*\***  **%** |
| Education Authority | 48.1 | 48.6 | 47.5 |
| Council for the Curriculum, Examinations and Assessment (CCEA) | 33.5 | 24.5 | 67.2 |
| Health partners | 65.9 | 68.1 | 59.0 |
| Voluntary organisations | 54.0 | 55.6 | 54.1 |
| Other | 9.8 | 9.7 | 9.8 |
| *Total cases (unweighted)* | *337* | *257* | *61* |

**\*\*\***Caution small numbers

**Home Economics education at Key Stage 3**

Only post-primary schools and special schools indicating that they had KS3 pupils are included in the all schools figures. Almost all schools (98.0%) with Key Stage 3 pupils reported that they provide teaching in Home Economics to Key Stage 3 pupils, and almost all of these schools (95.7%) reported that this Home Economics teaching is provided to all pupils at Key Stage 3. The small minority of schools which did not provide teaching in Home Economics, or did not provide it to all KS3 pupils, were special schools, where the teaching would depend on a pupil’s individual abilities and level of understanding.

**Table 64: Does your school provide teaching in Home Economics to Key Stage 3 pupils?**

|  |  |  |
| --- | --- | --- |
| **Response** | **All schools\*\*\***  **%** | **Post-primary\*\*\***  **%** |
| No | 2.0 | 2.7 |
| Yes | 98.0 | 97.3 |
| Total | 100.0 | 100.0 |
| *Total cases (unweighted)* | *98* | *75* |

**\*\*\***Caution small numbers

**Table 65: Is teaching in Home Economics provided to all pupils at Key Stage 3?**

|  |  |  |
| --- | --- | --- |
| **Response** | **All schools\*\*\***  **%** | **Post-primary\*\*\***  **%** |
| No | 4.3 | 2.9 |
| Yes | 95.7 | 97.1 |
| Total | 100.0 | 100.0 |
| *Total cases (unweighted)* | *92* | *69* |

**\*\*\***Caution small numbers

**Annex 1**

**COMPARISON WITH THE 2013 SURVEY**

Results from the 2015 survey showing all response options are detailed below, with comparative data for 2013 included, where possible. Please treat any comparative data with caution due to difference in the participant group, re-wording of some questions, changes to response options and re-ordering of survey questions.

A confidence interval (CI) has been provided where data from both years is comparable. A confidence interval is simply a range within which a true value is likely to fall, based on the data used in the analysis. A 95% confidence interval is used and this tells us that we can be 95% certain that the true value lies somewhere between the lower and upper limits of the confidence interval.

Where statistically significance is indicated this means that the difference observed in the results is unlikely to be due to chance alone and therefore we can say with confidence that there is a difference in the results presented for 2015 and 2013. If statistical significance is not indicated this means that we cannot say with confidence that there is a difference.

**SECTION 1: WHOLE SCHOOL FOOD POLICY**

Key points: A higher proportion of schools in 2015 have a written school food policy/ healthy eating policy reflecting their approach to food in schools, compared to 2013 (table 5). There is more awareness of the Public Health Agency (formerly Health Promotion Agency) guidance booklet on establishing a whole school food policy (table 6). A higher proportion of schools appear to be making use of a school council to consult with pupils in the development of their approach to food and nutrition (table 8) and there is more engagement with pupils about healthy eating, rules about packed lunches and break and lunch times and duration (table 9).

**Policy development**

**Table 4: Are you aware of the Food in Schools policy, which was published jointly by the Department of Education (DE) and the Department of Health and Social Services and Public Safety (DHSSPS) in September 2013[[1]](#footnote-1)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| No | 5.9 |
| Yes | 94.1 |
| Total | 100.0 |
| *Total cases (unweighted)* | *473* |

**Table 5: Does your school have a written school food policy/ healthy eating policy reflecting your approach to food in school?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 17.2 | 26.7 | +/- 2.6pp | +/- 3.9pp | Yes |
| Yes | 82.8 | 73.3 | +/-2.6pp | +/-3.9pp | Yes |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *472* | *346* |  |  |  |

**Table 6: If you answered ‘Yes’ was this written policy developed using the Public Health Agency (formerly Health Promotion Agency) guidance booklet on establishing a whole school food policy?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 21.8 | 18.9 | +/- 3.4pp | +/- 4.3pp | No |
| Yes | 66.6 | 62.3 | +/- 3.9pp | +/- 5.3pp | No |
| Not aware of guidance | 11.6 | 18.8 | +/- 2.6pp | +/- 4.3pp | Yes |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *380* | *250* |  |  |  |

**Consultation on the development of the school’s approach to food and nutrition**

**Table 7: In developing your school’s approach/policy to food and nutrition, who has been involved or consulted with[[2]](#footnote-2)?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| School teaching staff | 88.7 | 92.5 | +/- 2.5pp | +/- 2.3pp | No |
| School senior management team | 78.1 | 78.0 | +/- 3.2pp | +/- 3.7pp | No |
| Pupils | 69.3 | 79.5 | +/- 3.6pp | +/- 3.6pp | Yes |
| School catering staff | 67.1 | 80.5 | +/- 3.7pp | +/- 3.5pp | Yes |
| School governors | 63.4 | 73.4 | +/- 3.8pp | +/- 3.9pp | Yes |
| Parents | 62.7 | 78.8 | +/- 3.8pp | +/- 3.9pp | Yes |
| Education Authority catering staff | 20.6 | 45.9 | +/- 3.2pp | +/- 4.4pp | Yes |
| School nurse | 9.1 | 16.2 | +/- 2.3pp | +/- 3.3pp | Yes |
| Health Trust community dietician | 3.7 | 7.7 | +/- 1.5pp | +/- 2.4pp | Yes |
| Others | 4.9 | 3.6 | +/- 1.7pp | +/- 1.7pp | No |
| *Total cases (unweighted)* | *407* | *346* |  |  |  |

**Table 8: How are pupils involved or consulted with in the development of your school’s approach to food and nutrition?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Pupils are not involved or consulted with | 12.6 | 10.9 | +/- 2.6pp | +/- 2.8pp | No |
| School council | 70.0 | 65.2 | +/- 3.6pp | +/- 4.2pp | Yes |
| Suggestion box | 28.4 | 26.7 | +/- 3.5pp | +/- 3.9pp | No |
| SNAG (School Nutritional Action Group) | 6.6 | 5.5 | +/- 1.9pp | +/- 2.0pp | No |
| Surveys and audits[[3]](#footnote-3) | 31.3 |  |  |  |  |
| Other | 16.0 | 23.7 | +/- 2.9pp | +/- 3.8pp | Yes |
| *Total cases (unweighted)* | *412* | *346* |  |  |  |

**Table 9: On what aspect of school food and nutrition does your school engage with pupils?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| There is no engagement with pupils | 1.7 | 2.8 | +/- 1.0pp | +/- 1.5pp | No |
| Education about healthy eating | 88.4 | 80.3 | +/- 2.5pp | +/- 3.5pp | Yes |
| Choices available for school lunches | 53.3 | 54.2 | +/- 3.8pp | +/- 4.2pp | No |
| Quality of school lunches | 49.9 | 51.3 | +/- 3.9pp | +/- 4.4pp | No |
| Rules about packed lunches | 49.6 | 40.8 | +/- 3.9pp | +/- 4.4pp | Yes |
| Break and lunch - times and duration | 35.9 | 21.4 | +/- 3.7pp | +/- 3.6pp | Yes |
| Rules on leaving school premises at lunchtime | 14.2 | 15.5 | +/- 2.7pp | +/- 3.2pp | No |
| Tuck shop and vending choices | 9.4 | 5.8 | +/- 2.3pp | +/- 2.1pp | No |
| Pricing of school lunches | 7.5 | 8.5 | +/- 2.0pp | +/- 2.5pp | No |
| Other | 2.2 | 5.2 | +/- 1.1pp | +/- 2.0pp | No |
| *Total cases (unweighted)* | *415* | *346* |  |  |  |

**Table 10: How are parents engaged with on the school’s approach/policy to food and nutrition?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| There is no engagement with parents | 3.1 | 2.7 | +/- 1.3pp | +/- 1.4pp | No |
| Literature sent home e.g. letter, flyer, policy, weekly menus etc. | 86.3 | 90.6 | +/- 2.6pp | +/- 2.6pp | No |
| As part of a general information day/evening | 48.7 | 57.3 | +/- 3.8pp | +/- 4.4pp | Yes |
| Information placed on school website | 44.7 | 37.8 | +/- 3.8pp | +/- 4.3pp | No |
| Consultation on school food policy | 32.6 | 27.5 | +/- 3.6pp | +/- 4.0pp | Yes |
| Food and nutrition focused event | 20.6 | 22.8 | +/- 3.1pp | +/- 3.7pp | No |
| Other | 3.1 | 3.7 | +/- 1.3pp | +/- 1.7pp | No |
| *Total cases (unweighted)* | *423* | *346* |  |  |  |

**SECTION 2: SCHOOL MEALS**

Key points: A higher proportion of schools in 2015 indicated that they actively promote school meals to all pupils (table 11), and a higher proportion indicated that their school actively encourage pupils entitled to a free school meal to take a school meal (table 15). The proportion of schools that indicated that they are fully compliant with the nutritional standards for school meals is similar to what it was in 2013 (table 22).

**Promotion of school meals**

**Table 11: Does your school actively promote school meals to all pupils?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 11.1 | 20.5 | +/- 2.4pp | +/- 3.5pp | Yes |
| Yes | 88.9 | 79.5 | +/- 2.4pp | +/- 3.5pp | Yes |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *413* | *353* |  |  |  |

**Table 12: Please indicate how you promote school meals to all pupils[[4]](#footnote-4)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| Advertising the dinner menu | 91.0 |
| Theme days/special events/competitions | 75.2 |
| Healthy eating initiatives and health promotion materials | 70.3 |
| Correspondence with parents | 67.8 |
| Induction and school open days | 54.8 |
| Through the curriculum | 51.1 |
| Assemblies and general promotion around the school | 40.2 |
| School nutrition action group (SNAG) | 39.0 |
| Parent evenings or parent teacher meetings | 31.6 |
| Meal demonstrations/ taster sessions | 18.6 |
| Other | <1.0 |
| *Total cases (unweighted)* | *323* |

**Table 13: Does your school actively encourage parents to apply to the Education Authority for free school meals[[5]](#footnote-5)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| No | 7.1 |
| Yes | 92.9 |
| Total | 100.0 |
| *Total cases (unweighted)* | *411* |

**Table 14: How do you encourage parents to apply to the EA for free school meals5?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| Letter to parents about the criteria and application process | 68.0 |
| Circulation of application forms to parents | 62.5 |
| Speaking to parents at parent evenings, induction days and open days | 64.0 |
| Offering parents support to complete application form | 49.1 |
| Advertising in the school newsletter or website | 47.6 |
| Other general advertising/promotion | 21.6 |
| Other | 4.0 |
| *Total cases (unweighted)* | *328* |

**Table 15: Does your school actively encourage pupils entitled to a free school meal to take a school meal?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Not applicable | 0.2 | 1.1 | +/- 0.3pp | +/- 0.9pp | No |
| No | 13.0 | 19.1 | +/- 2.6pp | +/- 3.4pp | Yes |
| Yes | 86.7 | 79.8 | +/- 2.6pp | +/- 3.5pp | Yes |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *414* | *353* |  |  |  |

**Table 16: How does your school actively encourage pupils entitled to a free school meal to take a school meal[[6]](#footnote-6)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| Monitoring the uptake of free school meals | 74.2 |
| Direct contact with parents or pupils not availing of their free school meal entitlement | 57.7 |
| Using discrete processes and payment systems thereby reducing possible stigma | 38.9 |
| Other | 1.0 |
| *Total cases (unweighted)* | *298* |

**Pupils with special meal requirements (special dietary requirements as a result of disability, medical condition or allergy)**

**Table 17: Are you aware of any pupils at your school having special dietary requirements as a result of disability, medical condition or allergy?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 11.1 | 19.1 | +/- 2.4pp | +/- 3.4pp | Yes |
| Yes | 88.9 | 80.9 | +/- 2.4pp | +/- 3.4pp | Yes |
| Total | 100.0 | *100.0* |  |  |  |
| *Total cases (unweighted)* | *416* | *353* |  |  |  |

**Table 18: Please indicate if the school lunch menu planning accommodates the needs of these pupils.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 5.9 | 5.2 | +/- 2.0pp | +/- 2.2pp | No |
| Yes | 94.1 | 94.8 | +/- 2.0pp | +/- 2.2pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *358* | *294* |  |  |  |

**Pupils with special meal requirements (pupils with particular religious and cultural dietary requirements)**

**Table 19: Are you aware of any pupils at your school having particular religious and cultural dietary requirements?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 64.2 | 75.2 | +/- 3.7pp | +/- 3.8pp | Yes |
| Yes | 35.8 | 24.8 | +/- 3.7pp | +/- 3.8pp | Yes |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *416* | *353* |  |  |  |

**Table 20: Please indicate if the school lunch menu planning accommodates the needs of these pupils.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 4.9 | 4.9 | +/- 3.3pp | +/- 4.2pp | No |
| Yes | 95.1 | 95.1 | +/- 3.3pp | +/- 4.2pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *143* | *92* |  |  |  |

**Nutritional Standards for School Lunches**

**Table 21: Are you aware of the school lunch nutritional standards[[7]](#footnote-7)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| No | 20.3 |
| Yes | 79.7 |
| Total | 100.0 |
| *Total cases (unweighted)* | *414* |

**Table 22: Which of the following statements is most applicable in relation to your school’s compliance with the Nutritional Standards for school lunches?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013[[8]](#footnote-8)**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Our school is fully compliant | 55.1 | 57.8 | +/- 4.0pp | +/- 5.2pp | No |
| Our school is making good progress towards full compliance | 40.3 | 28.0 | +/- 4.0pp | +/- 4.7pp | Yes |
| Our school is making slow progress towards compliance and is experiencing some difficulties or barriers | 4.6 | 8.0 | +/- 1.7pp | +/- 2.8pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *392* | *271* |  |  |  |

**Table 23: Please indicate the nature of any difficulties or barriers[[9]](#footnote-9)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **Number** |
| Pupil reluctance to try new food | 8 |
| Lack of control over the nutritional standard of meals prepared off-site | 5 |
| Insufficient choice of meals | 4 |
| Inadequate dining facilities | 3 |
| Pupil preference for convenience ‘grab and go’ food choices | 3 |
| Skills and knowledge of staff/ staff training | 2 |
| Access to water is difficult | 1 |
| Other | 4 |

**Payment systems for school meals**

**Table 24: What payment system(s) operates for the purchase of school meals at the point of collection?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **(where payment system operates) %** | **2013**  **(where payment system operates) %** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Cash | 83.9 | 89.0 | +/- 3.8pp | +/- 3.5pp | Yes |
| Biometric or smartcard system (cashless) | 11.3 | 10.8 | +/- 3.3pp | +/- 3.5pp | No |
| Tickets/vouchers (cashless) | 3.6 | 2.5 | +/- 1.9pp | +/- 1.8pp | No |
| Other cashless system | 4.7 | 1.8 | +/- 2.2pp | +/- 1.5pp | No |
| *Total cases (unweighted)* | *274* | *243* |  |  |  |

**Table 26: How far in advance do pupils, or their parents, have to commit to, or pay for, school meals?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| There is no required advance payment period – payment can be made in exchange for a meal on the day | 47.8 | 52.2 | +/- 3.9pp | +/- 4.4pp | Yes |
| Advance payment is required on the day the meal is to be taken | 18.5 | 16.6 | +/- 3.0pp | +/- 3.3pp | No |
| Advance payment is required on the day before the meal is to be taken | 1.0 | <1.0 | +/- 0.8pp | +/- 0.8pp | No |
| Advance payment is required for the week ahead | 32.0 | 30.1 | +/- 3.6pp | +/- 4.0pp | No |
| Advance payment period greater than 1 week ahead | <1.0 | <1.0 | +/- 0.7pp | +/- 0.8pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *410* | *350* |  |  |  |

**Collection systems for free school meals**

**Table 27: What system(s) operates for the collection of free school meals by pupils?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **(where system operates)\*\*\***  **%** | **2013**  **(where system operates)**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Biometric or smartcard system (cashless) | 29.3 | 29.3 | +/- 8.6pp | +/- 8.2pp | No |
| Tickets/vouchers (cashless) | 37.4 | 42.3 | +/- 9.1pp | +/- 8.9pp | No |
| Other system | 33.3 | 28.3 | +/- 8.9pp | +/- 8.1pp | No |
| *Total cases (unweighted)* | *99* | *108* |  |  |  |

**\*\*\***Caution small numbers

**SECTION 3: PUPILS BRINGING OWN FOOD TO SCHOOL FOR LUNCH**

Key points: There were no statistically significant differences indicated.

**Table 29: Is it a specific aspect of your approach or policy to encourage pupils to bring only healthy options with them to school for lunch?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 16.1 | 21.1 | +/- 2.9pp | +/- 3.7pp | No |
| Yes | 83.9 | 78.9 | +/- 2.9pp | +/- 3.7pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *397* | *341* |  |  |  |

**Table 30: Please indicate whether parents and/or pupils were consulted prior to introducing this particular aspect of your approach or policy[[10]](#footnote-10)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| Only parents were consulted | 10.1 |
| Only pupils were consulted | 6.3 |
| Both parents and pupils were consulted | 65.8 |
| There was no consultation with parents or pupils | 17.7 |
| Total | 100.0 |
| *Total cases (unweighted)* | *316* |

**SECTION 4: LUNCHTIME MANAGEMENT**

Key points: A higher proportion of schools in 2015 indicated a lunch break duration of 30 minutes or less, and a lower proportion indicated a lunch break duration of 45 to 50 minutes (table 31). The proportion of schools reporting that they have actively sought opportunities to improve the dining experience has increased in 2015 (table 34).

**Average lunch break**

**Table 31: How long, on average, is the lunch break per sitting at your school?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| 30 minutes or less | 34.6 | 16.9 | +/- 3.4pp | +/- 3.2pp | Yes |
| 35 to 40 minutes | 37.6 | 35.9 | +/- 3.4pp | +/- 4.1pp | No |
| 45 to 50 minutes | 25.1 | 40.7 | +/- 3.1pp | +/- 4.2pp | Yes |
| 55 to 60 minutes | 2.8 | 6.4 | +/- 1.2pp | +/- 2.1pp | Yes |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *463* | *368* |  |  |  |

**Queuing for school meals**

**Table 32: On a typical day how long, on average, would a pupil spend queuing for a school meal?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **(where pupils queue)**  **%** | **2013**  **(where pupils queue)**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Less than 5 minutes | 57.9 | 60.1 | +/- 4.0pp | +/- 4.8pp | No |
| Between 5 and 9 minutes | 35.4 | 31.2 | +/- 3.9pp | +/- 4.5pp | No |
| Between 10 and 14 minutes | 4.7 | 6.2 | +/- 1.7pp | +/- 2.4pp | No |
| 15 minutes or more | 2.1 | 2.6 | +/- 1.2pp | +/- 1.6pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *387* | *300* |  |  |  |

**Improving the dining experience**

**Table 34: Does your school actively seek opportunities to improve the dining experience?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 6.0 | 22.2 | +/- 1.7pp | +/- 3.6pp | Yes |
| Yes | 94.0 | 77.8 | +/- 1.7pp | +/- 3.6pp | Yes |
| Total | 100.0 | *100.0* |  |  |  |
| *Total cases (unweighted)* | *464* | *353* |  |  |  |

**Table 35: How do you actively seek opportunities to improve the dining experience[[11]](#footnote-11)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| Supervision, rules and policies | 82.8 |
| Monitoring lunchtime routines, menus and seating arrangements | 74.9 |
| Advertising the dinner menu and healthy eating information | 72.3 |
| Theme days and menu promotions including healthy eating | 70.8 |
| Consultation with pupils | 44.4 |
| Meetings between school management and catering staff | 41.8 |
| Reducing queuing times | 39.2 |
| Improvements to accommodation, including decor and furnishings | 38.6 |
| Reward charts, stickers and badges | 37.9 |
| Introducing extra sittings | 25.3 |
| Use of music or control of noise levels | 19.8 |
| Consultation with parents | 17.8 |
| Other | <1.0 |
| *Total cases (unweighted)* | *383* |

**Policy on pupils leaving school grounds at lunchtime**

**Table 36: Please choose the answer which best describes your school’s policy on pupils leaving the school grounds at lunchtime**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Pupils are generally not allowed to leave the school grounds at lunchtime without parental consent[[12]](#footnote-12) | 90.6 | 89.9 | +/- 2.1pp | +/- 2.6pp | No |
| Some or all pupils are free to leave the school grounds at lunchtime | 9.4 | 10.1 | +/- 2.1pp | +/- 2.6pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *457* | *368* |  |  |  |

**Policy on the consumption of fast food/takeaways on the school premises**

**Table 37: Please choose the answer which best describes your school’s policy on the consumption of fast food /takeaways on the school premises.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Pupils are generally not permitted to consume fast food /takeaways on the school premises[[13]](#footnote-13) | 96.1 | 95.8 | +/- 1.4pp | +/- 1.7pp | No |
| Some or all pupils are permitted to consume fast food/takeaways on the school premises | 3.9 | 4.2 | +/- 1.4pp | +/- 1.7pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *461* | *368* |  |  |  |

**SECTION 5: OTHER FOOD AND DRINKS IN SCHOOL**

Key points: In 2015 the proportion of schools indicating that they were experiencing difficulties or barriers to moving towards compliance with the nutritional standards for other food and drinks has fallen (table 39).

**Nutritional Standards for other** **Food and Drinks**

**Table 38: Are you aware of the nutritional standards for other food and drinks in schools[[14]](#footnote-14)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| No | 14.8 |
| Yes | 85.2 |
| Total | 100.0 |
| *Total cases (unweighted)* | *352* |

**Table 39: Which of the following statements is most applicable in relation to your school’s compliance with the Nutritional Standards for other food and drinks?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013[[15]](#footnote-15)**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Our school is fully compliant | 58.4 | 51.7 | +/- 4.4pp | +/- 4.4pp | No |
| Our school is making good progress towards full compliance | 38.3 | 30.5 | +/- 4.4pp | +/- 4.0pp | No |
| Our school is making slow progress towards compliance and is experiencing some difficulties or barriers | 3.2 | 11.5 | +/- 1.6pp | +/- 2.8pp | Yes |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *339* | *354* |  |  |  |

**Table 40: Please indicate the nature of any difficulties or barriers[[16]](#footnote-16)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **Number** |
| Access to water is difficult | 3 |
| Lack of time to prepare nutritionally compliant food | 0 |
| Pupil reluctance to try new food | 2 |
| Other | 3 |

**Table 41: Are cakes and/or biscuits provided/sold at your school (other than at lunchtime as part of a meal)[[17]](#footnote-17)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| No | 89.4 |
| Yes | 10.6 |
| Total | 100.0 |
| *Total cases (unweighted)* | *350* |

**Table 42: Are savoury snacks provided/sold at your school (other than nuts and seeds without added salt or sugar)17?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| No | 74.6 |
| Yes | 25.4 |
| Total | 100.0 |
| *Total cases (unweighted)* | *350* |

**Table 43: Does your school make fruit and vegetables available at the following school food outlets (where applicable)16?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Response** | **All schools** | | |
|  | **No**  **%** | **Yes**  **%** | ***Total cases (unweighted)*** |
| Breakfast club | 23.0 | 77.0 | *213* |
| Tuck shop\*\*\* | 53.8 | 46.2 | *65* |
| Vending machines1\*\*\* | n=<50 | n=<50 | *48* |
| Break time | 13.8 | 86.2 | *298* |
| After school club | 37.0 | 63.0 | *165* |

**\*\*\***Caution small numbers

1No schools reported making fruit and vegetables available via vending machines

**Table 46: Other than the drinks permitted under the nutritional standards for other food and drinks in school, are any other drinks provided/sold at your school16?**

|  |  |
| --- | --- |
| **Response** | **All schools**  **%** |
| No | 96.0 |
| Yes | 4.0 |
| Total | 100.0 |
| *Total cases (unweighted)* | *351* |

**SECTION 6: MISCELLANEOUS ISSUES**

Key points: The proportion of schools indicating that they had, on no occasions in the previous year, been flexible with the Nutritional Standards, or provided less healthy food to allow for special one-off functions, fell in 2015 (table 49). However, there was a higher proportion of school indicatingthat they generally do not permit the use of sweets or confectionery as rewards for pupils (table 50).

**Access to drinking water**

**Table 47: Do pupils at your school have easy access to free, fresh drinking water at all times[[18]](#footnote-18)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| No | 4.6 |
| Yes | 95.4 |
| Total | 100.0 |
| *Total cases (unweighted)* | *477* |

**Table 48: If not, please select one option17?**

|  |  |
| --- | --- |
| **Response** | **2015**  **Number** |
| Access is limited during lessons | 4 |
| Access is limited to break and lunch times only | 7 |
| Other reason | 8 |
| *Total cases (unweighted)* | *19* |

**Flexibility with Nutritional Standards**

**Table 49: In the previous school year, on how many occasions has your school been flexible with the Nutritional Standards, or provided less healthy food (e.g. sweets, crisps or fizzy drinks) to allow for special one-off functions such as discos, parties or fundraising events like school fairs?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No occasions | 6.1 | 13.5 | +/- 1.7pp | +/- 3.0pp | Yes |
| On fewer than 5 occasions | 81.4 | 76.5 | +/- 2.7pp | +/- 3.7pp | No |
| On 5 or more occasions | 12.5 | 9.9 | +/- 2.3pp | +/- 2.6pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *479* | *354* |  |  |  |

**Use of sweets or confectionary as rewards**

**Table 50: Generally speaking, does your school permit the use of sweets or confectionery as rewards for pupils?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 68.8 | 60.6 | +/- 3.2pp | +/- 4.3pp | Yes |
| Yes | 31.2 | 39.4 | +/- 3.2pp | +/- 4.3pp | Yes |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *478* | *354* |  |  |  |

**Table 51: Frequency of use of sweets or confectionary as rewards**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| On a daily basis | 0.0 | <1.0 |  |  |  |
| A few times per week | 3.6 | 7.7 | +/- 2.9pp | +/- 4.1pp | No |
| No more than once per week | 56.9 | 49.6 | +/- 7.8pp | +/- 7.8pp | No |
| No more than once a month | 13.1 | 11.8 | +/- 5.3pp | +/- 5.0pp | No |
| Less frequently than once a month | 26.3 | 30.0 | +/- 6.9pp | +/- 7.1pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *137* | *140* |  |  |  |

**SECTION 7: EU SCHOOL MILK SCHEME AND SPONSORSHIP**

Key points: There were no statistically significant differences indicated.

**Participation in the EU School Milk Scheme**

**Table 52: Does your school participate in the EU School Milk Scheme?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 41.8 | 40.5 | +/- 3.5pp | +/- 4.3pp | No |
| Yes | 58.2 | 59.5 | +/- 3.5pp | +/- 4.3pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *467* | *354* |  |  |  |

**Table 53: Why schools do not participate in the EU School Milk Scheme[[19]](#footnote-19)**

|  |  |  |
| --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** |
| Not aware of scheme | 37.0 | 45.1 |
| School provides its own milk | 16.4 |  |
| No interest from parents/pupils | 14.3 |  |
| No chilled storage available | 12.7 |  |
| Admin too cumbersome | 7.4 | 20.8 |
| Not cost effective | 3.2 | 10.8 |
| Planning to do so in future | 2.1 |  |
| Other | 6.9 |  |
| Total | 100.0 |  |
| *Total cases (unweighted)* | *189* |  |

**Advertising and Sponsorship**

**Table 54: Does your school display any advertising of less healthy food options, e.g. branding/ sponsorship/promotion of foods high in fat, salt and sugar?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 92.0 | 89.9 | +/- 1.9pp | +/- 2.6pp | No |
| Yes | 8.0 | 10.1 | +/- 1.9pp | +/- 2.6pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *473* | *354* |  |  |  |

**Table 55: In the last school year, did your school receive any sponsorship for events (such as Sports Day) which included either the promotion or distribution to pupils of less healthy food options, e.g. those high in fat, salt and sugar?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 92.4 | 93.9 | +/- 1.8pp | +/- 2.1pp | No |
| Yes | 7.6 | 6.1 | +/- 1.8pp | +/- 2.1pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *475* | *354* |  |  |  |

**SECTION 8: HEALTHY BREAKS**

Key points: There were no statistically significant differences indicated.

**Table 56: Is it a specific aspect of your approach or policy to encourage pupils to bring only healthy options with them to school for break-times?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 10.7 | 8.8 | +/- 2.6pp | +/- 2.7pp | No |
| Yes | 89.3 | 91.2 | +/- 2.6pp | +/- 2.7pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *375* | *314* |  |  |  |

**Table 57: Were parents and/or pupils consulted prior to introducing this particular aspect of your approach or policy[[20]](#footnote-20)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| Only parents were consulted | 7.0 |
| Only pupils were consulted | 4.4 |
| Both parents and pupils were consulted | 72.5 |
| There was no consultation with parents or pupils | 16.1 |
| Total | 100.0 |
| *Total cases (unweighted)* | *375* |

**Table 58: Please indicate what policy or scheme you follow to encourage pupils to bring only healthy options with them to school for break-times[[21]](#footnote-21)?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| PHA healthy break scheme | 24.8 |
| Own school policy/scheme | 71.7 |
| Other | 3.5 |
| Total | 100.0 |
| *Total cases (unweighted)* | *315* |

**SECTION 9: CURRICULUM ELEMENTS**

Key points: There were very few statistically significant differences indicated.

**Table 59: Are you a member of the food@myschool room in C2k’s fronter21?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| No | 92.7 |
| Yes | 7.3 |
| Total | 100.0 |
| *Total cases (unweighted)* | *453* |

**Table 60: Please indicate why you are not a member of this resource21?**

|  |  |
| --- | --- |
| **Response** | **2015**  **%** |
| We were not aware of this resource | 90.4 |
| It is too difficult to join | 1.3 |
| Other reason | 8.4 |
| Total | 100.0 |
| *Total cases (unweighted)* | *394* |

**Table 61: Please indicate how useful this resource has been in supporting you in the implementation of the Food in Schools policy21?**

|  |  |
| --- | --- |
| **Response** | **2015\*\*\***  **Number** |
| Very useful | 10 |
| Somewhat useful | 16 |
| Not very useful | 5 |
| *Total cases (unweighted)* | *31* |

**\*\*\***Caution small numbers

**Education on nutrition/healthy eating**

**Table 62: Please indicate, for each Key Stage, whether all pupils are provided with education in relation to nutrition and healthy eating as an integral part of Personal Development?** (Percentages are based on primary/post-primary schools that indicated they had children in the specific key stage)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Key Stage** | **Primary 2015**  **% (Number)** | **Primary 2013**  **% (Number)** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Foundation Stage | 98.6 | 99.5 | +/- 1.1pp | +/- 0.8pp | No |
| Key Stage 1 | 99.7 | 99.5 | +/- 0.5pp | +/- 0.8pp | No |
| Key Stage 2 | 99.3 | 99.1 | +/- 0.8pp | +/- 1.1pp | No |
| *Total cases (unweighted)* | *(292-303)* | *219* |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Key Stage** | **Post-primary 2015\*\*\***  **% (Number)** | **Post-primary 2013\*\*\***  **% (Number)** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Key Stage 3 | 100.0 | 100.0 |  |  |  |
| Key Stage 4 | 90.0 | 94.9 | +/- 5.7pp | +/- 3.8pp | No |
| *Total cases (unweighted)* | (70-76) | *80* |  |  |  |

**\*\*\***Caution small numbers

**Table 63: If you answered ‘Yes’ for any of the Key Stages please indicate if you availed of relevant support, advice or resources available from any of the following, in delivering this aspect of the curriculum.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015**  **%** | **2013**  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| Education Authority | 48.1 | 51.3 | +/- 4.5pp | +/- 4.5pp | No |
| Council for the Curriculum, Examinations and Assessment (CCEA) | 33.5 | 32.9 | +/- 4.3pp | +/- 4.2pp | No |
| Health partners | 65.9 | 54.0 | +/- 4.3pp | +/- 4.4pp | Yes |
| Voluntary organisations | 54.0 | 43.2 | +/- 4.5pp | +/- 4.4pp | Yes |
| Other | 9.8 | 4.8 | +/- 2.7pp | +/- 1.9pp | Yes |
| *Total cases (unweighted)* | *337* | *344* |  |  |  |

**Home Economics education at Key Stage 3**

**Table 64: Does your school provide teaching in Home Economics to Key Stage 3 pupils?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015\*\*\***  **%** | **2013\*\*\***  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 2.0 | <1.0 | +/- 2.0pp | +/- 1.3pp | No |
| Yes | 98.0 | 99.2 | +/- 2.0pp | +/- 1.3pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *98* | *98* |  |  |  |

**\*\*\***Caution small numbers

**Table 65: Is teaching in Home Economics provided to all pupils at Key Stage 3?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Response** | **2015\*\*\***  **%** | **2013\*\*\***  **%** | **2015 95% CI** | **2013 95% CI** | **Significant** |
| No | 4.3 | 3.8 | +/- 3.1pp | +/- 2.8pp | No |
| Yes | 95.7 | 96.2 | +/- 3.1pp | +/- 2.8pp | No |
| Total | 100.0 | 100.0 |  |  |  |
| *Total cases (unweighted)* | *92* | *96* |  |  |  |

**\*\*\***Caution small numbers

**ANNEX 2**

**FOOD IN SCHOOLS MONITORING SURVEY (hard copy version)**

**Instructions**

The survey should be completed by the Principal, in consultation with key members of staff who have specific responsibility for catering or provision of food in your school.

The survey contains 9 short sections, as outlined below, and should take no more than 20 minutes to complete. Depending on school type or previous responses, some questions or complete sections will not be applicable and you will be routed past them. In order to minimise response burden, the questions mainly require a concise, factual response in the form of a yes / no answer or a choice from a list of options.

Section 1     Whole school food policy

Section 2     School meals  
Section 3     Pupils bringing own food to school for lunch   
Section 4     Lunchtime management   
Section 5     Other food and drinks  
Section 6     Miscellaneous issues  
Section 7     EU Milk Scheme and Sponsorship    
Section 8 Healthy breaks

Section 9   Curriculum elements   

For the purposes of this survey healthy food options are those which are low in fat, sugar and salt and high in fibre.

If you have any difficulties completing the survey or wish to speak to speak to someone about the survey please find contact details on the last page of the survey

**Please provide your school reference number and school name below. This is for survey management purposes. All responses will be treated as anonymous and will not be reported at individual school level.**

**School reference number**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |

**School name**

|  |
| --- |
|  |

**Section 1 - Whole school food policy**

1. Are you aware of the Food in Schools policy, which was published jointly by the Department of Education (DE) and the Department of Health, Social Services and Public Safety (DHSSPS) in September 2013?

Yes

No

1. Does your school have a **written** school food policy/healthy eating policy reflecting a whole school approach to food in school?

Yes

No

1. If you answered ‘Yes’ to question 2, was this written policy developed using the Public Health Agency (formerly Health Promotion Agency) guidance booklet *‘Establishing a whole school food policy’* (contained within *‘School food: the essential guide’)*?

English version of the booklet is available at <http://www.publichealth.hscni.net/sites/default/files/Establishing_School_Food_Policy_09_10.pdf>

Irish version of the booklet is available at <http://www.publichealth.hscni.net/sites/default/files/Establishing_School_Food_Policy_09_10_Irish_0.pdf>

Yes

No

I am not aware of this guidance

1. In developing your school’s approach/policy to food, who has been involved or consulted with?

Please tick all that apply.

School senior management team

School teaching staff

School catering staff

School governors

School nurse

Education Authority catering staff

Health Trust community dietician

Pupils

Parents

Other – please specify

If you ticked ‘Other’ in question 4, please provide more information.

1. **If you ticked ‘Pupils’ in Question 4** please indicate how pupils are involved or consulted with in the development of your school’s approach/policy to food?

Please tick all that apply.

School council

SNAG (School Nutrition Action Group)

Surveys and audits

Suggestion box

Other – please specify

If you ticked ‘Other’ in question 5, please provide more information.

1. **If you ticked ‘Pupils’ in Question 4** please indicate on what aspect(s) of your school’s approach/policy to food does your school engage with pupils?

Please tick all that apply.

Quality of school lunches

Choices available for school lunches

Pricing of school lunches

Break and lunch – times, duration, and queuing

Tuck shop and vending choices

Education about healthy eating

Rules on leaving school premises at lunchtime

Rules about packed lunches

Other – please specify

If you ticked ‘Other’ in question 6, please provide more information.

1. **If you ticked ‘Parents’ in Question 4** please indicate how parents are engaged with on the school’s approach/policy to food?

Please tick all that apply.

Information placed on school website

Literature sent home e.g. letter, flyer, policy, weekly menus etc.

Consultation on school food policy

As part of a general information day/evening

Food focussed event

Other – please specify

If you ticked ‘Other’ in question 7, please provide more information.

**Please proceed to Section 2**

**Section 2 - School meals**

1. Do any pupils at your school avail of a lunch break during the school day?

Yes — proceed to next question

No — proceed to Section 5

1. Do any pupils attending your school eat a school meal?

Yes — proceed to next question

No — proceed to Section 3

1. Does your school actively promote school meals to all pupils?

Yes

No

1. If you answered ‘Yes’ to question 10 above please indicate how you do this. (Please tick all that apply)

Advertising the dinner menu to parents/pupils

Theme days/special events/competitions

Assemblies and general promotion around the school

Correspondence with parents

Induction and school open days

Healthy eating initiatives and health promotion materials

Consultation with pupils through school council/ School Nutrition Action Group (SNAG)

Parent evenings or parent teacher meetings

Through the curriculum

Meal demonstrations and taster sessions for pupils and parents

Other – please specify

If you ticked ‘Other’ in question 11, please provide more information.

1. Does your school actively encourage parents to apply to the Education Authority for free school meals?

Yes

No

1. If you answered ‘Yes’ to question 12 above please indicate how you do this. (Please tick all that apply)

Letter to parents informing them of the criteria and the application process

Circulation of application forms to parents

Offering parents support to complete application form

Speaking to parents at parent evenings, induction days and school open days

Advertising in the school newsletter or school website

Other general advertising/promotion of free school meals

Other – please specify

If you ticked ‘Other’ in question 13, please provide more information.

1. Does your school actively encourage pupils entitled to a free school meal to take a school meal?

Not applicable – we do not have any pupils entitled to free school meals

Yes

No

1. If you answered ‘Yes’ to question 14 please indicate how you do this. (Please tick all that apply)

Monitoring the uptake of free school meals

Direct contact with parents or pupils not availing of their free school meal entitlement

By using discrete processes and payment systems thereby reducing possible stigma

Other – please specify

If you ticked ‘Other’ in question 15, please provide more information.

1. Are you aware of any pupils at your school having special dietary requirements as a result of disability, medical condition or allergy?

Yes

No

1. If you answered ‘Yes’ to question 16, please indicate if the school lunch menu planning accommodates the needs of these pupils.

Yes, the needs of these pupils are accommodated in school lunch menu planning

No, the needs of these pupils are not accommodated in school lunch menu planning

1. Are you aware of any pupils at your school having particular religious and cultural dietary requirements?

Yes

No

1. If you answered ‘Yes’ to question 18, please indicate if the school lunch menu planning accommodates the needs of these pupils.

Yes, the needs of these pupils are accommodated in school lunch menu planning

No, the needs of these pupils are not accommodated in school lunch menu planning

*In 2007 the Department of Education issued compulsory Nutritional Standards for School Lunches\*? (Available via the link below)*

*(*[*http://www.deni.gov.uk/de1\_09\_125640\_\_nutritional\_standards\_for\_school\_lunches\_\_a\_guide\_for\_implementation\_3\_-2.pdf*](http://www.deni.gov.uk/de1_09_125640__nutritional_standards_for_school_lunches__a_guide_for_implementation_3_-2.pdf)*)*

*A monitoring checklist, designed to help schools and caterers to ensure they are complying with the Department of Education’s nutritional standards for school lunches, can be found on Page 60.*

***\*These standards relate to school lunches provided by schools. They do not cover food brought into school by the pupils themselves.***

1. Are you aware of these standards?

Yes

No

1. Please indicate which of the following statements is most applicable in relation to your school’s compliance with the Nutritional Standards for school lunches (you will need to consult with key staff that have responsibility for catering or provision of food in your school.)

our school is fully compliant

our school is making good progress towards full compliance

our school is making slow progress towards compliance and is experiencing some difficulties or barriers

1. If you indicated in question 21 that your school is experiencing some difficulties or barriers please indicate the nature of these (Please tick all that apply).

Lack of control over the nutritional standard of meals prepared off-site

Inadequate dining facilities

Pupil reluctance to try new food

Insufficient choice of meals

Pupil preference for convenience ‘grab and go’ food choices

Skills and knowledge of staff/staff training

Access to water is difficult

Other – please specify

If you ticked ‘Other’ in question 22, please provide more information.

1. Do any pupils attending your school pay for their school meals?

Yes — proceed to question 24

No — proceed to question 26

1. What payment system(s) operates for the purchase of school meals at the point of collection?

Please tick all that apply.

Cash

Biometric or smartcard system (cashless)

Tickets/vouchers (cashless)

Other cashless system

None – meals are paid for in advance with no transaction required by pupils at point of collection

1. How far in advance do pupils, or their parents, have to commit to, or pay for, school meals?

Please select one option from the list below.

There is no required advance payment period – payment can be made in exchange for a meal on the day

Advance payment is required on the day the meal is to be taken

Advance payment is required on the day before the meal is to be taken

Advance payment is required for the week ahead

Advance payment is required greater than 1 week ahead

1. Do any pupils attending your school receive free school meals?

Yes — proceed to question 27

No — proceed to Section 3

1. What system(s) operates for the collection of free school meals by pupils?

Please tick all that apply.

Biometric or smartcard system

Tickets/vouchers

Other system

None – meals are organised in advance with no transaction required by pupils at point of collection

**Please proceed to Section 3**

**Section 3 - Pupils bringing own food in to school for lunch**

1. Are pupils attending your school able to bring in their own food for lunch?

Yes — proceed to question 29

No — proceed to Section 4

1. Is it a specific aspect of your approach or policy to encourage pupils to bring only healthy options with them to school for lunch?

Yes – proceed to question 30

No – proceed to Section 4

1. If you answered ‘Yes’ to question 29, please indicate whether parents and/or pupils were consulted prior to introducing this particular aspect of your approach or policy.

Please select one option for from the list below.

Only parents were consulted

Only pupils were consulted

Both parents and pupils were consulted

There was no consultation with parents or pupils

**Please proceed to Section 4**

**Section 4 - Lunchtime management**

1. How long, on average, is the lunch break per sitting at your school?

Please select one option from the list below.

30 minutes or less

35 to 40 minutes

45 to 50 minutes

55 to 60 minutes

Longer than 60 minutes

1. On a typical day how long, on average, would a pupil spend queuing for a school meal?

Please select one option from the list below.

Not applicable – pupils do not queue for meals

Less than 5 minutes

Between 5 and 9 minutes

Between 10 and 14 minutes

15 minutes or more

1. Does your school actively seek opportunities to improve the dining experience?

Yes

No

1. If you answered ‘Yes’ to question 33 please indicate how you do this. (Please tick all that apply)

Introducing extra sittings

Reducing queuing times

Theme days and menu promotions including healthy eating

Consultation with pupils

Monitoring lunchtime routines, menus and seating arrangements

Improvements to accommodation, including decor and furnishings

Meetings between school management and catering staff

Use of music or the control of noise levels

Supervision, rules and policies

Advertising the dinner menu and healthy eating information

Reward charts, stickers and badges

Consultation with parents

Other – please specify

If you ticked ‘Other’ in question 34, please provide more information.

1. Please choose the answer which best describes your school’s policy on pupils leaving the school grounds at lunchtime.

Please select one option from the list below.

Pupils are generally not allowed to leave the school grounds at lunchtime without parental consent

All pupils are free to leave the school grounds at lunchtime

Some groups of pupils may leave the school grounds at lunchtime, e.g. pupils in senior year groups

1. Please choose the answer which best describes your school’s policy on the consumption of fast food /takeaways on the school premises.

Please select one option from the list below.

Pupils are generally not permitted to consume fast food /takeaways on the school premises

All pupils are free to consume fast food/takeaways on the school premises

Some groups of pupils are permitted to consume fast food/takeaways on the school premises e.g. senior year groups

**Please proceed to Section 5**

**Section 5 - Nutritional Standards for other Food and Drinks in Schools**

1. Excluding school lunches, does your school provide any other food or drinks to pupils e.g. breakfast clubs, break-time, tuck shop, vending machines, or after school clubs?

Yes – proceed to question 38

No – proceed to Section 6

*In 2008, the Department of Education issued Nutritional Standards for Other Food and Drinks in Schools. They apply to all food and drinks provided outside lunchtime eg* ***breakfast clubs, break-time, tuck shop, vending machines, after schools clubs.*** *Schools are expected to adhere to these. (Available via the link below)*

[*http://www.deni.gov.uk/de1\_09\_125647\_\_nutritional\_standards\_for\_other\_food\_and\_drinks\_in\_schools\_\_a\_guide\_for\_implementation-2.pdf*](http://www.deni.gov.uk/de1_09_125647__nutritional_standards_for_other_food_and_drinks_in_schools__a_guide_for_implementation-2.pdf)

*A monitoring checklist, designed to help schools and caterers to ensure they are complying with the Department of Education’s nutritional standards for other food and drinks in school, can be found on Page 22.*

1. Are you aware of these standards?

Yes

No

1. Please indicate which of the following statements is most applicable in relation to your school’s compliance with the Nutritional Standards for Other Food and Drinks.

our school is fully compliant

our school is making good progress towards full compliance

our school is making slow progress towards full compliance and is experiencing some difficulties or barriers

1. If you indicated, in question 39, that your school is experiencing some difficulties or barriers please explain briefly the nature of these. (Tick all that apply)

Access to water is difficult

Lack of time to prepare nutritionally compliant food

Pupil reluctance to try new food

Other, please specify

If you ticked ‘Other’ in question 40, please provide more information.

1. Is confectionary provided/sold at your school?

Yes

No

1. Are cakes and/or biscuits provided/sold at your school (other than at lunchtime as part of a meal)?

Yes

No

1. Are savoury snacks provided/sold at your school (other than nuts and seeds without added salt or sugar)?

Yes

No

1. Does your school make fruit and vegetables available at the following school food outlets?

Note: If your school does not provide the service or food outlet please select the N/A option.

Breakfast club Yes No Not applicable

Tuck shop Yes No Not applicable

Vending machines Yes No Not applicable

Break time Yes No Not applicable

After school club Yes No Not applicable

*Under the Nutritional Standards for Other Food and Drinks in School the only drinks permitted are as follows:*

* + Plain water (still or sparkling)
  + Milk
  + Unsweetened fruit or vegetable juice
  + Yogurt or milk drinks with <5% added sugar
  + Drinks made with a combination of the above ( e.g. smoothies)
  + Tea, coffee or low calorie hot chocolate

1. Other than the drinks listed above, are any other drinks provided/sold at your school?

Yes

No

1. If you answered ‘Yes’ to question 45, please indicate what other drinks are provided or sold at your school.

**Please proceed to Section 6**

**Section 6 - Miscellaneous issues**

**Access to drinking water**

1. Do pupils at your school have easy access to free, fresh drinking water at all times?

(Note: this could include the pupils accessing water directly themselves or school staff providing water to pupils when pupils request it.)

Yes

No

1. If you answered ‘No’ to question 47, please select one option from the list below.

Access is limited during lessons

Access is limited to break and lunch times only

Other reason, please specify

If you ticked ‘Other’ in question 48, please provide more information.

**Flexibility with Standards**

1. In the previous school year, on how many occasions was your school flexible with the Nutritional Standards, or provide less healthy food (e.g. sweets, crisps or fizzy drinks) to allow for special one-off functions such as discos, parties or fundraising events like school fairs?

Please select one option from the list below.

No occasions

On fewer than 5 occasions

Between 5 and 10 occasions

On more than 10 occasions

**Use of sweets as rewards**

1. Generally speaking, does your school permit the use of sweets or confectionery as rewards for pupils?

Yes – proceed to question 51

No – proceed to Section 7

1. If you answered ‘Yes’ to question 50, please choose the option below which best describes how often, typically, sweets or confectionery would be used as rewards in your school.

Please select one option from the list below.

On a daily basis

A few times per week

No more than once a week

No more than once a month

Less frequently than once a month

**Please proceed to Section 7**

**Section 7 – EU Milk Scheme and Sponsorship**

EU milk scheme

1. Does your school participate in the EU School Milk Scheme?

Yes – proceed to question 54

No – proceed to question 53

1. If you answered ‘No’ to question 52, please choose an answer which best explains why your school does not participate.

Please select one option from the list below.

We are not aware of the EU School Milk Scheme

The administration involved is too cumbersome

Participation in the scheme is not cost effective

School provides its own milk for pupils

Planning to do in the future

No interest from parents/pupils

No chilled storage available

Other reason, please specify

If you ticked ‘Other reason’ in question 53, please provide more information.

Sponsorship

1. Does your school display any advertising of less healthy food options, e.g. branding/ sponsorship/promotion of foods high in fat, salt and sugar?

Yes

No

1. In this school year, did your school receive any sponsorship for events (such as Sports Day) which included either the promotion or distribution to pupils of less healthy food options, e.g. those high in fat, salt and sugar?

Yes

No

**Please proceed to Section 8**

**Section 8 Healthy Breaks**

1. Are pupils attending your school able to bring in their own food for morning and/or afternoon break-times?

Yes — proceed to question 57

No — proceed to Section 9

1. Is it a specific aspect of your approach or policy to encourage pupils to bring only healthy options with them to school for break-times?

Yes – proceed to question 58

No – proceed to Section 9

1. Please indicate whether parents and/or pupils were consulted prior to introducing this particular aspect of your approach or policy.

Please select one option from the list below.

Only parents were consulted

Only pupils were consulted

Both parents and pupils were consulted

There was no consultation with parents or pupils

1. Please indicate what policy or scheme you follow to encourage pupils to bring only healthy options with them to school for break-times.

Please select one option

PHA healthy break scheme (only applies to nursery, primary and special schools)

Own school policy/scheme

Other, please specify

If you ticked ‘Other’ in question 59, please provide more information.

**Please proceed to Section 9**

**Section 9 - Curriculum elements**

1. Are you a member of the food@myschool room in C2k’s fronter?

Yes – proceed to question 62

No – proceed to question 61

1. If you answered ‘No’ to question 60, please indicate why you are not a member of this resource.

Please select one option

We were not aware of this resource

It is too difficult to join

Other reason, please specify

If you ticked ‘Other reason’ in question 61, please provide more information.

**Please proceed to question 64**

1. If you answered ‘Yes’ to question 61, please indicate how useful this resource has been in supporting you in the implementation of the Food in Schools policy?

Very useful

Somewhat useful

Not very useful

Not at all useful

1. Please provide any suggestions you have for how this resource could be improved.
2. Please indicate which of the following stages are relevant for your school

Please select all that apply

| Pre-school/nursery  Foundation Stage |  |  |  |
| --- | --- | --- | --- |
| Primary Key Stage 1 |  |  |  |
| Primary Key Stage 2 |  |  |  |
| Post-primary Key Stage 3 |  |  |  |
| Post-primary Key Stage 4 |  |  |  |

**If only Pre-school/nursery is relevant to your school then you have completed the survey. Please turn to the last page for instructions on what to do next.**

**Otherwise please continue to Question 65**

1. Please indicate, for each Key Stage, whether all pupils are provided with education in relation to nutrition and healthy eating as an integral part of Personal Development? (Please select one answer for each Key Stage)

Note: If the Stage is not relevant to your school please select the N/A option.

| Foundation Stage | Yes | No | Not applicable |
| --- | --- | --- | --- |
| Key Stage 1 | Yes | No | Not applicable |
| Key Stage 2 | Yes | No | Not applicable |
| Key Stage 3 | Yes | No | Not applicable |
| Key Stage 4 | Yes | No | Not applicable |

1. If you answered ‘Yes’ for any of the Key Stages in question 65, please indicate if you availed of relevant support, advice or resources available from any of the following, in delivering this aspect of the curriculum.

Please tick all that apply.

Education Authority

Council for the Curriculum, Examinations and Assessment

Health partners

Voluntary organisations

Other – please specify

If you ticked ‘Other’ in question 66, please provide more information.

**The remaining questions are for schools that have indicated in question 64 that they have Key Stage 3 pupils at their school.**

**If you do not have Key Stage 3 pupils at your school then you have completed the survey. Please turn to the last page for instructions on what to do next.**

**Otherwise please continue to Question 67**

1. Does your school provide teaching in Home Economics to Key Stage 3 pupils?

Yes — proceed to question 69

No

1. If you answered ‘No’ to question 67, please explain briefly why not?

**You have now completed the survey. Please turn to the last page for instructions on what to do next.**

1. Is teaching in Home Economics provided to all pupils at Key Stage 3?

Yes

No

1. If you answered ‘No’ to question 69, please explain briefly why not?

**You have now completed the survey. Please turn to the last page for instructions on what to do next.**

1. This question was not asked in 2013 [↑](#footnote-ref-1)
2. 2013 wording ‘In developing your school’s approach to food and nutrition, who has been involved or consulted with’ [↑](#footnote-ref-2)
3. ‘Surveys and audits’ was not a response option in 2013 [↑](#footnote-ref-3)
4. This was an open question in 2013 i.e. response options were not provided [↑](#footnote-ref-4)
5. This question was not asked in 2013 [↑](#footnote-ref-5)
6. This was an open question in 2013 i.e. response options were not provided [↑](#footnote-ref-6)
7. This was not a separate question in 2013, but instead was a response option on the ‘compliance’ question [↑](#footnote-ref-7)
8. In 2013 there was a further response option ‘We are not aware of the standards’ which was selected by 6.2% of respondents [↑](#footnote-ref-8)
9. This was an open question in 2013 i.e. response options were not provided [↑](#footnote-ref-9)
10. Response categories and response format was different in 2013. In 2013 80.1% of schools indicated ‘parents were consulted’ and 65.2% indicated ‘pupils were consulted’. [↑](#footnote-ref-10)
11. This was an open question in 2013 i.e. response options were not provided [↑](#footnote-ref-11)
12. 2013 wording ‘Pupils are generally not allowed to leave the school grounds at lunchtime’ [↑](#footnote-ref-12)
13. 2013 wording ‘Pupils are not permitted to consume fast food /takeaways on the school premises’ [↑](#footnote-ref-13)
14. This was not a separate question in 2013, but instead was a response option on the ‘compliance’ question [↑](#footnote-ref-14)
15. In 2013 there was a further response option ‘We are not aware of the standards’ which was selected by 6.3% of respondents [↑](#footnote-ref-15)
16. This was an open question in 2013 i.e. response options were not provided [↑](#footnote-ref-16)
17. This question was not asked in 2013 [↑](#footnote-ref-17)
18. While there were questions around access to fresh drinking water in 2013 they were not in the same format. In 2013 7.1% of schools indicated that pupils were not able to access/top up with free, fresh drinking water. [↑](#footnote-ref-18)
19. There was a reduced list of response options available in 2013 [↑](#footnote-ref-19)
20. Response categories and response format was different in 2013. In 2013 83.8% of schools indicated ‘parents were consulted’ and 70.6% indicated ‘pupils were consulted’. [↑](#footnote-ref-20)
21. This question was not asked in 2013. [↑](#footnote-ref-21)