

**WRITTEN QUESTION TO THE MINISTER FOR EDUCATION, SPORT AND CULTURE BY
DEPUTY S. PITMAN OF ST. HELIER
ANSWER TO BE TABLED ON TUESDAY 7th JUNE 2011**

Question

What healthy eating programmes have been implemented centrally by the Department, for both schools and the Youth Service over the last ten years and which, if any, are currently still in operation?

Answer

Over the last ten years Education, Sport and Culture has worked with Health and Social Services on a wide range of initiatives to support healthy living, including a number of healthy eating programmes.

(a) Schools

There has been a focus on healthy eating in the curriculum for many years. The ESC Department has implemented a wide range of healthy eating programmes in schools over the last ten years, and these are currently still in operation.

They include the following –

Healthy Schools Award: A significant proportion of schools have become involved in the national ‘Healthy Schools’ award scheme. This scheme is recognised by OFSTED as an important contribution to the welfare of pupils, as well as linking up with the Science and PSHE (Personal Social and Health Education) curricula. The award is extremely effective in helping pupils learn about healthy food and so helps to counter obesity, harmful substances, the early onset of diabetes etc.

Jersey Self Evaluation Document (JSED): As part of the process of self evaluation, Jersey schools are required to ensure they provide a healthy environment for pupils. To assist in this connection, the ESC has developed a systematic audit tool, which helps schools to analyse and evaluate the school curriculum and healthy eating opportunities.

School policies on healthy eating: Each school has a policy on healthy eating (often linked to the evaluation process referred to above). This includes teaching pupils about what they eat, and it encourages pupils to eat healthily, e.g. the choice of food in lunch boxes.

Food standards in school canteens: The secondary school catering contract includes strict guidelines on the quality of food provided by the school canteens, with healthy food options being given priority. Working in cooperation with Health and Social Services, Jersey School Food Standards have been issued which set out clear requirements for the phased introduction of healthy foods over a period of three years.

PSHE curriculum: As part of general health and wellbeing, pupils are encouraged to develop an awareness of what keeps them healthy. All pupils undertake this aspect of the curriculum at several stages during their school career.

Science curriculum: From primary through secondary education, food and healthy eating are used to demonstrate scientific points as well as general education in healthy living. The P.E. and Food Technology curricula complement this area.

(b) Youth Service

The Youth Service has also implemented a range of healthy eating programmes over the last ten years, and these are currently still in operation. They include the following -

Youth Curriculum: In relation to the Youth Service, healthy eating is a key element of the Youth

Curriculum introduced in March 2008. Youth projects have discretion as to how they implement this aspect of the curriculum, but in each case they will cover healthy eating, diet and nutrition as part of their annual programme of activities. Young people are given the opportunity to take part in practical cookery sessions, as well as other activities, e.g. food tasting of dishes from other countries, talks on Fair Trade etc.

Prince's Trust: The Prince's Trust was established in Jersey in 2006, with the Youth Service acting as the delivery partner for some of the Trust's programmes. These programmes offer practical support to 14 to 30 year olds who have struggled at school, have been in care, or have experienced other difficulties, and it helps them to develop key workplace skills such as confidence and motivation. Healthy eating is a core element of the programme, together with other related subjects including budgeting, food hygiene, and the planning, preparation and cooking of meals for other participants.

Duke of Edinburgh Awards: The Youth Service also runs the Duke of Edinburgh Award scheme in Jersey, with 420 young people currently enrolled on the scheme. Healthy food is a core component of the scheme, and at Bronze Award level, for example, there is a mandatory 'Camp Craft' section which covers this subject. This is reflected at Silver and Gold Award levels.