



School Health UK
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Dear Headteacher,

Following a short pilot last term, we are delighted to invite you to be part of the Better Lunchtimes Mark Project as an exciting partnership between School Health UK (SHUK) and NYES, as we look to prioritise the school lunch experience for pupils across the county.

The Better Lunchtimes Mark Project will resolve the most common problems faced during lunchtime in your school, that can often impact the rest of the school day.

In doing so, we'll show you how to create a calm, happy and supportive lunchtime that aligns with your values and encourages social development and positive behaviours by:

- Optimising the movement and running of your dining space; minimising unnecessary queues and noise
- Supporting you with ways to ensure that lunchtime doesn't feel rushed or busy for pupils and staff
- Creating a calm and happy environment inside and out
- Mapping, organising and zoning your playground, so they are active and offer variety for pupils
- Revising staff roles, responsibilities and placement for maximum efficiency (saving you money on surplus staff budgets!)
- Demonstrating ways to reduce behaviour and first aid incidents (that are often higher during lunchtime than other parts of the school day)
- Reducing the involvement of senior leaders during lunchtime
- Increasing the proportion of pupils consuming a healthy school meal
- Prioritising the physical, mental health and well-being for your pupils

How does it work?

The process couldn't be simpler:

- Once you have booked your visit, we'll send you a quick form to tell us a little more about your school, the parts of lunchtime you are least happy with and what your priorities are.
- When we have all the information we need, we're able to begin the observation. The team will spend time in both the dining space and the



playground to build a complete picture of how your lunchtime currently runs, observing everything and talking with pupils and staff.

- Now for the change... after lunch we'll debrief you on what we observed, supporting you with simple and effective changes to solve highlighted issues.
- You will then be sent your comprehensive report complete with maps, resources and action plans so that developments to your lunchtime are effortless and you have everything needed for a Better Lunchtime.
- A month later, we'll return to support you and your team with implementing any final changes, prior to awarding you with your Better Lunchtimes Kitemark!

Who is this for?

The project is designed for all primary schools. If your school is proactive, passionate about health and wellbeing and ready to finally tackle lunchtimes, then this project is for you! Spaces are offered to schools on a *first-come, first-served* basis.

What is the time frame?

Bookings are being taken for the first intake from June-November. On the day of the initial observation, senior leaders are needed for just half an hour before lunchtime and half an hour afterwards. SHUK discourage senior leaders to be around during lunchtime (unless they usually are), as this can often influence the observation.

Costs/Booking/Funding

You are encouraged to allocate some of your PE and sports premium budget to join this project.

The cost for schools wishing to be part of the Better Lunchtimes Mark is **£1199** ordinarily, however for the first 100 schools as part of this initiative, the cost is reduced to **£999**.

Bookings are being served on a *first-come-first-served* basis.

Please use the link found on the email attached to this letter or the link below:

<https://tinyurl.com/betterlunchtimesproject>

To find out more head to: www.schoolhealthuk.co.uk.

Or email me personally at: paul@schoolhealthuk.co.uk

I look forward to sorting your lunchtimes out!



Paul Evans

Operations Director – School Health UK

Frequently Asked Questions:

Is this an audit? Am I being inspected?

Absolutely not, SHUK comprehensively review lunchtimes and hope to see them in the most natural way possible. The busier they are, the better!

What happens if we book a date and change our minds?

SHUK know how busy school life can be and operate a no-obligation booking policy. Schools can change or cancel any booked dates whenever they like, for any reason. All that is asked is, where possible, you give 24 hours' notice.

SHUK will never charge schools until they have visited and you have received your completed report.

Are School Health UK DBS checked?

All SHUK staff have enhanced DBS certificates and SHUK photo ID on their person at all times. As policy, SHUK also carries their driving licences with them, should you require further identification. Where schools have additional safeguarding policies SHUK are always happy to comply.

Can we have more visits if needed?

Sometimes, schools feel that they would like continued support to implement any changes suggested in the initial SHUK report. SHUK are always available to offer additional assistance.

I have more questions, where do I go?

You can visit schoolhealthuk.co.uk for more information
To contact the team directly, call 0344 5070 164 or email hello@schoolhealthuk.co.uk

We want to get started right away, what do we do?

Great! Use the link in the accompanying email or head to <https://tinyurl.com/betterlunchtimesproject> where you can book directly with the SHUK team.