

[2016]

PhunkyFoods Annual Schools Survey Executive Summary



We would like to take this opportunity to say thank you to all of our schools and the PhunkyFoods coordinators for taking time to complete our survey. Your responses and views are important to us and as always, we have learnt a lot from your comments. Your comments aid us in meeting our commitment to developing the PhunkyFoods programme in line with feedback from schools, teachers, teaching assistants and of course, children.

Thank you again for your continued support.

Dr Jennie Cockroft

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Executive Summary

- 125 schools responded to the PF Annual Schools Survey 2015 (response rate = 25%)
- 78% of schools were actively implementing the PFP or utilising the resources in schools
- 70% of responding schools reported the number of children 'reached' by the PhunkyFoods Programme in their school. The total number reached by these 87 schools was 18,240 children, or an average of 222 pupils per school.
- 73% of schools regularly make use of the healthy eating lesson plans, compared to just 21% of schools that regularly make use of the physical activity plans
- The vast majority of schools (66%) were implementing the programme across all year groups as part of planned lessons within the taught curriculum, 15% were using it as a PPA solution, and a further 15% of schools were utilising the programme as an after-schools activity.
- This was reflected in the person responsible for delivering the programme in school where 63% of schools had class teachers or PSHE co-coordinators delivering the PFP, compared to just 15% of schools utilising teaching assistants/learning mentors.
- Feedback on various PhunkyFoods training methods was extremely positive. 45% of respondents had attended a face-to-face training day and 23% had completed the NCFE Level 2 Award in 'Nutrition and Health for School Aged Children'.
- Results demonstrated that all current training methods (face-to-face and distance learning award) had positive impacts on knowledge, confidence and delivery of the programme, however schools feel that the face-to-face training has the greatest impact on positive delivery of the programme.
- Most popular resources included the healthy eating lesson plans, the EatWell Plate floor mat (newly released as the eatwell guide floor mat), the Healthier Choices Flashcards, the PhunkyENERGY cards, Boris the Belly Beast and the Food and Health Activity Book.
- Responses were overwhelmingly positive in all aspects of the programme with the vast majority of schools either agreeing or strongly agreeing that the lesson plans are easy to understand, simple to deliver, pitched at the correct level and engaging for children.
- In addition schools agreed or strongly agreed that the classroom resources are easy to use, of a high quality and are engaging for children.
- 97% of respondents rated the PhunkyFoods package as 'good' or 'excellent', with just 3% rating it as 'average' and nobody rating it as 'poor' or 'very poor'.
- 89% of schools responding to the survey stated that they believed that the implementation of the PFP and/or use of its resources in school had had a positive impact on awareness and knowledge of healthy eating issues for their pupils.
- 78% of schools responding to the survey stated that they believed that the implementation of the PFP and/or use of its resources in school had had a positive impact on improving healthy eating behaviour of their pupils.
- 29% of responsive schools stated that they believed that the implementation of the PFP and/or use of its resources in school had had a positive impact on increasing physical activity levels of their pupils.
- 50% of responding schools reported attempts to engage with parents and extended family via the PhunkyFoods Programme.

Areas for improvement noted by respondents;

- *"More food tasting sessions."*
- *"Training – maybe wider range of times, ex. Evenings, weekends/day time to allow for greater scope and for people to attend on possible PPA day or other release day from classroom as these are limited."*
- *"If the PowerPoints/clips for assemblies came altogether so we didn't have to search for the supporting clips etc."*
- *"Keep sending emails to remind me to use you."*
- *"Attaching online resources to lesson plans would make planning easier."*
- *"a lot more could be done on celebrations/cultural links for foundation stage and more recipe ideas."*
- *"have some higher knowledge activities to stretch students."*
- *"More recipes."*
- *"More differentiated material for less able students."*

All these improvement points will be discussed in our content planning meeting with our consultant teachers in the Autumn, and changes will be implemented as soon as possible. Many thanks for your comments.

A sample of further quotes/comments from respondents;

- *"It's good fun to teach. The children enjoy it."*
- *"Good lesson plans and activities for after school/lunchtime club."*
- *"Varied and accessible. The new website enables cross-curriculum interaction."*
- *"The interactive resources and visual resources are appealing to children."*
- *"The best thing about the PhunkyFoods programme is that there are resources to hand to make teaching easier, quicker and more effective. This makes it much more likely to be taught in a packed curriculum."*
- *"Just think it is fabulous all round. Provides great resources which fit into the curriculum."*
- *"The range of materials can be used with children across our Special School. They are currently used most with upper primary and lower secondary pupils with moderate learning difficulties. Staff pick and choose resources which support their plans."*
- *"It's easy to access and everything that you need is there for you."*
- *"Lesson planning and resources means TAs can deliver the programme without too much effort."*
- *"The resources and support are very important in delivering the programme. Support from the local Community Support Worker has also been brilliant."*