Logic Model: The PhunkyFoods Programme for early years and primary settings

Problem (WHY)?

School food environment
- School meals and packed lunches do not meet nutrition guidelines.
- School food policy is not upheld or not communicated.

Teachers
- Teachers lack access to training, resources and confidence in teaching a relevant curriculum for food literacy and cooking skills.

Pupils
- Public health data (NCMP) shows that obesity levels double from Y1 to Y6 in UK primary schools.
- Pupils lack dietary diversity due to reluctant eating.
- Students lack food literacy and cooking skills, which may lead to poor diet choices.
- Diet choice behaviours contribute to poorer health outcomes

Parents
- Obesity and overweight in the UK is increasing, particularly in families in areas of high deprivation.
- The dialogue between parents and schools in relation to health can be problematic and could be supported with facilitation.
- Some parents may not have access to recipes or the confidence to cook nutritious meals at home.
- Family dietary attitudes, behaviours, and priorities may need to change to improve health outcomes.

Intervention Description (WHAT?)

Active Ingredient 1: Whole Setting Training in the PhunkyFoods Programme, plus additional CPD opportunities available e.g., National Level 2 Award in Nutrition and Health of School Aged Children | Food Prep in the classroom | Running a Cook Club

Active Ingredient 2: Whole Setting Audit (Health Check) and action planning support around the Whole School Approach to Health.

Active Ingredient 3: Policy Setting/Updating e.g., Whole School Food Policy | Packed Lunch Policy

Active Ingredient 4: Whole School Activities e.g., assemblies and pupil workshops on a range of topics relating to PhunkyFOOD, PhunkyFIT and PhunkyMINDS.

Active Ingredient 5: Experiential Curriculum or Classroom-based Activities e.g., Early Years Programme | D&T scheme of work | Food, Farming & Health scheme of work | Topic based activities | PPA-solution (healthy eating & physical activity) | Phunky15 | Mindful moments | Active Classrooms

Active Ingredient 6: Extra-Curricular Activities e.g., Breakfast Club | Cookery Club | Gardening Club | After-schools Club

Active Ingredient 7: Student-Led Activities e.g., PhunkyAMBASSADORS (delivering key healthy lifestyle messages through peer-to-peer learning) | Healthier Communities Project (Y5/6)

Active Ingredient 8: Parent Engagement Activities e.g., Parent/Child Cook Clubs | Parent workshops | Parent Stay and Play sessions | Parent health promotion events | Parent communication material/content

Implementation Activities (HOW?)

Education Materials
- Physical classroom resources e.g., giant floor playmats (Eatwell Guide | Eat A Rainbow), flashcards, storybooks with healthy eating themes, music/songs with healthy eating themes.
- Online portal access to curriculum and extra curricula resources to support active ingredients.
- Online website access to recipes.

Training
- Whole school staff training on the PhunkyFoods Programme.
- Individual teaching staff training to support CPD awards & accreditation.
- Skills training on food preparation and D&T delivery.
- Cooking skills and healthy eating workshops and training for parents.

Coaching
- Modelling delivery of whole school activities and workshops.
- Coaching support for SLT and GB to update school food policy.
- Coaching for individual teachers for co-delivery of the classroom-based activities.
- Coaching support for pupils – PhunkyAMBASSADORS.

Monitoring
- Records of visits to schools.
- Action plan monitoring through Health Checks and reviews.
- Activity record of parental engagement.
- Annual Schools Survey report.
- Evaluate all training and workshops.

Implementation Outcomes (HOW WELL?)

Short term (3 - 6 months)
Fidelity:
- *Staff demonstrate a willingness to engage in the PhunkyFoods Programme through active ingredients 1-2.*

Acceptability:
- *School completed Health Check and Action Plan.*
- *Whole school teaching staff have undertaken the training.*

Reach
- *Whole school commitment to use PhunkyFoods curriculum and resources.*

Medium term (6 - 18 months)
Fidelity:
- *Staff show understanding of how to use the curriculum materials and embed schemes of work in the curriculum.*
- *School selects from optional active ingredients 4-8 for delivery.*
- *SLT identify staff for additional coaching where appropriate.*
- *SLT agree to review and update the School Food Policy.*

Acceptability:
- *Annual Schools Survey show the teachers are responding positively to the programme.*
- *Pupil surveys show high acceptability of the programme.*

Reach
- *All children in school receive positive healthy lifestyle messages.*
- *Parents receiving positive communications about healthy lifestyle messages.*

Long term (3+ years)
Fidelity:
- *Whole school commitment to delivering healthy eating and physical activities across all key stages using the embedded schemes of work and curriculum activities.*
- *School committed to working with parents with high quality parent engagement activities planned throughout the year.*
- *SLT has updated the School Food Policy and is actively monitoring to ensure that the school food environment meets national nutritional standards.*
- *PhunkyAMBASSADORS programme embedded in school.*

Final Outcomes (Pupil, Staff & Parents)

Short term (3 – 6 months)
- Increased confidence and competence of teaching staff in planning and delivery of healthy lifestyle activities through the active ingredients.

Medium term (6 - 18 months)
- Increased pupil engagement in food literacy curriculum.
- Increased pupil confidence in cooking skills and behaviours.
- Pupils demonstrate an increased willingness to try new foods.
- Pupils show improved food choices at lunch and snack times e.g. ↑ fruit and vegetables, ↑ water consumption, ↓ HFSS snacks.
- Parents engaged with healthy lifestyle messages and support children and the school.
- Parents sending healthier lunch boxes to school.

Long term (3+ years)
- Reduction in Y6 childhood obesity and overweight measured by NCMP, as part of a whole systems approach to a healthy weight.