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Ms F Hegarty
Headteacher
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Dear Ms Hegarty

Ofsted Survey Inspection Programme 2006/7 - Healthier Eating in Schools

Thank you for your hospitality and co-operation, and that of your staff and pupils, during my visit on 9 October to look at your work on healthier eating and school meals.

The visit provided valuable information which will contribute to our evaluation and reporting. Any published report is likely to list the names of the institutions visited, but we would not identify individual institutions within the report itself.

The evidence base used to inform the judgements made was: interviews with staff, scrutiny of school documentation including schemes of work, analysis of Y9 pupils' work, and observation of a food technology lesson and lunch in the school hall.

I undertook to provide a brief written version of the main points made in my feedback at the end of the visit, to support development in healthier eating and school meals. This follows:-

- The standard of school meals

The school meals meet the new interim food based standards. The cook has had appropriate training and understands how to make healthy meals. Pupils are encouraged to sample new and different foods. There is an appropriate range of freshly prepared and cooked healthy food available at all serving points. No salt is added to food during preparation and cooking. Fresh water is freely available during the lunch hour.

- The quality of the dining experience

The dining experience is satisfactory. The school has worked hard to ensure that pupils have a pleasant lunchtime experience. The hall is used for lunches. This is a highly pressured area because it is also used for teaching and school assemblies. The staff are very aware of the limitations of not having a canteen. The efficient and cooperative behaviour of the pupils and staff minimizes the disruption of using the area for meals. Queuing has been minimised because there are three places for pupils to choose and buy their food. The school has a very inclusive ethos and all pupils, including those who have brought a packed lunch from home, eat together in the school hall.

- Helping pupils and parents to make healthier choices

Pupils and parents are satisfactorily helped to understand living healthily with the support of the school nurse.

- Developing pupils' knowledge and personal skills

Pupils understand how to make healthy choices but they do not always choose to eat healthily because they consider portion size when choosing what to eat and some said they chose food to fill them up.

- Teaching about healthier eating

Clear messages about eating healthily and the functions of nutrients are taught in science and food technology and at Key Stage 4 in physical education (PE). The *Balance of Good Health* plate model is taught in food technology but the food pyramid is used in science. This is confusing for pupils.

- Planning the curriculum

This curriculum is satisfactory.

- Managing the school's approach to healthier eating

The school does not have a healthy food policy. This is a missed opportunity for developing pupils' understanding of healthy food choices. The school sports coordinator is appropriately developing opportunities to extend and widen the activities available for pupils to engage in sport.

Areas for improvement, which we discussed, included:

- ensure that the *Balance of Good Health* plate model is taught consistently
- include healthy eating as part of PE lessons at Key Stage 3

- develop a whole school food policy.

I hope these observations are useful as you continue to develop healthier eating and school meals in the school.

As I explained during the feedback, this letter will be copied to your Local Authority and will be available to the team for your next institutional inspection.

Yours sincerely

Michelle Parker
Her Majesty's Inspector of Schools