

HEPS SCHOOL LEVEL INDICATORS

Introduction

The HEPS School Level Indicators in this Appendix give an overview of aspects that need to be considered in planning, implementing, monitoring and evaluating a whole school policy on healthy eating and physical activity.

Consistent with the SHE values and pillars, the HEPS school-level indicators presented here are categorised in three groups:

- the whole-school (including school environment and curriculum)
- participation (pupils and staff)
- school-community collaboration (with families and local authorities)

While the Rapid Assessment Tool (Appendix 1) is helpful in the policy development process (phase 2), the HEPS School Level Indicators can be used to help analyse existing policies and practices in the policy planning process, but also in monitoring and evaluation.

Policy development

These indicators are designed to help schools when writing and fine tuning the components of their policy. They can be used as a prompt for what could be included in the policy so it is recommended that the policy working group compares the draft policy text with the list of indicators in the revision phase (part of phase 3).

Evaluation

Once the policy is put in practice the indicators can help in monitoring and evaluating its implementation. The evaluation can be flexible and follow the priorities set, so for example a school could decide which indicators would be in focus in a particular time period and indeed, add other indicators to the list as appropriate. In this way it is responsive to the particular needs of a school and aims at being a starting point and inspiration rather than being prescriptive. Not all indicators will be relevant to all schools.

HEPS School level indicators

Criteria	Indicators
Whole-school	
School policy on healthy eating and physical activity, consistent with existing national and local policies and action plans for health promotion	<ul style="list-style-type: none"> · School policy in place which follows national and local guidance concerning healthy eating and physical activity. Policy includes for example: school meals, snacks and celebrations of pupils' birthdays at school · Food policy is evident on school trips and celebration events · Monitoring of the implementation of school policies is in place · Policy is visible at the school and consistent with curriculum · Resources are allocated for policy implementation · Clear policy implementation strategies are in place, with defined roles and responsibilities of school staff and pupils
Provision of food and drinks	<ul style="list-style-type: none"> · The offer of food and drinks at school is consistent with national and local nutritional guidelines · Food is provided in a non-stigmatising manner (especially if pupils participate in free meal programmes) · Healthy food and drinks are available in the school shop · Evidence of the school actively discouraging fast food being sold to pupils around the school · Vending machines and snack bars at school offer healthy choices including water, fruit and low energy snacks · Water is available free of charge in a number of visible places throughout school, and separate from the toilets · Evidence of school activities encouraging healthy lunchboxes or other school meals · Evidence of school activity encouraging a healthy breakfast at home or at school and/or at home
The school physical environment, culture and ethos	<ul style="list-style-type: none"> · The school building and surroundings encourage physical activity · School-based sports events and competitions are organised regularly · Evidence that the breaks are used actively and physical activity is encouraged consistently · The school yard and the gym equipment are adequate to encourage and allow for a variety of physical activity modes · After school programmes offering a wide range of physical activity and healthy cooking opportunities are in place · The displays on the walls support the messages of healthy eating and regular physical activity · Strategies are in place to avoid and reduce the impact of the marketing and advertising of unhealthy food and drinks in the school environment · The canteen is arranged in a pleasant, sociable manner, adjusted to pupils' needs

Criteria	Indicators
	<ul style="list-style-type: none"> · There are eating areas, which offer sufficient room for students · Lunch time is organised in a way that allows enough time for a pleasant meal · Time is allocated for pupils to socialise and play, preferably before lunch time · The staffroom is arranged in a pleasant and relaxing manner · Evidence of consistent messages concerning healthy eating and physical activity in school competitions, rewards-schemes etc. · The school offers counseling concerning healthy eating and appropriate levels of physical activity for pupils and parents · Evidence of school activities to promote overweight pupils' emotional health and prevent stigmatization, exclusion or bullying
Professional development of school staff	<ul style="list-style-type: none"> · Teachers and support staff receive appropriate training concerning healthy eating and physical activity and the links to health and wellbeing. Also training in the participatory methods used to work with pupils on these and related issues · Training is cascaded and evaluated on a regular basis · Materials (printed, video etc) on healthy eating and physical activity from local, national and international organisations disseminated regularly to school staff · Providing healthy food and drink at breaks at staff meetings · Evidence that training influences practice
Curriculum	<ul style="list-style-type: none"> · Consistency between curriculum content and school policy on healthy eating and physical activity · Evidence that curriculum resources are devoted to healthy eating and physical activity · Clear links between mental and emotional well being and healthy eating and physical activity · Consistent messages are provided throughout the curriculum · Specific projects on healthy eating and physical activities have been implemented and evaluated during the last 3 years
Participation	
Pupils	<ul style="list-style-type: none"> · Evidence of pupils' influence on policy development, implementation and evaluation · Evidence of activities that promote healthy eating and physical activity with the active participation of pupils in planning as well as in implementation and evaluation · Evidence of pupils' influence on the food and drinks provision at school (menu in the school canteen, vending machines, school yard, the feel of the school building etc) · Evidence of pupils' influence on the physical environment of the school related to healthy eating and physical activity

Criteria	Indicators
Staff	<ul style="list-style-type: none"> · Evidence of staff influence on policy development · Evidence of staff influence on professional development planning, implementation and evaluation concerning healthy eating and physical activity · Evidence of initiatives for promoting healthy eating and physical activity among staff
School-community collaboration	
Families	<ul style="list-style-type: none"> · Parents are informed of the school policy and activities concerning healthy eating and physical activity on a regular basis · Parents are invited to be involved in the planning, implementation and evaluation of school activities and special events concerning healthy eating and physical activity · The expertise of parents is used to support school policies and activities concerning healthy eating and physical activity when appropriate
Local authorities (municipalities etc)	<ul style="list-style-type: none"> · Links with regions and local authorities to ensure support for school policies and activities concerning health eating and physical activity and consistency with local and national policy · Schools engage with and support local/national initiatives promoting healthy eating and physical activity · Schools initiate and organise local community activities to encourage healthy eating and physical activity · Strategies in place to mobilise parents and communities to organise extracurricular activity events · Any contribution is planned, evaluated and followed up
Professional organisations and persons (nutritionists, health experts, sports organisations etc)	<ul style="list-style-type: none"> · Links and active collaboration with relevant outside clubs, organisations, agencies and individuals are made to ensure support of school policies and activities concerning health eating and physical activity · Any contribution is planned, evaluated and followed up