

This service is available for Academies and Maintained schools

Description:

The Sugar Smart School Package helps schools create a healthier school food environment and achieve the Sugar Smart School Award. It provides tailored support with staff training, parent engagement, policy writing, and pupil-focused activities, embedding sustainable initiatives to improve pupil, parent and staff health and promote lifelong healthy habits.

Year Academic year 2025/26

Benefits

This package will:

- Assist your school in achieving the **Sugar Smart Award**, promoting healthier food and drink choices throughout the whole school.
- Directly assist you in achieving your **Healthy Schools London Silver** awards with a focus on healthy eating.
- Help meet **Ofsted** criteria for **Personal Development** by promoting healthy lifestyles and positive choices.
- Improve **pupil attention, attainment, and reduce absenteeism** by fostering better nutrition and health habits, which support focus and overall wellbeing.
- Help schools previously part of the **Healthy Zones** programme to maintain, refresh, and build upon their initiatives, while helping schools that were not part of this programme become a Healthy Zone.
- Provide expert assistance with writing and updating **food policies**, lesson plans, parent letters, and baseline surveys.
- Provide expert guidance from a health improvement officer to stay on track, **save time**, and make an **impact**.
- This package includes training, implementation support, policy development, and resource toolkits to ensure the healthy eating initiatives are sustainable, embedded, and impactful.

Additional / buy back services

- [Health improvement 3 day bespoke package](#)
- [Healthy schools awards and training package](#)
- Specialist packages of support:
 - [Eco initiatives and awards](#)
 - [Healthy staff, thriving schools](#)
 - [Mental health and wellbeing package](#)
 - [Personal, social, health and economics \(PSHE\) mastery package](#)
 - [Relationships, sex and health education \(RSHE\)](#)
 - [Safeguarding and inclusion \(New\)](#)

Office hours:

Monday to Friday 9am to 5pm.

Service directors:

Julie Lewis

More detailed information:

This package includes 14 hours of expert support to guide your school in creating a sugar-smart environment and achieving your Sugar Smart School award. Activities on offer include:

- **Food audit:** Analysing the food and drink provided in your school to identify areas for improvement.
- **Staff INSET** focused on implementing sugar-smart initiatives and embedding them into school culture.
- **Parent workshops** on topics such as sugar swaps, healthy lunchboxes, or food budgeting.
- **Pupil activities** to raise awareness about sugar consumption and promote healthier habits, such as:
 - Sugar smart assemblies
 - Creating sugar displays to educate and inspire.
 - Running the Stop the Pop challenge to reduce sugary drink consumption.
 - Organising taste-testing sessions to encourage trying new, healthier foods.
- **Policy writing support:** Revising or creating whole-school food policies to align with Sugar Smart goals.
- **Baseline and endline surveys** with pupils and staff to measure the impact of the programme.
- **Healthy School London Silver award** on the theme of reducing sugar or healthy eating.

This Package Also Includes:

- Free access to **four central trainings** for staff on topics like reducing sugar in packed lunches, healthy snack swaps, and embedding a sugar-smart culture.
- Two tickets to the **Health Improvement Conference**.
- **Two drop-in days** to help you progress towards Healthy Schools London awards.
- Three primary or high school **PSHE network meetings** to share best practices and learn new strategies.
- The new, professionally designed PSHE scheme of work

Provider:

Health Improvement Team, Children and Families.

Contact:

- **Nicole McGregor**, Health improvement: mgregorn@ealing.gov.uk 020 8825 5484

Further details:

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- [Neutral](#)
- [No](#)

Last updated: 17 Feb 2025
