



BRITISH
Nutrition
FOUNDATION

Warburtons School Visitor programme end of year report 2018

Report compiled by the
British Nutrition Foundation

Report period September 2017 –
September 2018

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Introduction

The School Visitor programme has now been running in its current form for six years.

Over this time, there have been:

- 6 x end of year reports produced (2013 – 2018)
- 7 x School Visitor conferences delivered (2012 – 2018)
- 43 x quality assurance visits undertaken (2014 – 2018)
- 370 x period reports validated and submitted (2012 – 2018)

These mechanisms have helped ensure the programme continues to be consistent, up to date and relevant for schools, as well as providing evidence of the programme's rigor, quality and value.

During the academic year 2017-2018, the British Nutrition Foundation has worked with Michael McDermott, Corporate Sustainability Manager, and Natalie Fitzpatrick, Community, Health & Wellbeing Manager, to support the management of the Warburtons School Visitor programme.

Over the last academic year (September 2017 – July 2018), seven new School Visitors have joined the team. This has resulted in visits from the Eastwood site resuming after a seven month break and the Tuscany site now employing three School Visitors for the first time. Burnley and Newton Abbot will be recruiting new School Visitors in 2019.

At the time of writing this report (September 2018), there are 13 sites delivering the School Visitor programme and 27 School Visitors in post.



End of year overview

Below is a summary of the statistics collected from the sites during the academic year September 2017 - July 2018. The full information table for the period can be found on page five.

Report period	September 2017 – July 2018
Children reached	48,036
Number of sessions/workshops delivered	1,691
Different schools	934
Schools receiving first visit	574
Average session length	1 hour 51 minutes
Practical session	79% of practical sessions were sandwich making 21% of practical sessions were bread making
Schools that would like a revisit	100%
Schools that would recommend the programme to another school	100%
Visits where junior parkrun materials were shared with schools	24%*

*Schools located near a junior parkrun event

KPI area	Recorded statistics 2016/2017	Targets for 2017/2018	Actual statistics 2017/2018
School type	0% visits to secondary or other.	0% of visits to secondary or other categories.	0% visits to secondary or other.
Visits per age	100% to target age (5-11 years).	97% to target age (5-11 years).	100% to target age (5-11 years).
Activities (elements) undertaken	100% Warburtons introduction 100% Healthy eating 100% Food safety 100% Practical (bread or sand) 100% Food waste	100% Warburtons introduction 100% Healthy eating 100% Food safety 100% Practical (bread or sand) 100% Food waste Cover <u>all</u> session elements in 100% of visits.	100% Warburtons introduction 100% Healthy eating 100% Food safety 100% Practical (bread or sandwiches) 100% Food waste
Teachers rating sessions as excellent	94% Warburtons introduction 95% Healthy eating 93.8% Food safety 97.7% Sandwich making 96.6% Bread making 91.8% Food waste 97.4% Overall experience	92.5% Warburtons introduction 92.5% Healthy eating 92.5% Food safety 92.5% Sandwich making 92.5% Bread making 92.5% Food waste 92.5% Overall experience Increase (or sustain) scores of 92.5% +	94% Warburtons introduction 95% Healthy eating 96.3% Food safety 98.1% Sandwich making 96% Bread making 93.2% Food waste 96.9% Overall experience
Teacher rating of improvements in the children's understanding	98.8% Healthy eating 98.8% Food safety and hygiene 98.6% Food preparation and cooking	95% Healthy eating 95% Food safety and hygiene 95% Food preparation and cooking Sustain (and increase if possible) scores of 95% + for teacher rating of 'a lot' and 'some'.	98.8% Healthy eating 98.7% Food safety and hygiene 99% Food preparation and cooking
Teachers who would like a revisit and would recommend a visit	100% Revisit 100% Recommend	100% Revisit 100% Recommend	100% Revisit 100% Recommend
Different schools visited	58%	50%	55%
Schools receiving a first visit	33%	30%	34%
Evaluation forms	99.9% available.	100% available.	99.8% available.

School Visitor Programme		End of year report 2018																							
School type	Primary	Special	Secondary		Total																				
	Num.	%	Num.	%	Num.																				
	1,676	99%	15	1%	0																				
					0																				
					0																				
Average session length (minutes)																									
111																									
Visits per age	5-7 years		9-11 years		Total																				
	Num.	%	Num.	%	Num.																				
	586	35%	760	45%	0																				
					0																				
					0																				
Mixed 5-11 years																									
					0																				
					0																				
					0																				
Total																									
					100%																				
					1691																				
Activities undertaken during the session																									
Warburtons Introduction																									
Healthy eating																									
Num.	%	Num.	%	Num.	%																				
1,688	100%	1,691	100%	1,685	100%																				
Food safety & hygiene																									
Sandwich making																									
Bread making																									
Other																									
Food waste																									
Num.																									
%																									
1,087																									
64%																									
Teacher rating of the session																									
Number of forms available: 1,688																									
Note: Although this number of forms are available, not all questions are answered on every form. Responses per question are noted below.																									
Rating	Warburtons Introduction	Healthy eating	Food safety & hygiene	Sandwich making	Bread making	Food waste	Other	Food safety & hygiene	Sandwich making	Bread making	Food waste	Other	Food safety & hygiene	Sandwich making	Bread making	Food waste	Other	Food safety & hygiene	Sandwich making	Bread making	Food waste	Other			
	Num.	%	Num.	%	Num.	%	Num.	%	Num.	%	Num.	%	Num.	%	Num.	%	Num.	%	Num.	%	Num.	%	Num.	%	
Excellent (4)	1,576	94%	1,593	95%	1,623	96.3%	1,315	98.1%	332	96.0%	1,567	93.2%	1,635	96.9%	1,635	96.9%	1,635	96.9%	1,635	96.9%	1,635	96.9%	1,635	96.9%	
Good (3)	104	6%	87	5%	60	3.6%	25	1.9%	14	4.0%	107	6.4%	52	3.1%	52	3.1%	52	3.1%	52	3.1%	52	3.1%	52	3.1%	
OK (2)	5	0%	4	0%	2	0.1%	0	0%	0	0.0%	7	0.4%	1	0.1%	1	0.1%	1	0.1%	1	0.1%	1	0.1%	1	0.1%	
Poor (1)	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	
Total responses to each question:	1,685		1,684		1,685		1,340		346		1,681		1,688		1,688		1,688		1,688		1,688		1,688		
Teachers rating of improvements in the children's level of understanding																									
Rating	Healthy eating		Food safety & hygiene		Food prep/cooking		Teachers who would like a revisit		junior parkrun materials shared																
	Num.	%	Num.	%	Num.	%	Yes	No	Yes	No															
A lot (3)	1265	75.1%	1447	85.8%	1415	84.0%	1,685	100%	0	0%	1,685	100%	0	0%	403	24%									
Some (2)	400	23.7%	217	12.9%	253	15.0%																			
No change (1)	20	1.2%	22	1.3%	17	1.0%																			
Total responses to each question:	1685		1686		1685		1685		1685		1685		1685		1685		1685		1685		1685		1685		1685
Teachers who would recommend a visit																									
Yes																									
Num.																									
%																									
1,685																									
100%																									
0																									
0%																									
Total number of children visited																									
48,036																									
Different schools visited																									
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574																									

Key notes on 2017/18 statistics

The School Visit statistics for this academic year were the highest recorded to date. There were 1,691 visits undertaken and 48,036 pupils seen. These figures represent an increase on last year's statistics of 20% and 19%, respectively.

This increase was due not only to the hard work and increased efforts of many School Visitors, but also to the fact that 14 sites were delivering visits – the largest number to date.

Eight of the nine numerically measured KPI targets were met or exceeded. The only KPI just missed was that for the evaluation forms. The target was 100% and 99.8% were available. Three forms were unavailable.



junior park run materials were shared during 24% of visits in the last academic year compared with 18% in the previous year. This represents a 33% increase. This is the final year of the successful three year partnership with junior parkrun.

Quality Assurance visits

Between February and July 2018, BNF undertook 14 quality assurance (QA) visits. This is the fourth year BNF has undertaken the QA visits which are designed to:

- ensure all sites are delivering the School Visitor programme as prescribed by the toolkit (to ensure the programme is being delivered consistently across Britain);
- identify areas of good practice;
- identify areas for future development;
- provide an opportunity for School Visitors to discuss any areas of concern or ask for advice or support.

During QA visits, BNF attends a school visit with the Visitor/s and observes the session, with a particular focus on ensuring the five elements that make up the session are delivered and the information is communicated appropriately, accurately and consistently. After the visit, BNF provides feedback to the School Visitor about their session and a general discussion takes place. This is often in the presence of the Line Manager.

The QA visit is also an opportunity for the School Visitors to discuss any concerns or seek any support or clarify in relation to the programme.



During the 14 visits, BNF observed 10 sandwich sessions, 3 bread sessions and 1 pizza making session. (*Pizza sessions are only run from time to time so are recorded as 'bread' sessions if they involve making or working with dough and 'sandwich' sessions if they are assembled with pre-made bread bases such as thins.*)

Key observations during the 2018 visits

Good practice

Warburtons introductions

- Continue to be engaging and friendly

Healthy eating

- Asking pupils what they have had from the Eatwell Guide when they return from lunch – a helpful way to reinforce the practical application of healthy eating.

Food safety

- Lots of good handwashing demos and mimes for children to join in with. This helps children remember the hygiene steps.

Practical (bread, sandwich or pizza session)

- The pizza session observed in Bristol was very well executed and the children really took their time assembling the pizzas with thought and care.
- Bread making from scratch in Newton Abbot was excellent. Both visitors made a batch of dough at either end of a table so all the pupil could easily see how the bread was made.



- More hands on opportunities were included, notably in Enfield where cucumber and knives were taken to each child and they could try cutting without having to go to a different place and Eastwood where a tasting session was run with children moving around tables to taste and adding their thoughts to large sheets of paper attached to the table tops.
- In Bolton, children were provided with half a white and half a brown thin so each type of bread could be discussed. Each table also received an attractive looking 'platter' with a small sample of each filling for all the children. Time was taken to discuss the properties of each sample.
- Tuscany and Bristol were using paper bags to wrap food rather than plastic. Other sites were also starting to do this and it is being introduced nationally from 2018/2019.

General

- Good use of the class reward systems, e.g. carrot points.
- School Visitor working independently making good use of the classroom teacher by politely directing them to pack sandwiches.
- Quiz, quick questioning at the end to recap and 'earn' certificates or bread to take home.
- Line Managers from Eastwood, Paddock Wood and Bellshill attended the quality assurance visits.



Programme updates

School Visitor toolkit update

The toolkit has been reviewed and updated to ensure that documents and resources are up-to-date and continue to serve their purpose. School Visitors were also asked for comments and suggestions. An updated version of the toolkit was launched in April 2018.

As well as general updates the following more notable information has been included.

Added:

- guidance on how many visits a site should make;
- manual handling training information.

Notification that:

- the Standard DBS being appropriate for School Visitors (an Enhanced DBS is not needed for the work undertaken by School Visitors);
- a Warburtons camera must be used for any photos taken in schools;
- some Warburtons products are now kosher and halal certified;
- the option of occasionally running a pizza activity is now mentioned in the toolkit and support is provided;
- the ingredients list now shows the range of ingredients permitted for use in school. It is no longer just a guide - only ingredients on this list may now be used.



Online training

BNF continues to monitor and provide the food safety level 2 and online nutrition course training for the School Visitors. During the last academic year, 11 food safety courses and 13 online nutrition courses were undertaken by School Visitors.

Overall Key Performance Indicators (KPIs) for academic year 2018 – 2019

These (KPIs) are targets for the School Visitors for the academic year 2018-2019. They will be reviewed by the School Visitor Line Managers and the Community Investment Committee periodically throughout the year.

Area	Recorded statistics 2017/2018	Targets for 2018/2019
School type	0% visits to secondary or other.	0% of visits to secondary or other categories.
Visits per age	100% to target age (5-11 years).	100% to target age (5-11 years).
Activities (elements) undertaken	100% Warburtons introduction 100% Healthy eating 100% Food safety 100% Practical (bread or sandwiches) 100% Food waste	100% Warburtons introduction 100% Healthy eating 100% Food safety 100% Practical (bread or sandwiches) 100% Food waste Cover <u>all</u> session elements in 100% of visits.
Teachers rating sessions as excellent	94% Warburtons introduction 95% Healthy eating 96.3% Food safety 98.1% Sandwich making 96% Bread making 93.2% Food waste 96.9% Overall experience	92.5% Warburtons introduction 92.5% Healthy eating 92.5% Food safety 92.5% Sandwich making 92.5% Bread making 92.5% Food waste 92.5% Overall experience Increase (or sustain) scores of 92.5% +
Teacher rating of improvements in the children's understanding	98.8% Healthy eating 98.7% Food safety and hygiene 99% Food preparation and cooking	96% Healthy eating 96% Food safety and hygiene 96% Food preparation and cooking Sustain (and increase if possible) scores of 96% + for teacher rating of 'a lot' and 'some'.
Teachers who would like a revisit and would recommend a visit	100% Revisit 100% Recommend	100% Revisit 100% Recommend
Different schools visited	55%	50% <i>This target remains at 50% as many schools have more than two form entry which makes it difficult to limit repeat visits without missing out some of the same age group in a school. It is still important for School Visitors to strive to visit as many different schools as possible.</i>
Schools receiving a first visit	34%	30% <i>This target remains at 30% in acknowledgement of the fact there is a finite number of schools within a one hour drive of each site.</i>
Evaluation forms	99.8% available.	100% available.
Spreadsheets	N/A	Continue to ensure all spreadsheets are fully and accurately completed. Send to BNF by the submission date.
Toolkit	N/A	Continue to run sessions in accordance with the most up to date version of the toolkit (currently April 2018).

Conclusion

The School Visitor programme has enjoyed another successful year with more sites and School Visitors than ever before undertaking school visits. Once again, the number of sessions delivered by the School Visitors has increased, this time by 20% and the number of children seen by 19%, both impressive increases for a third year running.

The quality assurance visits went especially well this year and indicate that the programme is being rolled out across Britain at a very high, consistent standard and in accordance with the toolkit.

The School Visitor conference in September 2018 delivered a packed agenda and included a number of interesting new features, such as an outside speaker presenting about autism and exciting, new Engagement packs for the School Visitors to use to support the delivery of an engagement activity at their site to raise awareness of their work.

Based on the reports validated by BNF and QA visits undertaken, it has been another successful year for the School Visitor programme. The hard work of the School Visitors and the team at Centre should be acknowledged.

BNF looks forward to continuing to work with Warburtons on the School Visitor programme over the year ahead.