



## Food Provision, CUlture and Environment in Secondary SchooLs (FUEL) study

We all want children to eat well— it's essential to their concentration, ability to learn and well-being. So we are conducting a new study to find out more about the food that is served in secondary schools across the West Midlands and how this influences the food that pupils choose to eat.

**Who we are:** We are a team of researchers at the University of Birmingham. We are undertaking an exciting new study about the national School Food Standards in secondary schools in the West Midlands. Your school is one of those taking part.

**What we aim to do:** Our aim is to compare secondary schools required to meet the School Food Standards with those that are not and explore how these two groups of schools support healthy eating. We want to find out how the school food provision impacts pupils' dental health and well-being. We'd also like to know the views of parents and school staff on the School Food Standards.

**How we aim to achieve this:** We are asking secondary schools across the West Midlands to take part in the study. We will ask pupils from years 7, 9 and 10, their parents, key school staff and Governors to take part. We will then be able to compare two groups of schools in relation to the School Food Standards.

**What we will ask you to do:** School Governors and key staff members, including those in management, teaching and catering roles will be asked to complete a questionnaire exploring their views on food provision, the eating environment, the food curriculum and implementation of the national School Food Standards and the related School Food Plan in their school.

**What happens if you change your mind about taking part:** If you agree to take part but change your mind during the study, you can let us know by email or telephone at any time (see contact details at the foot of the page). If you wish for your data to be removed, you can request this up to four weeks after survey completion.

**What to do next:** Please read the attached sheet for further information and return the form to your school.

**IF YOU WOULD LIKE FURTHER INFORMATION OR HAVE ANY QUESTIONS, PLEASE CONTACT A MEMBER OF THE STUDY RESEARCH TEAM ON: 0121 414 8072**

## MORE DETAILED INFORMATION FOR STAFF AND GOVERNORS

### **Food Provision, CULTURE and Environment in Secondary Schools (FUEL) study**

Your school is one of several in the West Midlands taking part in the FUEL study. The aim of the study is to compare secondary schools required to meet the School Food Standards with those that are not, and explore how the two groups of schools support healthy eating. We would like to know what parents and school staff think of the standards, and how they impact the diet and dental health of pupils.

The study consists of several elements including pupil, parent and staff questionnaires about views on the national School Food Standards, assessment of pupil dietary intake and observation of the school eating environment.

#### **1. What is the aim of this study?**

The national School Food Standards were introduced in 2006 and are a legal requirement for most state schools. There is little information on the impact of School Food Standards on secondary school food provision and the dietary intake of their pupils. The way in which the School Food Standards legislation has been introduced means that academies and free schools set up between 2010 and 2014 are not legally required to meet the standards. This gives us the opportunity to compare schools that are, versus those that are not obliged by law to meet them. Specifically, we want to assess whether the standards influence pupils' sugar intake, as adolescents have high levels of sugar consumption, which can lead to obesity and poor dental health.

#### **2. What will I have to do?**

If you agree to take part in the study, you will be asked to complete a questionnaire which will include questions about your job role, age group, sex, information about implementation of the School Food Standards, food provision and other support for healthy eating in your school. You will be asked to complete only the questions that are relevant to you and your role. You will have the choice to complete the questionnaire online or by paper copy.

#### **3. What are the benefits and risks of taking part in this study?**

While there are no direct benefits to you by taking part in this study, the results will help us to assess the impact of the national School Food Standards and related guidance (the School Food Plan) on supporting healthy eating in school. This information will be used to inform the Department for Education and Department of Health to enable further development of national policy relating to school food provision and environment. In turn, this may help to shape the health of future secondary school pupils.

There are no anticipated risks in taking part in this study.

#### **4. What happens to my information?**

All the information will be kept confidentially on a secure database at the University of Birmingham. Only members of the research team will have access to your individual information. The information from the study will be used in several reports but you will not be identifiable in any of these reports. The legal justification we have under data protection law for processing your personal data is that it is necessary for our research, which is a task we carry out in the public interest. For information about your rights and what we do with personal data see our privacy notice at our website ([please click here](#)).

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**5. Who else is taking part?**

There are 44 schools across the West Midlands taking part in the study. In participating schools young people from one class in years 7, 9 and 10 and their parents together with relevant school staff and Governors will be invited to take part.

**6. What happens at the end of the study?**

A final report will be written at the end of the study and you will have the option of receiving a summary of this report. The results of the study will also be published in scientific journals and reports for a variety of audiences, and presented at scientific conferences and meetings. Other researchers may be given access to your data but only in anonymised form - they will not be able to link this data to you in any way.

**7. What if I have more questions or do not understand something?**

You can contact the research team at the University of Birmingham (contact details given at the foot of the page) to discuss any questions or concerns you may have.

**8. What happens now if I decide to take part?**

You will receive an email with a link to the online questionnaire. If you decide that you want to take part in this study you just need to complete the online consent form and questionnaire. Paper copies of the consent form and questionnaire will also be available at your school. If you complete a paper copy, these should be returned to [named liaison person].

**9. What happens if I change my mind during the study?**

If at any time during the study, you no longer want to take part let us know by email or telephone (see contact details at the foot of the page). If you wish for your data to be removed, you can request this up to four weeks after completing the surveys.

**THANK YOU FOR CONSIDERING TAKING PART IN OUR STUDY.**