

Actions for SUGAR SMART Schools:

Self-Assessment and Planning Template

STEP 1: Which of the following actions will be most beneficial to your pupils when making your school SUGAR SMART?

These actions aim to improve understanding of sugar and its health risks, increase confidence to make healthier choices, improve food provision and get staff and parents to make individual pledges to reduce sugar.

Actions	Desired	Already in place
RUN A SUGAR SMART ASSEMBLY		
SUGAR SMART assembly or session – Run a SUGAR SMART assembly or session with pupils using SUGAR SMART assembly PowerPoint, videos and other resources	Yes/No	Yes/No
Hold a sugar debate – e.g. vote with your feet, debate circle, convince me, House of Commons style, inter-school debate at council	Yes/No	Yes/No
How to read the label – teach how to use the list of ingredients and nutrition label to help pupils know how much sugar is in manufactured food and drinks. Compare front (nutrition messaging – is “healthy” actually healthy?) and back labels (ingredients, content)	Yes/No	Yes/No
Investigate why we eat too much sugar – role of food industry and advertising/marketing focused on children	Yes/No	Yes/No
Investigate the Ads – record how many ads you see (online, in print, on TV/radio, email) in a day/week and compare to number of ads for fruit and vegetables, look at who targeted at/messages/sponsorship/product placement	Yes/No	Yes/No
HAVE A SUGAR SMART QUIZ		
SUGAR SMART quiz – Run a SUGAR SMART quiz with surprising facts about sugar in everyday food and drink	Yes/No	Yes/No
SPREAD THE WORD		
Guess how much sugar is in foods / Sugar Detectives – in both sweet and savoury food, use Sugar Smart App and SUGAR SMART resources	Yes/No	Yes/No
Share information on the risk of energy drinks (e-resources)	Yes/No	Yes/No
Provide SUGAR SMART fact sheets and other info on sugar/healthier options to parents – e.g. letter home to all pupils, meetings with families, put up SUGAR SMART posters, put SUGAR SMART info in newsletters and on school website	Yes/No	Yes/No
Appoint staff & pupil SUGAR SMART Ambassadors	Yes/No	Yes/No
PROMOTE WATER		
Install a water fountain – improve access to water across the setting and sign up to Refill Oxford	Yes/No	Yes/No
Promote tap water as standard drink – as a cheaper, healthier and environmentally friendly 1 st choice drink	Yes/No	Yes/No

Only offer water or milk – between or at meals, improve access to water across the school, sign up to Refill Oxford	Yes/No	Yes/No
GET KIDS CREATIVE		
Make videos – Get children to make content to share on social media such as videos or interviews, e.g. video diary of giving up soft drinks – give best video prize	Yes/No	Yes/No
Make posters/displays – design posters/displays about sugar, healthy diets and award the best ones	Yes/No	Yes/No
Make banners – to protest about childhood obesity and junk food marketing	Yes/No	Yes/No
Supermarket survey to investigate sugar content of foods and how promoted	Yes/No	Yes/No
GIVE STAFF COOKING LESSONS AND TRAINING		
Staff training on sugar – e.g. staff inset days, caterers, health care providers	Yes/No	Yes/No
Train staff serving/supervising meals to encourage fruit and vegetables uptake amongst pupils	Yes/No	Yes/No
RUN A SUGAR SMART RECIPE DEMO		
Cooking skills classes – for low/no sugar alternatives	Yes/No	Yes/No
Sugar free breakfast – Provide demos and help pupils make better choices for breakfast	Yes/No	Yes/No
PROMOTE SUGAR-FREE PACKED LUNCHES		
Sugar free/healthy lunch boxes guidance/policy – share with parents	Yes/No	Yes/No
STOCK HEALTHIER FOOD AND DRINK		
Work with your caterers to provide no/low sugar menus – e.g. fruit/dairy option only on certain days of the week	Yes/No	Yes/No
Work with your caterers to make healthier options more visible – position them front and centre, “traffic light” system on drinks, limit display of less healthy options	Yes/No	Yes/No
SUGAR SMART foods offered – at inset days, parents’ evenings and events	Yes/No	Yes/No
SUGAR SMART vending – limit unhealthy options, increase healthier options, display SUGAR SMART information next to vending machines, e.g. with floor stickers	Yes/No	Yes/No
SUGAR SMART treats and snacks – recipe exchange, recipe competitions, include in school food policy	Yes/No	Yes/No
Alternatives to birthday cake – give a non-edible present to the class instead	Yes/No	Yes/No
Ban adverts and sponsorship for sugar – make it policy not to advertise or promote sugary foods and drinks in school	Yes/No	Yes/No
GET ACCREDITED		
Get official “Food For Life Served Here” accreditation – to ensure you apply a whole school approach to support healthy eating	Yes/No	Yes/No

SET SUGAR SMART CHALLENGES		
SUGAR SMART Challenges, e.g. give up a sugary food, drink or snack for two weeks or more, swap to a no sugar version of something you normally eat or drink, consume water instead of sugary drinks, reduce the amount of sugar you usually add to food and drink etc.	Yes/No	Yes/No
Avoid sugary snacks between meals and limit sugary foods and drinks to meal times	Yes/No	Yes/No
Keep a sugar snack diary for a week	Yes/No	Yes/No
Restrict sweet treats to once a week/weekends	Yes/No	Yes/No
GO FIZZ FREE: Take part in Fizz Free February and recruit people to go fizz free for the entire month.	Yes/No	Yes/No

STEP 2: Based on the outcomes of Step 1, decide which actions your school is ready to pledge in order to become a SUGAR SMART School:

- ✓ **The more actions you pledge to implement, the better!**
- ✗ **Do not choose actions already implemented in your school.**
- ✓ **Do come up with your own ideas for pledges.**
- ✓ **Do make your pledged actions as specific as possible, e.g. say who will be doing them, when and for how long/how frequently.**

STEP 3: Register as a SUGAR SMART School.

1. Go to https://www.sugarsmartuk.org/get_involved/take_a_pledge/ to register your school and access a wealth of useful free digital resources to help you implement your school's actions. Contact mail@sugarsmartoxon.org for information on where to borrow physical resources such as the SUGAR SMART Game for your events.
2. Complete this Self-Assessment Form, send it to mail@sugarsmartoxon.org and enter your pledged actions in your dashboard on the website.
3. Receive the SUGAR SMART Oxfordshire logo to use in your school website, the school newsletter and in and around school.
4. Send a termly update to mail@sugarsmartoxon.org and record your progress on your pledged actions on <https://www.sugarsmartuk.org>.

Upon successful fulfilment of at least three of your school's pledged SUGAR SMART actions, your school will be awarded a SUGAR SMART Golden Teaspoon.