



Health Promotion in Education Settings

South Gloucestershire

Healthy Food Environments- Food, Nutrition, Physical Activity and Weight Stigma Information and Resources for Schools

This document is designed to sign post education settings to resources to support:

- Reducing weight stigma and weight related bullying.
- Healthy conversations with children about weight.
- Whole school approaches to food, nutrition and physical activity.

Why should reducing weight stigma be a priority in my setting?

Weight stigma and weight-related bullying are often not treated as explicitly as other forms of bullying covered under the Equality Act. When it is not clearly addressed, it can become normalised in school culture.

- It harms wellbeing: linked with lower self-esteem and poorer mental health.
- It reduces participation: some pupils feel less safe joining in PE, sport, or health activities.
- It can widen inequalities: stigma can reduce engagement and make health outcomes worse over time.

In one secondary school study (University of Bristol), fewer than 7% of anti-bullying policies explicitly mentioned weight-related bullying. The authors recommend naming weight-related bullying clearly (not only 'appearance') and backing this up with prevention and response actions.

See the full paper here: [Weight-related bullying in schools: a review of school anti-bullying policies](#)

For Antibullying policy weight related suggested content contact healthpromotionineducation@southglos.gov.uk for a copy.

Why should whole school approaches to food, nutrition and physical activity be a priority in my setting?

Healthy, happy children are better able to learn, achieve, and go on to live longer, healthier lives.

Being physically active is linked to better mental wellbeing, but inequalities remain girls and children from more deprived backgrounds are less likely to be active see [Active Lives Children and Young People Survey - Academic year 2024-25](#) for more information. A whole-school approach to food and nutrition through learning, environment and culture can improve pupils' diets and help reduce health inequalities.

By taking a whole-school approach, you can:

- Support wellbeing and readiness to learn
- Improve behaviour and attainment
- Reduce health inequalities
- Build lifelong healthy habits

FREE resources locally and nationally

Staff training

Weight stigma e learning:

[Why Weight? Changing the Narrative Around Living with Obesity e-module](#)

This e-module is open to everyone in BNSSG. This course provides an introduction to the factors influencing weight and health. It delves into the building blocks for health and how they impact individuals. This course explores common beliefs about living with obesity, offering insights from real-life experiences and expert opinions.

You need to register on the [South Gloucestershire Learning Development Site](#) to access this course.

Eating disorders:

[Recorded webinars for Education Staff- BEAT eating disorders](#)

Range of topics including- Supportive communication, ARFID, Navigating transition and festive periods.

Food and nutrition:

[Food a fact for life- Free food CPD training and teaching resources KS2- KS4:](#)

- CPD Training- 10 recorded webinars to download
- Planning your CPD- tools to audit
- Curriculum planning resources

Information and Support for parents and carers

Talking to your child about weight: A guide for parents and care givers of 4–11-year-olds resources from Bath University:

[Online video and toolkit](#)

[Printable PDF booklet](#)

Great resource to share with parents and carers that are not sure how to approach family conversations about weight and healthy lifestyles.

Coming soon, a similar resource for 11 plus year olds!

Support for families with children experiencing eating problems and disorders:

Online support groups, chat support and webinars- no diagnosis needed.

[BEAT- Home page](#)

Healthy Eating and physical activity:

Advice from the association of Uk Dietitians about healthy eating: [Healthy eating for children - BDA](#)

Advice for families how to eat well and move more; healthy recipes, food swaps, nutritional advice, and top tips and activities to help the whole family stay healthy:

[Healthier Families - Home - NHS](#)

Information about local Healthy Weight programmes and signposting to national and local resources: [Help your family to stay healthy | One You South Gloucestershire](#)

Healthy food environments

Whole school approaches

South Gloucestershire Food and Nutrition Award (Primary and Secondary schools): To find out more see our [Health Promotion in Education Settings web page](#). Or contact: healthpromotionineducation@southglos.gov.uk

Bite Back – Free Food Environment programme (for Secondary Schools)

The Bite Back in Schools program is a fully funded initiative aimed at empowering secondary schools in England to transform their school food environment.

- A £500 grant to fund student-led improvements

- A ready-made resource pack with physical workbooks, session plans, slide decks and a Championing Change card game
- An inspiring kick-off assembly from a Bite Back Ambassador
- Ongoing support from our team
- Badges, merchandise and celebration opportunities

What's more, it gives your students the opportunity to develop strong employability skills in public speaking, problem-solving and leadership

[Applications open annually see here for dates and further info](#)

Royal Horticultural Society- Free resources and award programme to support food growing in schools:

[School gardening resources / RHS](#)- Free resources for schools including lesson plans and activities.

[RHS School Gardening Awards / RHS](#)- A free award programme for schools, the awards aim to provide a structure to develop growing at your school and a way to celebrate your progress.

School Games Mark:

[School Games Mark](#)- National programme with support of local School Games Organisers (SGO's). South Gloucestershire has two:

Dean Garrett: dgarrett@yateacademy.co.uk

Naomi Clipston: naomi.clipston@cset.co.uk

Guidance and evidence

Food:

- [School food standards: resources for schools - GOV.UK](#)
- [Creating a culture and ethos of healthy eating - GOV.UK](#)
- [Perspectives in Public Health-school-food-paper- Doing school food!](#) - Research paper aiming to provide a practical toolkit for adopting a whole school approach.
- [School Food Review- School Food Policy Toolkit](#)

Physical activity:

[Physical activity guidelines - GOV.UK](#)- Guidance from the Chief Medical Officers in the UK on the amount and type of physical activity people should be doing to improve their health.

[PE and sports in schools - GOV.UK](#)- Information to help schools increase access to PE, physical activity and extra-curricular school sport, including examples of good practice.

[Inclusive Sportswear](#)- Guidance and projects linked to inclusive PE kits in schools.

Weight Stigma:

[Weight-related bullying in schools: a review of school anti-bullying policies](#)

Research from Bristol University advocating for weight related bullying to be highlighted in school bullying policies (Secondary school focused).

Teaching resources

Physical activity:

[School Support - Youth Sport Trust](#)- Free and costed resources to increase physical activity including downloadable PDF's and programmes for schools.

[Studio You- Resources for schools](#)- Free resources for secondary schools to support greater engagement of girls in PE, registration required.

[Secondary teacher training programme | Sport England](#)- Downloadable PDFs aimed to support secondary school PE teachers to increase participation and inclusion in PE.

[This Girl Can Campaign](#) - Free resources including practical guidance, toolkits and webinars around getting more women and girls active.

Allergy:

[Anaphylaxis UK](#)- Free resources include:

- Policy, letter, form and risk assessment templates
- Letter templates
- Training and awareness resources including an assembly

[Natasha Allergy Research foundation \(NARF\)](#)- Free resources:

- Templates
- 10 Steps guidance
- Model Policy
- Free food allergy toolkit
- Online self-assessment process

[Allergy UK- Information Hub for Schools](#)- Free resources including:

- Information and templates
- Allergy training fund

Antibullying:

[Every Body deserves kindness teaching resources for 6-9 year olds.](#)

Includes:

- Video resource
- Teaching pack
- Signposting resource.

Food and Growing:

Growing and recipe resources see:

[Food for Life Resources | Food for Life](#)-Free education resources for teaching young people aged 3-16 years about where food come from, cooking and healthy eating, and teacher training, see:

[Food A Fact of Life- Resources](#)- Free resources for education settings activities, recipes, whole school approach CPD and more.

What is happening locally?

South Gloucestershire Council is signed up to, and actively participating in, the Why Weight Pledge. Through this commitment, we have a local action plan focused on creating healthier environments by tackling the wider determinants of healthy weight.

[Find out more about the Why Weight Pledge and how you can sign up yourself.](#)

A report reviewing the local food system and identifying opportunities for making positive change in South Gloucestershire has been completed, [Find the Food Across South Gloucestershire report here](#)

What actions could you take in your setting?

- Update your antibullying policy wording (explicitly to include weight- related bullying).
- Complete the Why Weight E module and encourage your colleagues to do it also.
- Review your whole school approaches to food, nutrition and physical activity.
- Sign up to the Why Weight Pledge and create an action plan.
- Contact the Public Health team for support:
healthpromotionineducation@southglos.gov.uk