**SUGAR SMART checklist for Haringey Primary Schools**

Children and young people are consuming three times more sugar than the recommended maximum, which contributes to childhood obesity and dental decay. Haringey Council is launching the Sustain [SUGAR SMART](https://www.sugarsmartuk.org/about/) campaign in 2019 to take action on sugar. Schools are encouraged to sign up to three pledges, and the below checklist provides guidance on how to achieve these pledges. Your work towards becoming a SUGAR SMART school may even contribute to achieving a Silver Healthy Schools award.

To become a SUGAR SMART school, please complete the below checklist and submit to [healthy.schools@haringey.gov.uk](mailto:healthy.schools@haringey.gov.uk).

|  |  |  |
| --- | --- | --- |
| **Name of school:** | |  |
| **Staff member responsible:** | Name: |  |
| Email: |  |

**Pledge 1. *Become a water only school (except for plain milk)***

*(Achieve a minimum of 5 out of the below 7 to become a SUGAR SMART school)*

|  |  |  |
| --- | --- | --- |
| ✔ | Action | Available resources |
|  | Free drinking water is available throughout the school day | * Template water-only pledge * Posters to encourage drinking water * Sugary drinks presentation |
|  | Pupils are encouraged to drink water to stay hydrated and focused |  |
|  | We encourage children to refill reusable bottles with water, to reduce plastic waste |  |
|  | We don’t provide or sell sugary or fizzy drinks during the school day |  |
|  | We don’t serve fruit juice or squash at breakfast club |  |
|  | Children do not bring sugary or fizzy drinks in their packed lunch |  |
|  | We have set a SUGAR SMART challenge to give up or reduce sugary drinks consumption for a week or month |  |

**Pledge 2. *Reduce sugar in snacks and food eaten at school***

*(Achieve a minimum of 5 out of the below 8 to become a SUGAR SMART school)*

|  |  |  |
| --- | --- | --- |
| ✔ | Action | Available resources |
|  | Children are encouraged to eat only fruit or vegetables as snacks | * Sugar diary * Change4Life resources * School Food Standards * Top tips for caterers * Template packed lunch policy * Template letter to parents * Alternative ideas for celebrating events * Haringey ice cream van policy |
|  | Food served at the school are in line with the School Food Standards |
|  | Our caterer has reduced the sugar content of school meals |
|  | We have been accredited by an external organisation to ensure that the food and drink we serve is healthy for our children and the planet |
|  | We encourage low sugar packed lunches, which don’t include chocolate or sweets |
|  | We celebrate birthdays and other special events in ways which don’t involve high sugar foods such as cakes, sweets, biscuits or chocolate |
|  | We are aware of the Haringey Ice Cream Van policy, and discourage ice cream vans from parking outside our school gates |
|  | We use other creative ways to raise money, rather than bake sales |

**Pledge 3. *Raise awareness about sugar with children and families***

*(Achieve a minimum of 4 out of the below 9 to become a SUGAR SMART school)*

|  |  |  |
| --- | --- | --- |
| ✔ | Action | Available resources |
|  | We have conducted an assembly explaining why we are participating in the SUGAR SMART campaign, and how this will benefit our health | * Presentation on SUGAR SMART * Lesson plan * Change4Life Cooking Guide * Activities and games for pupils * Change4Life information for families * Refill scheme website |
|  | We have conducted lessons on sugar and/or where food comes from |
|  | We use low sugar recipes in cooking lessons |
|  | Pupils have completed activities (e.g. quiz) on guessing the sugar content of different drinks |
|  | Our Student Council has discussed healthier eating and sugar |
|  | We have a display in the school about sugar content in common foods and drinks |
|  | The Oral Health Promotion/School Health team has been working with us to promote low sugar diets (e.g. parents sessions, assemblies) |
|  | We have engaged parents and carers about sugar awareness through providing information from Change4Life about making sugar swaps |
|  | We have promoted the Haringey Refill scheme to parents and carers |

***Any further good practice to share and celebrate (optional):***

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