



## Getting the most out of lunchtime at school

**A training and development programme for  
lunchtime staff**

Lunchtimes are a significant but often overlooked part of the school day. Positive lunchtime experiences can impact on children's physical and social development and can also influence children's ability to learn in the afternoon.

# Training details

This can take place over one day (e.g. INSET day), or as 3 separate 2 hour workshops that fit in with lunchtime working hours. We do encourage schools to pay their lunchtime supervisors while attending this course.

## ❖ **Workshop 1: The Role of Lunchtime Staff**

- Identify and explore the many skills and tasks required
- Address the importance of developing as an effective team
- Show lunchtime staff can contribute to the overall aims of the school and the wider policy agenda

## ❖ **Workshop 2: Promoting Positive Lunchtime Behaviour**

- Develop practical skills in promoting positive behaviour
- Support children to strengthen their communities through a sense of ownership and pride in their playground and dining hall.

## ❖ **Workshop 3: Encouraging Healthier Lifestyles –**

Address health issues for young people and how they can be supported in lunchtimes through physical activity, healthy eating, and positive emotional health

Feedback from supervisors who have attended the course has been very positive:

*Although time flew by, we would have liked to have stayed longer.’*

*We felt valued and were given the opportunity to give our views’.*

*I learned a lot more about my job’.*

*I got lots of info and realised that us working as a team really matters’.*

# How to develop in schools

## **Prior to the training:**

- ❖ the trainer will meet with a senior member of staff and one designated member of staff responsible for developing this work
- ❖ the trainer will observe lunchtimes.

## **During the training:**

- ❖ the trainer will support staff member to develop job descriptions and risk assessment of lunchtimes
- ❖ cook/catering staff will be encouraged to be involved (they could attend workshop 3).

## **After the training:**

- ❖ you will receive a full write up of training day, including all suggestions and ideas generated by trainees
- ❖ the trainer will meet with again with the senior staff member to develop a whole school action plan

*'The Senior Leadership Team (SLT) are looking to completely change lunchtimes here after feedback from myself and the supervisory staff and the risk assessment. We are looking at all options, employing more staff including specialist play leaders, and for the SLT to be more visible'*

Julie Boardman, Lunchtime Manager - Sandringham School, Sept 2010

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## The workshops:

- ❖ build on the existing skills and experience of lunchtime staff to support them in fulfilling the key aspects of their role
- ❖ are designed for both experienced and new lunchtime staff
- ❖ are developed in Newham from a course that has been extensively piloted and researched through the Food Health and Education Research Group at the University of Hull

The trainer, [Caroline Glaser](#) has many years' experience of working in schools as a member of CPD advisory teams for Healthy Schools and PSHE certification. Other areas of expertise include developing school councils, food initiatives, and running workshops for young people, parents and teaching staff

If you would like to book onto a course please contact [Rosalind Sarwan](#) at [rosalind.sarwan@npw.so](mailto:rosalind.sarwan@npw.so) or call 020 8249 6974

