A qualitative study exploring implementation of the National Healthy Schools Programme in Manchester

Interview Schedule: School staff.

Questions for guidance in italics, followed by possible prompts. Schedule organised according to NPT framework, NPT component in bold.

Coherence

1. How would you define a “healthy school”?
   - WHO definition of Health (not just absence of disease)
   - Environment, choices, rules, organised activity, safe space

2. What are the aims of the healthy schools programme?
   - Physical health of children
   - Overall wellbeing of children
   - Educational outcomes
   - Behaviour
   - Wider benefits: to staff, families, communities

3. What are possible challenges to achieving these aims?
   - Burden on staff
   - Cost
   - Family life
   - Environmental/ societal factors

Cognitive Participation

4. Who is responsible for the health of children?
   - Parents, carers, families
   - Doctors, teachers, other professionals
   - Society, community, government

5. What is the best way to promote healthy lifestyles in children and families?
   - Focus on individual behaviour change, parenting strategies
   - School, health clinic or community led programmes
   - National public health campaigns, legislation (e.g. 10-a-day, mile-a-day, sugar tax).
Collective action

6. How has becoming a ‘Healthy School’ affected your typical working day?
   - Workload, role changes
   - Positive/ negative about changes
   - New collaborations or organisational structures

7. What training were you given as part of the healthy schools programme?
   - New skills needed
   - How training was accessed

Reflexive Monitoring

8. How effective do you think the healthy schools programme has been at your school?
   - Individual child outcomes
   - Outcomes for the school
   - Outcomes for family, community, wider society

9. Please give an example of a healthy schools strategy or technique that has gone particularly well for your school? (e.g. changing food choice, new activity equipment)
   - Enjoyed by children
   - Good reception from parents, community
   - Facilitated well by other staff/ stakeholders

10. Please give an example of a healthy schools strategy or technique that your school has struggled with?
    - Costly
    - Not popular with children, staff, parents
    - Logistically difficult

11. What would you do differently, given the opportunity?

12. Is there anything important we’ve missed that you would like to discuss?