

Hungry for Success



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School Meals in Scotland

- 723,355 school children
 - 49% take a school meal
 - 19% entitled to a free meal
- (Census 2004)

Food in Schools Conference 2001

- Need for a national strategy for school meals to include
 - Nutrient standards
 - Dining facilities

Hungry for Success

- Expert panel convened in January 2002
(Reporting to Scottish ministers in Health, Education and Social Justice)
- Remit included
 - To establish standards for school meals
 - To improve the presentation of school meals and to improve general uptake.

Expert Panel

- Conducted audit of current practice
- Commissioned and considered a review of the evidence base on what influences children's decisions to take school meals
- Detailed nutrient standards
- Drafted monitoring procedures
- Guidance for caterers

A whole school approach

- Report Published in November 2002.

‘Improving children’s diet can make a major impact on the health of children, with beneficial outcomes for educational attainment and improved health in later life.’

School meals – the wider context

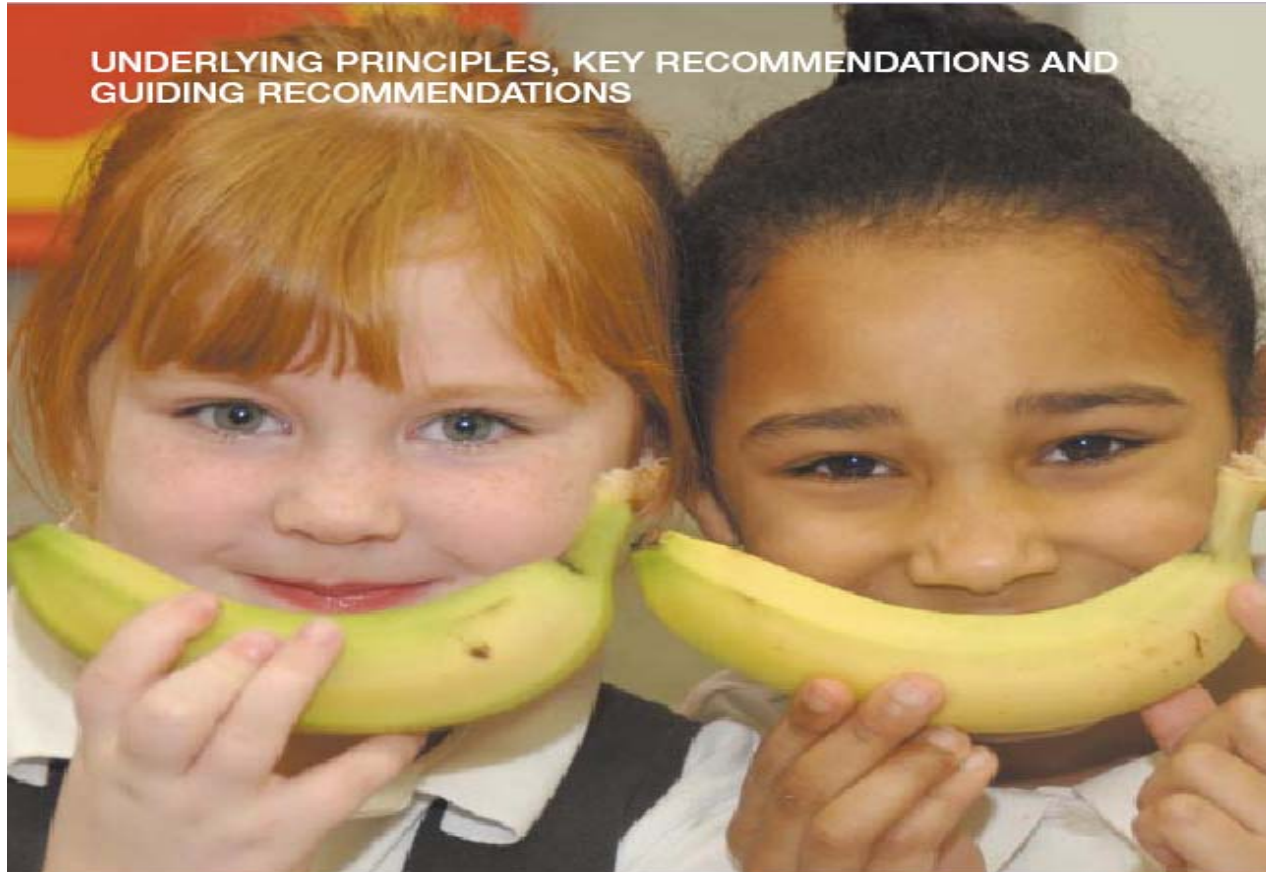
- National Priorities for Education
- Scottish Health Promoting Schools Unit
- Schools Estates Strategy
- Integrated Community Schools

Support for implementation

- 3 year funding package (£63.5m)
- Nutrient specifications / Portion sizes
- Software package
- Training
- Information Leaflets

Key Recommendations

- Scottish Nutrient Standards for School Lunches
- Primary and special schools – Dec 2004
- Secondary Schools – Dec 2006
- Monitoring the implementation should involve HMIE working, as appropriate, with other relevant agencies



Underlying Principles

1. Positive School/Whole Child Ethos
2. Partnership Working



Underlying Principles

- 3. Pupil Consultation
- 4. Eliminating Stigma



Underlying Principles

- 5. Managing the Process
- 6. Influencing Choice
- 7. Incentives to Improve Uptake of School Lunches



Nutrient Standards

- Based on the Caroline Walker Trust nutritional standards for school meals
- Nutrient based rather than food group based.
 - Controlling fat, salt, sugar content while pushing up the food quality.
- Target nutrient specifications for manufactured products.
- Recommended portion sizes

Levels of Monitoring

- Level One - As part of reporting on National Priorities
- Level Two – As part of HMIE inspections
- Level Three – Detailed report from HMIE
- Level Four - Independent Research

HMIe Inspections

- In a sample of schools, the inspection team includes a Nutrition Associate Assessor (NAA)
- Inspections began last October, and we reviewed procedures in January
- Initially focused on identifying good practice, now increasingly suggesting action points and recommendations

Implications for schools inspected

- Informed in letter of intimation
- Supplementary Briefing Note for Staff
- Complete Appendix 5 of School Profile

Implications for schools inspected

- NAA attends on one day of the inspection week
 - Discussions with headteacher/relevant staff member, members of pupil council/SNAG and senior member of catering team
 - Observes the lunchtime period in the dining room

How will we monitor?

- Using quality indicators from ‘How good is our school?’
 - Curriculum
 - Pastoral Care
 - Accommodation
 - Climate & relationships
 - Equality & Fairness
 - Partnerships with parents, the school board and the community
 - Self-evaluation

Scottish Nutrient Standards

- Menu cycles will be reviewed by the NAA.
- The aim is to provide an appropriate menu cycle which meets the Nutrient Standards.

Reporting

- Oral feedback
 - Headteacher & Senior Member of Catering Staff
- Published report
 - standard text added to the background section
 - increasing comment in appropriate sections of the report

The next stage....

- Full implementation of guidance in primary and special schools
- Guidance implemented in secondary schools
- Monitoring of progress
- Updates of software, dissemination of good practice
- Research

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