

EAST AYRSHIRE COUNCIL

EDUCATION COMMITTEE: 22 MARCH 2005

HUNGRY FOR SUCCESS

Report by Executive Director of Educational & Social Services

1. PURPOSE OF THE REPORT

- 1.1** To advise Members of the progress achieved within the 'Hungry for Success' initiative since the last report to the Education Committee on 23 March 2004.

2. BACKGROUND

- 2.1** On 19 February 2003, the Minister for Education and Young People accepted all of the recommendations made by the Expert Panel on School Meals in their report 'Hungry for Success'. These were formally adopted by the Education Committee at its meeting of 23 March 2004. A three year national funding package for financial years 2003/04 to 2005/06 was made available to local authorities to implement the recommendations. In addition, the Minister announced the introduction of a free fruit scheme for Primary 1 and Primary 2 pupils and provided funding of £2m per year over the same period.

- 2.2** The recommendations detailed in the report 'Hungry for Success' are extensive and impact on many aspects relating to the provision of improved nutrition for pupils in schools. A summary of the recommendations is detailed below:

- Reviewing and monitoring the nutritional standards and content of school meals;
- Enhancing the nutritional content of school meals;
- Improving the environment in which meals are eaten;
- Removing the stigma associated with free school meals by introducing smart card technology;
- Working with parents to enhance the healthy eating message;
- Working with Health Boards to promote healthy eating and active lifestyles;
- Promoting the message of healthy diets and exercise within the school curriculum.

- 2.3** It is also important to note that the Hungry for Success Initiative is not operating in isolation. It complements a range of programmes (see Appendix) designed to improve the health and well-being of children within the community. It is hoped that the combined impact of these programmes will establish positive attitudes to diet and exercise which will extend throughout young people's lives.

3. PROGRESS ISSUES

- 3.1** A summary of areas of progressed over the last 12 months is appended to this report. The East Ayrshire approach has been commended with cross party support in the Scottish Parliament.

4. CONSULTATION

- 4.1** Consultation has taken place with relevant Heads of Service, onsite Services Head Teachers, parents and pupils. Special recognition should be offered to the staff within our catering services and teaching staff who have taken forward significant elements of the programme.

5. RECOMMENDATIONS

- 5.1** It is recommended that Members:
- (i) note the progress and improvements being made in the provision of school meals; and
 - (ii) Otherwise note the content of this report.

RG/BL
24 February 2005

John Mulgrew
Executive Director of Educational and Social Services

RG/MM
10 March 2005

LIST OF BACKGROUND PAPERS

Scottish Executive Report Final Report of the Expert Panel on School Meals – Hungry for Success.

Members wishing further information should contact Robin Gourlay, Head of Onsite Services Tel: (01563 555710) or John Mulgrew, Executive Director of Educational and Social Services Tel: (01563 576017)

IMPLEMENTATION OFFICER : ROBIN GOURLAY

PRIMARY SCHOOLS – PROGRESS AREAS

A brief description of the main activities supported by Hungry for Success.

- All processed foods (other than for example bread and some cold meats) have been removed in Primaries and good progress has been made into Secondaries.
- All Carbonated Drinks and all Confectionery and Commercial Vending has been removed from Secondary Schools and replaced with Healthy Vending.
- There is a successful Organic and Local Produce School Meals pilot at Hurlford Primary, Kilmarnock featured in the Herald, Times Educational Supplement, BBC Reporting Scotland and a number of other newspapers and magazines.
- 2 East Ayrshire information leaflets have been issued for parents. The first details the new Hungry for Success menus provided in all schools. The other is a commitment statement in 3 sections linking Health Promoting Schools, Physical Activity and School Meals and Hungry for Success.
- A survey on school meals has been completed with 18,000 Questionnaires issued and full analysis is available. This is to be reissued April to measure the influence of HfS.
- An East Ayrshire conference was held in the 'Whole School Approach' and partnership ethos to Hungry for Success, at which Gillian Kynoch and Anne McGaghey of HMIe presented for Head Teachers and PT's of Home Economics, NHS, Public Health, Council staff involved in Health Promotion and our Area Catering Managers.
- Externally provided Nutrition Training for Catering Managers delivered at 2 sessions in December 2004.
- An East Ayrshire Parents' Seminar took place on Saturday 27 November in Kilmarnock on Health Issues featuring Hungry for Success/school meals.
- Live 'Healthy Cooking Tips' Demonstration for Parents as a pilot in New Farm Loch Primary, Kilmarnock, intending to brand this and to offer this to all schools.
- A variety of HfS tasting for parents at parents' evenings etc.
- The leaflet produced by the Scottish Executive has been distributed through all schools.
- 'Foodlab' presentations for all classes in Primary schools promoting school meals and healthy eating generally – delivered during January and February.
- Parent meetings at individual schools on reaction to HfS.
- Investment in Breakfast Clubs. 34 now running and part funded by HfS.
- 'Tasty Buds' branding introduced in Primaries and 'Metro' as a child friendly branding to promote healthy eating.
- Reviewed the Council's 'Eating for Health Policy'.

The Scottish Nutrient standards for School Lunches were in place in all special schools and primary schools by December 2004.

- Menus and Recipes compliant with guidance detailed in the Hungry for Success report were introduced fully into all Primary Schools at the beginning of the 2004/05 session in August.
- Schools operate on a standard 4 week menu pattern which has been analysed with Nutmeg Nutritional Analysis software.
- A series of events including a Saturday Parents' Seminar, a number of Catering Manager Seminars and a Seminar involving Head Teachers and Principal Teachers of Home Economics, NHS partners and other council officers involved in Health Issues were all well attended. At these seminars feedback was received and information given out to ensure that as far as possible as informed and holistic approach could be developed for Hungry for Success and for the successful achievement of the Scottish National Nutrient Standards.
- There continues to be more work to be done in relation to the food provided in schools, for example the salt content of bought in bread or bouillon. But because no processed foods are used in East Ayrshire's Primary Schools, all food is cooked from fresh raw ingredients, then essentially the menu dishes provided achieve the nutritional and quality aims of Hungry for Success.

Free Fruit Initiatives in Primary Schools and Special Schools.

Free fruit to Primary years 1 and 2 and for all children in composite 2/3 classes is well established and is now regarded as a popular service that is efficiently delivered in the classroom.

SECONDARY SCHOOLS – PROGRESS ISSUES

- All Head Teachers received a Standard Circular on the Whole School Approach and with clear advice on the School's responsibilities in relation to Hungry for Success. This included advice and best practice on eliminating any stigma.
- In addition and in line with recommendation of Hungry for Success, 3 schools were installed with Cashless Meals Systems funded through Hungry for Success in Auchinleck, Doon and Kilmarnock Academies.
- Additional staff have been introduced into all secondary schools to improve queuing times and assist with the additional food preparation arising from Hungry for Success.
- A survey on school meals has been completed with 18,000 questionnaires issued and full analysis is available. This is to be reissued April to measure the influence of HfS.
- An East Ayrshire Conference at which Gillian Kynoch and Anne McGaghey of HMle presented for Head Teachers and PT's of Home Economics, NHS, Public Health, Council staff involved in Health Promotion and out Area Catering Managers.
- Improvements to Dining rooms, Equipment and Deli Bars.

The Scottish Nutrient Standards for School Lunches should be in place in Secondary Schools by December 2006.

- Menus and recipes for main course dishes, compliant with guidance detailed in the Hungry for Success report were introduced into all Secondary schools at the beginning of the 2004/05 session in August.
- Schools operate on a standard 4 week menu pattern which has been analysed with Nutmeg Nutritional Analysis software.
- Deli Bars now operate in all Secondary schools.
- Therefore the areas of the service provided in Secondary schools, that are being most actively worked on relate to replacing our 'Fast Track' menu with healthier hot snacks that are not processed and comply with Hungry for Success.
- The further challenge being dealt with is the removal of fried food, particularly chips, and their replacement with attractive and viable alternatives. This will certainly be in place before December 2006.

SUPPORTING INITIATIVES

- Hungry for Success
- The Health Promoting School Initiative
- The Active Schools Programme – Let's make Scotland more active!
- Free Fruit in the Primary School
- Drinking Water in Schools
- Sport Development Programme
- Breakfast Club Initiative
- Scottish Healthy Choices Awards Scheme
- Safer Routes to School
- Integrated Community Schools – Links to Health Board
- The Scottish National Priorities for Education
- Education for Citizenship
- Additional Support for Learning
- Social Justice Targets
- Improving Health in Scotland: The Challenge