

# Catering & Building Cleaning Trading Operation – Appendix 3

## Hungry For Success

### 1 PURPOSE

- 1.1 This report provides an overview of progress made in relation to the Hungry for Success initiative and an update on the Health Promotion Accreditation Scheme.

### 2 BACKGROUND

2.1 Hungry for Success is a national initiative and forms part of the Scottish Executives drive for health promotion initiated in 2002. The drive for improvement led to the establishment of an Expert Working Panel with the focus of a whole school approach to food, revitalising the schools meals service and connecting school meals with the curriculum.

2.2 The following underlying principles were established:

- Positive School/Whole Child Ethos
- Partnership Working
- Pupil Consultation
- Eliminating Stigma
- Managing the Process
- Influencing Choice
- Incentives to Improve Uptake of School Lunches

2.3 Key and guiding recommendations were set out from these principles and in line with these in June 2004, Education Executive agreed the following key objectives to support Scottish Borders Council with the initiative:

- Agree a whole school food policy for Borders schools
- Ensure all primary school meals meet national nutrient standards by December 2004
- Ensure all secondary school meals meet national nutrient standards by December 2006
- Increase the take up of school meals
- Increase the take up of those children entitled to free school meals and to remove any stigma attached to this service
- Provide free fruit to infant classes in every primary school
- Provide chilled fresh water dispensers in every school

In order to successfully implement the Hungry for Success programme across all schools a multi-agency team involving representatives from Education, Catering, the appointment of two Development Officers and an NHS Dietician was established. The working group meets on a regular basis to work towards the achievement of the key objectives.

### 2.4 SCHOOLS (HEALTH PROMOTION & NUTRITION) ACT 2007

The Act was passed by Scottish Parliament in March 2007 and the legislation builds upon and links existing policies, such as Hungry for Success and health promoting schools to endeavour to put health promotion at the heart of all local authority schools.

- 2.5 The Act has two main themes and lays out duties in relation to health promotion in schools and the provision of food and drink. Authorities will be required to ensure:
- All schools are health promoting
  - Ensure that food and drink provided in schools meet basic nutritional requirements
  - Promote school lunches, particularly free school lunches
  - Protect the identity of those receiving free school lunches
- 2.6 The proposed implementation dates will be January 2008 for the Health Promotion duties and August 2008 for the Food Regulations and guidance. The Act gives local authorities the power to provide food and drink to pupils, either free or at charge at other times than lunch and places duties to implement systems to protect the identity of pupils receiving free school meals and provide effective promotion and communication of school lunches.
- 2.7 Accompanying food regulation and health promoting guidance on the detail of the requirements is still in progress and has not been made available to authorities at this stage.

### 3 HEALTH PROMOTING SCHOOLS – BACKGROUND

- 3.1 Key National policies outlined in *Improving Health in Scotland: The Challenge, national priorities in education and the standards in Scotland's schools etc. Act 2000* gives schools an important role in securing the health and education of Scotland's children.
- 3.2 In 2002 the Scottish Executive announced that all schools should become a Health Promoting School by 2007. This was further clarified in June 2007 that all schools should be on the pathway to becoming a Health Promoting School by December 2007.
- 3.3 'A health promoting school is one in which all members of the school community work together to provide pupils with integrated and positive experiences and structures which promote and protect their health.' (World Health Organisation, 1995)
- 3.4 Health Promoting Schools encompass the various strands of Health Promotion presently being undertaken by schools such as Hungry for Success, Active Schools, Mental Health, Safer routes to school along with other initiatives.

#### LOCAL ACCREDITATION SCHEME

- 3.5 The local accreditation scheme has been implemented in consultation with teachers and other health professionals. This was then endorsed by the Scottish Health Promoting Schools Unit in October 2006. In March 2007 a Co-ordinator was appointed to work with the schools and take them through the scheme.
- 3.6 The accreditation scheme is divided in two specific phases:
- Phase 1 – schools have to audit the current health work that is taking place and identify 6 actions they wish to take forward over the next 3 years (3 actions for small schools). These actions will be written into the school's Improvement plans and this will also help health professionals to target their work they undertake in schools.

Phase 2 - schools must have completed these 6 actions and have evaluated them.

- 3.7 The schools are accredited through the Children and Young People's Health Improvement Group which reports to the Joint Health Improvement Team and the Children and Young People's Planning Partnership.
- 3.8 The 1<sup>st</sup> June 2007, 5<sup>th</sup> October 2007 and March 2008 are the dates set for submissions.
- 3.9 Within Scottish Borders Council 8 schools submitted information on the 1<sup>st</sup> June and all 8 were accredited with phase 1 Health Promoting Schools.
- 3.10 Presently further work is taking place through cluster events where information is being disseminated to teachers about how to submit for accreditation.

#### **4 HUNGRY FOR SUCCESS - PROGRESS**

- 4.1 Since June 2004 and the introduction of Hungry for Success the following progress has been made against the key objectives:
- 4.2 *Whole School Food Policy*  
The whole school food policy was developed and agreed during 2004. The policy embodies the recommendations as defined by the Expert Working Panel
- 4.3 *Improvements in school meals and uptake of school meals*

##### ***Primary Schools***

Information taken from the school meals census in February 2007 showed a decrease in uptake of 3% on the previous year. Although the momentum of growth has stalled we are still showing a large increase from our starting position in 2003 of an overall 17% increase in uptake. Data extracted from the census in terms of entitlement to free school meals highlights a very low percentage of entitlement at just 9.8% of total pupil numbers in relation to other authorities, however from those entitled an average 78% of pupils take free school meals against the Scottish average of 76.5%.

The following shows progress we have made since the commencement of the initiative and the steps that are underway to regain momentum:

##### **Progress**

- The nutrient standard primary school meal was delivered to all primary school children by the deadline set of December 2004 and meets the required standard
- Menu's continue to be analysed using Nutmeg computer software in consultation with NHS Dietician
- Free school meal claim procedures have been changed to make it easier for parents/carers to apply using one integrated form for clothing and school meals and the move from a voucher scheme to cash system. Census figures show a gradual increase in entitlement from 8.6% in 2003 to 9.8% in 2006.
- Many developments and changes to the menu have been introduced including sandwich and soup option, reduced processed foods, availability of fruit and free bread and the introduction in January 2007 of free fruit juice or milk at lunchtime to improve value for money and help to encourage a further increase in meal uptake.
- During January 2007 a change in the provision of regenerated meals was made in partnership with Clackmannanshire Council. The production method of food is in line with Hungry for Success criteria and allows the menu to replicate the traditional menu which was not previously possible. Figures taken from a

snapshot prior to and post implementation have shown an approximate 2-3% increase in total uptake.

- Promotional theme days (such as St Andrew's Day) have been introduced and been very successful.

### **Secondary Schools**

Two pilot programmes based in Earlston and Berwickshire High Schools was launched during April 2006. The pilot was rolled out to all secondary schools during December 2006 and January 2007.

We know from the school meals census, which was published recently that generally across all authorities there has been a decrease in uptake in secondary schools. The figures identified that 37% of Scottish Border secondary pupils currently took a school meal compared with the Scottish average of 43%. Therefore, there is potential to improve take-up of meals which is an overriding objective and action.

During the implementation of Hungry for Success into secondary schools the following areas of work have been undertaken:

- Introduced meal deals at more attractive pricing which meet the food group standards and reduced the availability of processed foods and chips which are now available only as part of the meal.
- Decision (in consultation with schools and pupils) was taken to remove confectionery and carbonated drinks. These were replaced with healthier alternatives such as smoothies, fruit juice and home baking.
- Dining areas were redecorated and new servery/kitchen equipment installed to improve quality and service.
- Introduction of Food4U branding concept within dining areas.
- Gained approval for cashless catering to be implemented during August 2007.

#### **4.4 Vending**

A Vending Policy was developed and approved by the Education Executive, June 2006. During this time a vending pilot was established in three secondary schools with branded vending machines removed and replaced with H-Box healthy vending style units.

Consultation was undertaken with pupils within the pilot schools following the implementation. The feedback demonstrated that the concept of healthier vending was being relatively well received with flavoured water and smoothies selling well. The main issues surrounded the suitability and reliability of the machines resulting in unavailability and non-vending of items.

With the advent of the Schools (Health Promotion and Nutrition) Act 2007 and direct changes which will affect snack items the issuing of the vending policy to schools has been delayed. The delay will ensure that changes in the standards can be made in line with the Act and embedded and amended in the vending policy.

#### **4.5 Dining & Kitchen Environment**

Various projects have been undertaken and initiated to support improvements to the dining room:

- Conversion of two pilot schools from regeneration to traditional completed during 2005
- Additional funding of £98,000 made available through the nutrition strand of the National Priorities Action Fund was allocated across all primary schools to

improve the dining environment and enhance the dining experience in April 2007

- Funding has also been identified and secured to replace and improve a selection of secondary school dining furniture
- New servery hatches & equipment installed in Drumlanrig and Lilliesleaf Primary Schools to improve quality and speed of service
- Heriot and Melrose Primary School in process of kitchen upgrade to move from regeneration and dining centre to production kitchens
- Dining and service installation in progress to provide a meal service at St Joseph's Primary which previously had no service

#### 4.6 *Free Fruit Initiative*

During 2004 free fruit was made available to all primary 1 and 2 classes three times a week and continues to be a success. This was further supported with the development and distribution of a resource pack to all schools.

#### 4.7 *Fresh Chilled Water*

Chilled fresh water dispensers have been installed in all primary and secondary schools. Continued review of water coolers to ensure planned maintenance undertaken and issues addressed.

#### 4.8 *Evaluation & Monitoring*

Her Majesty's Inspectorate of Education has commenced inspecting the recommendations for Hungry for Success as part of the standard inspection process within primary schools. No formal inspections have been undertaken in secondary schools at this stage but are planned to start during the course of the year.

#### 4.9 *General Initiatives*

During the many other areas of work have been undertaken to support the initiative and have included:

- The development of a breakfast club toolkit to assist with set-up of breakfast clubs.
- Tuck shop toolkit issued to all primary schools to act as a practical guide for healthier tuck shops and to support in the establishment of tuck shops.
- Access to an annual Community Grant Scheme run in conjunction with NHS Borders to provide funding for individual school initiatives.

#### 4.10 *Future and Planned work – 2007/2008*

- Catering review being undertaken by APSE is due to go to Executive at the end of the end of the year.
- Free School Meal Pilot – Scottish Borders Council selected along with four other Local Authorities to provide free school meals to all Primary 1 to 3 pupils in all schools due to commence October 2007. It offers significant opportunities but also challenges due to our overall low uptake in comparison to the other authorities involved in the pilot. Additional challenges include recruitment and training of staff and dining room facilities.
- Develop and implement special diets procedure as identified through HMIE inspections.
- Investigation of cashless catering & nutritional software systems.
- Undertake an audit of kitchen and dining areas.
- Audit to be carried out on quality and best practice of catering services.
- Incentive schemes for pupils, schools and staff are being explored.
- One positive step is to freeze the price of primary school meals for 2007/2008 to encourage more pupils to take school meals.

- New process of structured consultation with schools, parents and pupils to define what pupils would like to see, why they do not take school meals and how we can encourage pupils to try school lunches.
- Revised protocol for menu development which utilises consultation, statistical data and new recipe development.
- Implement tasting sessions with pupils at lunchtime to try samples of new dishes and an investigation into the feasibility of sampling items such as fruits on an ongoing basis.

## **5 SUMMARY**

5.1 Hungry for Success is a national initiative as part of Scottish Executive's drive towards health promotion. This is being further enhanced by the introduction of Schools (Health Promotion and Nutrition) Act 2007 where the new legislation will build upon and move forward existing policies, such as Hungry for Success and health promoting schools to endeavour to put health promotion at the heart of all local authority schools. A range of actions to support the Act and build upon progress to date is planned to be undertaken over the following year.