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**From:** [REDACTED]  
**Sent:** 28 October 2019 09:12  
**To:** [REDACTED]; [REDACTED]@east-ayrshire.gov.uk  
**Cc:** [REDACTED]; [REDACTED]  
**Subject:** HNI feedback following the inspection of St Joseph's Academy, Kilmarnock.

Good morning [REDACTED] and [REDACTED],

Following the inspection of St Joseph's Academy I have noted below my key findings in relation to the Health Promotion and Nutrition Act. For their information I have copied in the managing inspector, [REDACTED], and the inspection administrator [REDACTED], for filing.

### **Summary of key findings**

- Positive engagement with groups of young people ensures their views and opinions regarding school food are directly influencing the range of options available on lunchtime menus. Recent improvements to the range of options provided, including vegetarian and vegan meals within Grab and Go meals, are proving popular. Pre-inspections questionnaires highlight a numbers of concerns from young people regarding the quality of meals on offer. These should be addressed as part of ongoing engagement with all young people.
- Drink standards at morning break, in vending machines and at lunchtime are not being met due to the sale of non-compliant flavoured waters. Still or carbonated drinks including flavoured waters do not comply with the required standard for drinks and should be removed from sale. All catering staff should be aware of the required food and drink standards in order that they can monitor that all provision is fully compliant with the regulations for food in schools.
- All other food and drink standards are being met.
- Nutritional analysis for the 3 week menu cycle shows if meals are selected as shown then all nutrient standards will be met. However, items from the Grab and Go menu served in school do not appear to have been included in the planning, nor in the operational analysis. The operational analysis based on actual uptake data shows aspects of significant concern in the average meal selected by young people, specifically the lack of energy (80% of requirement) and key micro-nutrients (iron, calcium, folate and zinc) in week 1 of the 3-week cycle. A nutritional analysis which includes all items offered for sale and which is reflective of the choices made in St Joseph's is necessary in order to show that young people can select meals which comply with the nutrient standards for secondary school aged young people.
- Careful consideration must be given to food placement on serveries to encourage uptake of positive food choices. Based on information provided, data from the operational nutritional analysis highlights that fresh fruit uptake is low in comparison to uptake of sweetened baked items which are placed at till points providing a highly popular impulse buy for young people. In order to positively influence the uptake of fruit as part of a healthy, balanced diet portions are competitively priced however, closer attention must be given to the impact of positioning and portion size of sweetened baked items which are highly visible in comparison to fresh fruit.

- During observations very few young people were noted to choose salad or hot vegetables to accompany their meal. Again staff must look at existing presentation and delivery of food and consider the impact this has on uptake. The senior member of catering staff on site agrees that improvements can be made and will move forward on this point.
- Data on uptake of free school meals for 2018 and 2019 indicates that only around 50% of young people entitled and registered for free school meals take up this entitlement (national average is around 71%). Data from electronic payment systems allows identification of these young people which the senior member of catering staff follows up with the senior leadership team and pupil support team. School catering services and education staff should continue to work together to identify and address barriers which deter young people from taking up their entitlement to a free school lunch.
- Catering staff work closely with the Pupil Support team, sharing relevant information in order to safely provide meals for young people with specific dietary requirements. All catering staff are aware of and understand procedures in place in relation to safeguarding and child protection.
- There is scope to expand whole school approaches to the complementary roles of food as a context for learning and food provision to deliver consistent messaging around food across the school day.

I hope you find this feedback helpful in relation to your own evaluation of the service at St Joseph's Academy.

**In order to address those points noted where improvement is required you are asked to provide an action plan with timescales and evidence of action planned/taken.**

I can be contacted at [REDACTED]@educationscotland.gov.scot should you have any questions.

Kind regards,  
[REDACTED]

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[REDACTED] | Health and Nutrition Inspector | Education Scotland | Foghlam Alba  
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**From:** [REDACTED]  
**Sent:** 06 February 2020 11:30  
**To:** [REDACTED]@st-augustines.edin.sch.uk; [REDACTED]@compass-group.co.uk  
**Cc:** [REDACTED]; [REDACTED]; [REDACTED]  
**Subject:** HPN feedback - St Augustine's SS, Edinburgh

Colleagues,

Following the recent inspection of St Augustine's High School I write to share my findings in relation the Health Promotion and Nutrition Act and nutritional regulations. For their information I have copied in [REDACTED], managing inspector, [REDACTED], inspection administrator and [REDACTED] who has responsibility for school catering within Edinburgh City Council.

### Summary of Findings

- Food and drink standards at the daily morning breakfast meet all required food and drink standards. The breakfast is popular and well attended. It provides a welcoming start to the day for many young people and is reported by teachers to be contributing positively to readiness to learn in the classroom.
- The lunchtime menus adhere to all required food and drink standards.
- Nutritional analysis of the planned menu based on best estimates of uptake shows that if meals are chosen as selected then an average meal would provide a young person with the required nutrients for secondary aged pupils except for iron on 2 weeks which is not met but within 10% of the required standard. Good practice would be to undertake a monitoring analysis specific to St Augustine's using actual uptake figures to compare against the planned analysis. This would take into account for example, the lower than anticipated uptake of fruit and vegetables evident during the inspection.
- Improved information on daily food choices, prices, food provenance and perhaps even food allergens would ensure young people are better informed about the food on offer, and ready to make well informed food and drink choices on arrival at the servery.
- The main duties under the [Schools \(Health Promotion and Nutrition\) \(Scotland\) Act 2007](#) are being met. Young people commented on the involvement of the Student Representative Council to ensure access to free drinking water at all times. Meal payment processes are in place which protect the identity of young people entitled to free school meals. The use of cash at some tills should be kept under review in relation to management of young people and the uptake of school meals, whether free or paid. The effectiveness of promotional activities to impact positively on the uptake of school lunches would benefit from close co-operation of the school and catering provider working together to identify and address any potential barriers to using the lunchtime service, and to promote use of the service more generally.
- Systems in place to meet the dietary needs of young people requiring a medically prescribed diet are clearly laid out in documentation and are understood by catering staff. At present no specific diets have been requested.
- School staff and the catering provider should continue to work together to further explore ways to strengthen young people's understanding of links between learning about food and health,

and how this influences school meal provision and their food choices both within and out of school. This would provide opportunities for all staff, and young people, to better understand the changes planned for school meals in Edinburgh from April 2020, and the research evidence which underpins the Scottish Government's recent decisions in relation to school food.

- Young people spoke and wrote about their experiences of using the school lunch service which were mostly but not always positive. They would welcome a means to feedback their views, and have the opportunity to be involved in discussions with the catering provider about service improvements. All catering staff should be aware of the schools' values and approaches to promoting positive relationships, and consider how these apply to the lunchtime experience.

I trust this is helpful to you in the evaluation of your service and provision. Please pass on my thanks to all who contributed to discussions during the inspection.

Kind regards,  
[REDACTED]

[REDACTED]  
Health and Nutrition Inspector  
Education Scotland

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**From:** [REDACTED]  
**Sent:** 25 September 2019 11:59  
**To:** Headteacher@ashton-sec.glasgow.sch.uk; [REDACTED]  
[REDACTED]@glasgow.gov.uk  
**Cc:** [REDACTED]; [REDACTED]  
**Subject:** Ashton School - HPN feedback summary

Dear colleagues

I am writing following the recent inspection of Ashton School. I am copying in [REDACTED] (Managing Inspector) and [REDACTED] (Inspection Administrator) for information.

Schools (Health Promotion and Nutrition) (Scotland) Act 2007 – summary feedback:

- Young people are well supported by staff to express their wishes and choices as independently as possible at both breakfast service and lunchtimes. There is a good opportunity to develop communication skills of catering staff for example learning about Makaton to build on the relationships between young people as they make use of the dining hall.
- The school is making good use of funding to provide suitable items for breakfast and is already aware of improving provision by moving this to mid-morning to better suit the needs of young people.
- There is already good partnership working between the school, catering and other services to ensure the current dietary needs of young people are being met. This needs to continue to build the relevant skills and confidence of staff as the needs of young people develop and change.
- The main duties under the Act are being fulfilled, namely the promotion of the school meal service and easily accessible drinking water throughout the day. All young people attending the school are entitled to a free school meal.
- The nutritional analysis of the menu cycle shows that whilst almost all nutrient standards are being met there is still some further work to do to ensure full compliance. The food and drink standards which apply outwith lunchtimes need to be taken into account at breakfast provision. This link will take you to the relevant guidance [Healthy Eating in Schools](#)

I trust the above will be of assistance to you in the evaluation of your service. Please pass my thanks to all who engaged in discussions around health and wellbeing during my visit.

Best wishes  
[REDACTED]

Health & Nutrition Inspector/Neach-sgrùdaidh Slàinte is Mathais

**Please Note: My working week is Monday to Wednesday.**

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**From:** [REDACTED]  
**Sent:** 23 March 2020 14:32  
**To:** headteacher@larkhall.s-lanark.sch.uk; [REDACTED]  
**Cc:** [REDACTED]; [REDACTED]  
**Subject:** Larkhall Academy HPN summary

Colleagues

I am writing following the recent inspection of Larkhall Academy. I have copied in [REDACTED] (Managing Inspector) and [REDACTED] (Inspection Administrator) for information.

Schools (Health Promotion and Nutrition) (Scotland) Act 2007:

- The main duties under the Act are being met. Access to free drinking water throughout the day, the promotion of school meals to parents and young people who are entitled to a free school meal are not openly identified.
- School and catering staff work well together to monitor uptake of school meals and in particular free school meals. Helpful joint approaches taken to promote the uptake of school catering provision include working with young people through PSHE to walk through how to access and make use of the service in school.
- The nutritional analysis of the menu cycle shows that all nutrient standards are being met. Food and drink standards across the day are being met. Catering services are making headway to reduce red and red processed meats across the school day. The change in provision at morning break service is already helping young people understand that traditional products are being removed to make way for new products in readiness for compliance with the revised nutritional requirements.
- Catering staff have positive and supportive relationships with young people and understand their role and responsibility in the welfare of all young people.
- Young people benefit from local arrangements to offer accreditation in the Royal Environmental Health Institute of Scotland (REHIS) awards through joint working between catering service and school staff.

I trust the above will be of use to you in the evaluation of your service and provision. Please pass on my thanks to all who engaged in discussions around health and wellbeing as part of the inspection, in due course.

Given the current situation please do not feel it necessary to respond to this email. There are more pressing issues for us all to be dealing with but this is to round off this part of the inspection. Wishing that you all stay safe and stay well.

Best wishes  
[REDACTED]

Health & Nutrition Inspector/Neach-sgrùdaidh Slàinte is Mathais

**Please Note: My working week is Monday to Wednesday.**

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**Section 38(1)(b) – personal information**

An exemption under section 38(1)(b) of FOISA (personal information) applies to some of the information contained within the summary finding documents because it is personal data of a third party, i.e. names of individuals, and disclosing it would contravene the data protection principles in Article 5(1) of the General Data Protection Regulation and in section 34(1) of the Data Protection Act 2018.

This exemption is not subject to the ‘public interest test’, so we are not required to consider if the public interest in disclosing the information outweighs the public interest in applying the exemption.