

**THE HIGHLAND COUNCIL**  
**EDUCATION, CULTURE AND SPORT COMMITTEE**

**17<sup>th</sup> September 2009**

Agenda Item	9.
Report No	ECS/40/09

**Healthy Snacks in Schools – Guidelines**

**Report by Director of Education, Culture and Sport**

**Summary**

This report summarises the support and guidance that has been developed by the Education, Culture and Sport Service in partnership with NHS Highland that is now provided to all Highland School Communities to implement the Schools (Health Promotion and Nutrition) (Scotland) Act 2007.

The report details in particular, the approaches taken to ensure school snacks provided in schools are compliant with the Nutritional Regulations 2008 and an approach taken by ECS to extend The Act further to promote healthy packed lunches.

The Schools (Health Promotion & Nutrition) (Scotland) Act 2007 (hereafter referred to as The Act) relates directly to the commitment in **Strengthening the Highlands**:  
*“We will give a high priority to Highland’s children being health and active”.*  
and several Single Outcome Agreement commitments relating to health improvement.

**1. Background**

- 1.1 At the Education, Culture and Sport Committee on 12<sup>th</sup> March 2009, the service reported trends of school meal uptake and members requested a further report on the support and guidance that was at the developmental stage on ‘School Snacks’.
- 1.2 The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 was supplemented by The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008<sup>1</sup> (hereafter referred to as ‘Nutritional Regulations’) The Nutritional Regulations were approved by Scottish Parliament in June 2008 and built on the progress that school communities had already made through ‘Hungry for Success’.
- 1.3 The Scottish Government provides guidance ‘Healthy Eating in Schools’, which provides technical information on the Nutritional Regulations. The Scottish Government has also provided information for healthier packed lunches, ‘Hungry for Success: A healthy packed lunch’<sup>2</sup>. However, Highland school communities requested further local support interpreting the Nutritional Regulations in a format that was suitable for pupils, parents and staff involved in the provision of mid-morning break or ‘tuck shops’.
- 1.4 Through discussions with schools and partner agencies it was also requested that guidance be produced that supported a ‘whole school approach’ and encompassed guidance for opportunities for eating that were not included in the School Act, this included special events, trips outwith school and healthier home baking,

## **2. Guidance and Resources to School Communities**

- 2.1 In partnership with NHS Highland, Education, Culture and Sport as part of the 'Your choice to Healthy Living' approach, has developed 3 sets of guidance<sup>3</sup> to support school communities to ensure they can meet with the Nutritional Requirements, and ensure a whole school consistent approach.
- **Guidance for School Snacks**
  - **Guidance for Celebrations, Special Events, School Trips and Rewards**
  - **Guidance for Healthier Home Baking**
- 2.2 '*Guidance for School Snacks*' was designed to provide extra clarity and practical suggestions for mid-morning break in both primary and secondary schools, rather than provide a list of what 'can' and 'can't' be sold, the suggestions can be applicable to any school based on their local suppliers.
- 2.3 '*Guidance for Celebrations, Special Events, School Trips and Rewards*' was designed to provide school communities with guidance that would help them to ensure a consistent approach by following similar principles of the School Act at social and cultural events.
- 2.4 '*Guidance for Healthier Home Baking*', provides a practical recipe for schools communities, cooks, caterers and pupils about how to improve the nutritional value of home baking.

## **3. Monitoring**

- 3.1 Schools are required through the implementation of The Act to ensure that they maintain their status as a Health Promoting School. In Highland, this will include compliance with the Nutritional Regulations which must be evidenced through a self-evaluative statement in the school's Standards and Quality Report.
- 3.2 Health and Wellbeing is a feature of all school inspections, however a sampling method is undertaken by Her Majesty's Inspectorate of Education (HMIe) to inspect schools on the implementation of the School Act.. These inspections are carried out by a team of Health and Nutrition Inspectors (HNIs), all reports are collated to examine compliance with the Nutritional Regulations.

## **4. Implementation of Guidance**

- 4.1 All schools and partner agencies will receive sets of the guidance and support to schools is provided through a team of Health Promoting Schools Officers. Effectiveness of the guidance is measured through ongoing dialogue with School Nutrition Action Groups (SNAGs) and is reported to the Your Choice to Healthy Living - Health Action Group.
- 4.2 The guidance has been recognised nationally by the Scottish Health and Wellbeing Education Network and has been disseminated as good practice.

## **5. RECOMMENDATION**

5.1 Members are asked to:-

Comment on the approach and agree the guidance for healthy snacks in schools

### **Signature:**

**Designation:** Director of Education, Culture and Sport

**Date:** 21<sup>st</sup> August 2009

**Author:** Louise Jones  
Health Promoting Schools Manager

### **References:-**

1. The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008.

[http://www.opsi.gov.uk/legislation/scotland/ssi2008/ssi\\_20080265\\_en\\_1](http://www.opsi.gov.uk/legislation/scotland/ssi2008/ssi_20080265_en_1)

2. Hungry for Success: A healthy packed lunch

[www.highland.gov.uk/learninghere/childrenservices/healthyliving](http://www.highland.gov.uk/learninghere/childrenservices/healthyliving)

3. The three sets of guidance can be downloaded from The Highland Council website and page dedicated to 'healthy living'. (This will be provided to all council members in hard copy at the ECS Committee Meeting)

[/www.highland.gov.uk/learninghere/childrenservices/healthyliving/](http://www.highland.gov.uk/learninghere/childrenservices/healthyliving/)