

Deployment of Health and Nutrition Inspectors (HNIs) on school inspections

HNIs are permanent staff members of Education Scotland. They are employed to monitor the fulfilment of statutory duties within the Schools (Health Promotion and Nutrition) (Scotland) Act 2007(The Act) and nutritional regulations. The Act imposes duties on Scottish Ministers, education authorities and managers of grant aided schools to endeavour to ensure that schools are health-promoting places. It also places duties on education authorities and managers of grant aided schools to ensure that all food and drink provided complies with nutritional requirements set out in Regulation. Full details can be found through this link <http://www.gov.scot/Publications/2008/05/08160456/0>

HNIs join a proportion of primary, secondary and special schools from the general inspection programme undertaken by Education Scotland. Where a school has a residence, such as a hostel, this will also form part of the school inspection. An HNI may also occasionally join inspection teams in residential, secure or independent schools.

Typically, an HNI will join an inspection team for 1 to 1.5 days between Monday lunchtime until end of day Wednesday, unless specific alternative arrangements have been made due to local circumstances.

HNIs undertake core inspection activities in relation to monitoring compliance with the requirements of the HPN Act. Amongst other information, the school is asked to provide nutritional analysis of the current school lunch menu and examples of current recipes used. If there is no HNI on the team, their core inspection activities are not transferred to another team member due to the specialist nature of their work.

Examples of the type of activities undertaken are shown below.

Activity	Evidence relating to
Observation of school food and drink provision including breakfast, morning break, lunchtime and any other food and drink provision.	Quality of provision, relationships, health promotion, monitoring of uptake and waste, payment systems, portion sizes, food availability throughout service, sustainability.
Meeting with catering staff, and an optional joint observation at lunchtime. A senior member of the school catering service is also welcome to join inspection discussions.	Special diet procedures, child protection training, uptake trends, school lunch promotion, menu planning, contribution to food related learning, work with parents/partners, feedback from children and young people, nutritional analysis, food and drink standards, promotional activities.
Review of menus, recipes and nutritional analysis	Compliance with nutrient standards and food and drink standards.
Discussions with children/young people	Their experience of school food and drink provision and food related learning.

Discussion around management of school meal payments	Appropriateness of systems to protect the identity of those in receipt of free school meals.
Meeting school staff leading on food education.	Links between food and drink provision and food related learning, awareness of food and drink standards and whole school approach to food and health.
Feedback to headteacher	To share findings in relation to the HPN Act.

In addition to the core role, the HNI will contribute, along with other team members, to monitoring that schools are fulfilling their duty to be health promoting, including the responsibilities of all for health and wellbeing.

A range of activities may be undertaken in order to provide assurance that a school is promoting health effectively. Evidence gathered will contribute to the inspection team's view of wellbeing. The managing inspector will allocate activities depending on the requirements of the inspection team and the school/centre which may include any or all of the following activities.

Meeting a group of children/young people	To discuss their experience and views of how the school protects, promotes and supports their health and wellbeing, their sense of feeling safe, valued and respected, listened to and included, with access to help and support as required.
Meeting with children/young people responsible for leading health promoting activity	To discuss the impact of leading health promoting activity and their contribution to the life of the school and wider community. Roles may include health groups, peer mediators, running tuck shops or lunchtime clubs, mentoring, leading physical activities, organising support groups.
Meeting with external partners e.g. Active Schools, community organisations, NHS health improvement teams, 3 rd sector colleagues or Community Learning colleagues.	To discuss local health needs, priorities, joint planning/evaluation, understanding of school vision for HWB.
Meeting with the lead member of school staff or group of staff responsible for the schools' overall strategy for health promotion.	To discuss the school's social, economic and cultural context on the health and wellbeing of children and families, understanding of wellbeing and individual responsibility, professional learning for staff, culture of evaluation, evidence of impact and positive outcomes for children/young people and families.

School environment	Displays of health related material, behaviour in corridors and social spaces, use of school grounds, relationships, active playtimes, tutor time, dining environment, after school clubs, special interest groups.
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Frequently asked questions:

Why is an HNI on the team?

- Health and Nutrition Inspectors have worked as part of school inspections since 2004. Initially employed as *Nutrition Associate Assessors* with *Her Majesty's Inspectorate of Education*, to support and monitor the response to *Hungry for Success* guidance by local authorities and schools. The introduction of the HPN Act in 2007 and implementation in 2008 (primary schools) and 2009 (secondary schools) meant significant changes from guidance to legislation and statutory duties. <http://www.gov.scot/Publications/2008/09/12090355/0>
The monitoring of these duties is a core aspect of an HNIs specialist role.

Why is there not an HNI on every inspection team? What difference does it make to the inspection evidence and evaluations?

- As a specialist and finite resource, HNIs can only take part in a proportionate number of school inspections. If there is no HNI, there is no requirement to provide a nutritional analysis of the lunch menu nor a sample of recipes. There will be less of a focus on specific aspects of school food provision. HMI colleagues and other team members will still carry out activities which contribute to the evaluation of health promotion and wellbeing and some aspects of the HPN Act, for example arrangements to protect the identity of those entitled to a free school meal and ready access for children and young people to free drinking water.

How long will an HNI be in school as part of the inspection team?

- An HNI may be with the inspection team for up to 1.5 days. Typically between Monday lunchtime until end of day Wednesday. The length of time an HNI will be deployed is determined by the needs of the inspections being planned and making best use of their available expertise. For example, if simultaneous inspections are underway, a secondary school and associated primary school could have input from the same HNI over the 2.5 days with time being split accordingly. The detail of when the HNI will be on a team will be discussed with the managing inspector and headteacher during the early discussions following notification of an inspection.

What sort of activities will they engage in?

- The table of core and other potential activities provides details of typical allocation of time.

How can the school get greatest benefit from an HNI being on an inspection team?

- HNIs have specialist knowledge of nutrition and health and wellbeing. They can offer particular support, advice and reassurance in relation to these areas in your school's community.

What is expected when a school has a residential hostel?

- The same nutritional requirements which apply to school lunches also apply to evening meals provided in school residences or hostels where these are provided for pupils. Any reference to school meals in the guidance document should be read as including evening meals too where these are provided.

<http://www.gov.scot/Publications/2008/09/12090355/0>