

## Deployment of Health and Nutrition Inspectors (HNIs)

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 for all schools to be health promoting and comply with 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 [Healthy Eating in Schools Guidance 2020 - gov.scot \(www.gov.scot\)](http://www.gov.scot/Health_Eating_in_Schools_Guidance_2020)

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 this will also usually form part of the HNI inspection. An HNI may also occasionally join inspection teams in residential secure schools or independent schools.

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, monitoring of uptake and waste, payment systems, portion sizes, availability through service, sustainability.
Meeting with catering staff and an optional joint lunchtime observation. A senior member of school catering service staff is also welcome to join inspection discussions. Review of menus, recipes and nutritional analysis. These documents should be available in school.	Special diet procedures, child protection training, uptake trends, menu planning, links with learning, work with parents/partners, feedback from customers, nutritional analysis, food and drink standards, promotional activities. Compliance with nutrient, 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 identity of those in receipt of free school meals.
Meeting school staff leading on food related learning.	Links between food and drink provision and food related learning, awareness and understanding of food and drink standards, and whole school approaches to food and health.
A brief meeting with the HT at the end of the day.	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/setting.

### 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. The monitoring of these duties is a core aspect of an HNIs specialist role. The Nutritional Regulations within the Act were revised in 2020. [Healthy Eating in Schools Guidance 2020 - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/healthy-eating-in-schools-guidance-2020/pages/introduction.aspx)

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 on a team, there is no requirement to request a nutritional analysis from the school. 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 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.

What is expected when a school has a residential hostel?

- If an HNI is on the team and the residence is within the scope of the inspection it is important that they know there is a residence/hostel. The HNI will need to plan to spend time with catering staff in the residence as 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 (link below) should be read as including evening meals too, where these are provided. [Healthy Eating in Schools Guidance 2020 - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/healthy-eating-in-schools-guidance-2020/pages/introduction.aspx)