



Evaluation of Food for Thought Project Phase 8

Education Scotland aims to find out about examples of ‘interesting practice’ relating to Food and Health in order to support practitioners in other establishments. This evaluation, **which must be completed by every funded establishment**, will help us to collate a bank of information around food and health education in Scotland.

We are looking for information of approx. 300 words (‘scrollable’, bulleted etc.) to provide practitioners with key information about your project which could potentially be uploaded to the [National Improvement Hub](#) or Good Food Nation website.

Please return the completed form to Jeanette.smart@educationscotland.gov.uk no later than **Friday 11th February**

1. Your details

Establishment – please state clearly if it is ELCC / Primary / Secondary / ASN	Onthank Primary School Meiklewood Road Kilmarnock East Ayrshire KA1 2ES
Local Authority	East Ayrshire Council
Contact name	Steven Swan, Home Link Worker
50 word summary about your project	Our Chicken Coop provides opportunities for our young people, families and wider community to shape and engage in high quality, interactive food education learning experiences. This has sparked our animal behaviour therapy provision, positively tackling health and wellbeing, attainment and positive destinations. The Love Food Hate Waste ethos is embedded across the school, with young people being empowered to lead the change in their own homes.

2. Current numbers:

In this session, how many:

Learners have / will benefit directly from your project?	604
Members of staff have / will benefit directly from your project?	40



3. Which of these themes or guidance did your project relate to? Please tick all that apply.

Food Summary Page . Includes skills progression using the Es and Os and the Benchmarks.	X
Love Food, Hate Waste	X
Farm Visits	X
Developing the Young Workforce .	
Inequity/attainment gap	X
Good Food Nation: Scotland's National Food and Drink Policy	
A healthier Future – Scotland's Diet and Weight Delivery Plan	X
Helping parents with food and eating	X
Better Eating, Better Learning :new context for school food, follow up to Hungry for Success	X
Beyond the School Gate : improving food choices in the school community	X

Which (if any) of these organisations did you work with as part of your project?

RHET (Royal Highland Education Trust)	
Love Food Hate Waste (Part of Zero Waste Scotland)	X
Developing Young Workforce Scotland	

4. Please provide as much information as you can in the following sections. The boxes expand as you type.

What stage are you at with your project now (Food for Thought should be a long term, sustainable, on-going project so this will indicate	As our project launched an exciting energy pervaded the school, with Pupil Council and Rights Respecting School Ambassadors meeting to be introduced to the 'Love Food Hate Waste' campaign and co-creating our school 'Waste Attack Plan'. Young people collaborated with the teaching staff focus group to identify aspects of the LFHW educational
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where you are in the 'journey')

packs they would initially like to explore, and lessons were executed sharing this important message across our school community.

Posters were created during art activities across the stages, remaining on display in our library and dining hall areas as a constant reminder. Simplified waste calendars were created and discussed specifically across Primary 3 but shared across all stages.

Following this, our school ECO Committee requested to become involved and from this partnership, our 'Taste It, Don't Waste It' initiative was born. From Mon 6th September 2021, every lunchtime, our Primary 6 & 7 ECO representatives measure the waste per stage and log this on a graph for pupils and staff to see.

Individual bins are labelled for recycling and food waste alone to allow our 'Waste Wardens' to work alongside our Catering Team to weigh the waste and keep an accurate log. Our 'Wardens' also support younger stages to "clear your plates" and continually remind their peers of the importance of healthy eating and finishing a meal. (This piece of work was extended into topic work focused on brain development across the full school as we work alongside EAC Educational Psychologists).

As our social media presence heightened with positive news of decreasing waste at Onthank (supported by data), we were approached by East Ayrshire Council to participate in their 'Clean Green East Ayrshire' campaign, part of COP26. Council representatives interviewed our ECO Committee Chair/Vice Chair, Steven Swan (Home Link Worker) and Heather Robertson (Senior Catering Manager) promoting the achievement in waste reduction and food education in our school.

Onthank were praised with feedback "every school should be doing this" from EAC and our young people were inspired to continue this work and take it to the next level. Our final video issued across the authority can be viewed following this link: <https://www.youtube.com/watch?v=OMxTT4hTNEo>

Daytime 'waste' from the dinner hall was also created into a new snack by the young people accessing our 'Onthank Centre' enhanced support provision. Furthermore, in alignment with our already established Dignified Food Provision, salvageable waste (in alignment with current guidance), was used to enhance the meals our school provided for members of our community.

We would not have achieved such wider impact without this initiative being led by the young people, following their exploration of the Love Food Hate Waste initiative.

Moving forward into 2022, we have secured the following from our budgeted resource list (14.01.22):

	<ul style="list-style-type: none"> • Greenhouse • Garden Tools • Watering Cans • Gardening Gloves • Seeds • Compost • Rakes/Shovels • Canes • Paper Bags • Waste Warden Badges/Lanyards • Waste Warden Uniform <p>We await the following:</p> <ul style="list-style-type: none"> • Chickens/Quails • Feeders • Raised Beds • Plant Pots • Dean Park Ranger visit • Coop • Running Costs TBC <p>In East Ayrshire we have struggled with procurement, having to resource all submitted items due to them being declined on the forum originally confirmed. In order to have the grant funding spent, these will be secured prior to the end of February (receipts to follow if required).</p> <p>We continue to seek advice from partner schools in the authority that currently house chickens for guidance and have already reached out to Our Onthank Community for support the creation of 'Our Coop'. Following this, we will revisit our original application, looking at October 2021 outlines to shape the next stage in our story. We will then focus on Easter (start of April 2022) being the new deadline for an 'Easter Celebration' in place of our previously scheduled 'Coop Christmas'.</p> <p>Our chickens/quails will arrive early Spring and the sustainable aspects of our project detailed in the original application with truly come to life. These include, but are not limited to, whole stage weekly sessions with the animals with lessons linked to food education/behavioural therapy, grown produce being shared with the Community Café and used in school towards meals/our Dignified Food Provision, our garden area being used more for outdoor education and the creation of our own bespoke school menu.</p>
<p>What is the (intended) long term impact of your project?</p>	<p>When 'Our Chicken Coop' is fully established, Onthank Primary intends to maximise impact across our whole school community, creating the beginning of an outdoor food education legacy for our young people and their families. In</p>

<p>(what would you like to see in 5+ years)</p>	<p>time this will become an open, welcomed area for any members of the community to visit and contribute towards its sustainability.</p> <p>We envisage the addition of 1 if not 2 further 'Coops', the development of our garden space where community friends can "Pay It Forward", donating what they can for our grown produce, sustained partnerships specifically with the Onthank Community Larder and Café allowing young people to visit and share food/cooking experiences across generations and the Love Food Hate Waste message refreshed and forever accessible to those we have yet to meet.</p> <p>We hope our garden area can be used by the community, especially by friends in Crossgates Care Home (directly opposite the school) to share intergenerational experiences, learning about the history of food education, be introduced to present day food education and unite to embed health and wellbeing across the sectors. The garden will also be a therapeutic setting for our elderly friends living with Dementia to share moments of cherished reminiscence with their family. Through stimulated conversation led by our young people, Onthank will become the heart of the community, offering positive, caring solutions to social isolation and wider 'What Matters To You?' Scottish Government outcomes.</p> <p>The "Pay It Forward" model sees community members contributing what they can, placing a value on our produce offering, while allowing them to remain dignified and empowered. Funds raised will ensure the sustainability of our project for maintenance purposes and expansion. In turn, we shall see outcomes where our full school community have a shared energy, responsibility, and vision to ensure sustained health and wellbeing, continued reduction in food waste and have an educated understanding of the impact surrounding food can have on them, their family, and their life.</p>
<p>Have you faced any particular challenges? How were they overcome? (if applicable)</p>	<p>It would be apt to address and evaluate the challenges faced by Onthank Primary in successfully delivering and achieving the maximum impact outlined in the initial proposal including:</p> <ul style="list-style-type: none"> • COVID-19 <ol style="list-style-type: none"> 1. Staff/Pupil Absence 2. Restrictions 3. Educational Priorities • Funding Release • Minimal Staff Engagement <p>Upon successful notification of our project, 12 staff members across all stages and management expressed interest to lead our vision throughout the school community. Successful activities took place including 'Love Food Hate Waste' based lessons, shared knowledge across the wider school on</p>

	<p>healthy eating and food waste, the launch of our 'Taste It Don't Waste it' campaign (which was filmed by East Ayrshire as best practice and something "every school should be doing") and a farm visit linking food education with animal behavioural therapy. I will expand on these individually throughout.</p> <p>However, after a positive start seeing our school wallpapered with 'Love Food Hate Waste' posters and engaging lessons on food education (creation of healthy bite size meals, relation of healthy eating to brain development, introduction to weekly waste home monitoring, a farm visit) our school was highly impacted with COVID staff related absence. This saw the beginning of a pause on our project with the sole focus of cover staff teaching to continue a coherent, learning journey for each individual centred on the core foundations of CfE (LIT/NUM/H&W). Staff who had previously expressed interest could no longer continue to deliver across their stages and/or throughout NCT as attainment became the priority. Furthermore, upon both teacher and pupil return, the importance remained bridging any gaps driving educational outcomes.</p> <p>Following an engaging, interactive farm visit, further restrictions stopped our return visits and future planned educational trips to local organisations and within the community, including CentreStage and The Dean Park. We have retained positive relationships across the community, all of whom remain understanding of the circumstances and have confirmed we may attend visits when safe to do so.</p> <p>From August 21 – October 21 staff engagement was 'strong – average', however as further restrictions were put in place, COVID-19 cases started to rise and staff/pupils juggled absence, our focus group lost staff ambassadors and we were left with a smaller group. This had a continued domino effect with staff mental health actively being concerned on attainment and requesting our project be placed on hold, regardless of the benefits they agreed it would bring.</p> <p>This concept was shared by pupils throughout Pupil Council discussion as they remained excited for the arrival of our chickens and fruit/vegetable garden, however acknowledged "maybe we could do this in the Spring time when so many people might not be off from COVID and we can learn outside when it's dry" (P7 pupil). The feeling of lost momentum, due to circumstances out with our control, dulled staff morale, pupil participation and a shared disappointment in "we started off so well" was felt across the campus.</p>
<p>Best piece of advice what others would really benefit from knowing)</p>	<p>When considering submitting an application for Food For Thought Phase 9 (which I hope receives funding due to the immediate impact and sustained impact predicated) I would advise the following to future applicants:</p>

	<ol style="list-style-type: none"> 1. Plan all activities/outcomes/visits/anticipated completion dates with COVID-19 potential restrictions in mind. Allow additional time, for realistically achievable goals in order to support staff and community in achievement. 2. Take initial ideas to the demographic you are working with for them to develop and instigate creative conversation. Include Pupil/Community voice to strengthen the application, ensuring a connection and sense of pride and ownership for those who will benefit. Subsequently, this will increase motivation, drive and engagement from all. 3. Education Scotland is supportive, providing solutions if your project doesn't go to plan or time lines are not adhered to. Always share where you are on the journey and ensure transparent communication and you will positively deliver your project and the reporting process. 4. Dream BIG – <i>“anything is possible, even the impossible”</i> (an Onthank motto) with confidence and belief no dream is too big and you and your organisation/school can achieve anything. <p>We would never have thought Chicken/Quails would be welcomed to Onthank to enhance curriculum, learning and wider Scottish Government outcomes - but they are coming. Dream BIG.</p>
<p>Wider HWB context? (e.g. links to wider activities, projects, plans)</p>	<p>Wider HWB outcomes and impact is embedded throughout each aspect of this report, directly linked to the area of discussion.</p> <p>If you require further evidence or narrative please let me know and I can elaborate further.</p>
<p>Partnerships (employers, industry, farms organisations etc. – please expand to provide detail of how well this has worked)</p>	<p>Positive community links have been established; however, COVID-19 guidance saw a pause on visits across our local authority to heighten food education. We are scheduled to visit CentreStage (who turned their previous theatre into a food hub during the pandemic and now have one of the largest kitchens in East Ayrshire) in February 2022.</p> <p>Community partnerships and aligned vision is epitomised here as the head chef at CentreStage is a parent of a young person at Onthank Primary. Conversations already ensure sustainability of food education in a different setting/sector for the young people and community of Onthank with this partnership.</p> <p>Prior to strict restrictions, we were able to take 8 young people to Honeybee Farm, Galston for an introduction to farm food education and animal behavioural therapy. The identified young people, all of whom have lived with or are still living with trauma, engaged positively, some almost</p>

	<p>becoming in a calm, trance like state when caring for the animals. This is the wider impact we intend to focus and build upon when our chickens arrive at school.</p> <p>Staff worked alongside Lesley Smith, farm owner and secondary drama teacher, to design a workshop where young people learned about the animals, how they created food (i.e. eggs) and the journey from 'farm to fork'.</p> <p>Unfortunately, this was also paused, however we have our second farm visit also planned for February to develop this initial workshop. Lesley is also providing guidance and support on the creation of 'Our Chicken Coop', signposting us to community organisations that can assist.</p> <p>Continued visits to our partner organisations have already been confirmed.</p>
<p>Watch this space! Where are you going next with the learning related to Food Education?</p>	<p>We hope, and have initiated discussions, with Lesley at Honeybee Farm to create a programme where identified learners will have accessed her animal therapy experience during their time at Onthank Primary School. Expanding this positive relationship, as well as that with CentreStage, will place Onthank at the heart of a proven educational and health and wellbeing change, acting at the catalyst for other schools and communities to do the same. We will reach a wider demographic whereby educators, professionals and teachers in training can access our provision, learn from our successes and mistakes, and create projects of their own.</p> <p>Allowing our garden and 'Chicken Coop' to thrive operationally and safely will allow our staff to embed food education across the curriculum, making direct reference to our project, in a way young people will engage due to their hands on, natural connection and excitement towards the animals.</p> <p>As we move into 2022, our positive relationships with pupils, families and the wider community will be capitalised on and encourage everyone to be involved in making the dream a reality. Already we have been offered coop/hutch donations, support from parents in garden maintenance and 'Chicken Care' at weekends, highlighting the strength of community spirit and their willingness for success and sustainable impact.</p> <p>We will continually strive for, and support a community of better choices, healthier living, enhanced educational engagement, achievement and new, fresh ideas from the young people and adults/families we serve as to how we continually improve and develop this initiative for generations to come.</p>
<p>Quotation(s) if applicable commenting on your project (e.g. head of establishments,</p>	<p>Alison Wright, Head Teacher Statement</p> <p>As Head Teacher of Onthank Primary I have felt so incredibly proud of the pupils and staff who have implemented the Food For Thought initiative. The impact of</p>

Local authority representative, young person, parent)

our "Love Food Hate Waste" Campaign has meant children in all stages of the school have a greater awareness of the need to reduce food waste and look after our planet. Linking to the COP26 climate change summit in Glasgow children were not only learning more about climate change but were also being proactive in making a difference. They spread this message to their peers, parents and the local community. The promotional video was highly commended, and this has sparked further initiatives. The ECO committee have an action plan which links to the Global Goals. Looking forward to 5 years' time, I would envisage initiatives like this to be an integral part of our Curriculum where children in all stages learn about Sustainability and how their actions could benefit the planet.

Glynis Findlay, Depute Head Teacher Statement

The Food for Thought Programme in Onthank is positively received by all. Pupils are encouraged to try and eat their lunch and taste something new: this has resulted in less food waste. Senior pupils and Catering Staff are actively involved in weighing each stage's food waste. This leads to discussion about different menus and "heavier days" e.g. melon skin heavier than ice cream. We enjoy the lunch time chats about food tasting and food waste with pupils while they are clearing their plates into the recycling bins.

David McIlwraith, Depute Head Teacher Statement

The Food for Thought funding has provided #OurOnthank with the financial support to develop Food and Health education within our own, unique context for learning. Working closely with our catering team, East Ayrshire Council and local farmers, we have been able to shape and create a journey for our young people which will provide high quality, skills-based learning experiences. It is the resources and experiences created through the funding which will help to embed food education into the ethos of Onthank Primary School. We have already seen an increase and awareness of food waste, and our data demonstrates the focus we have had as a school in our path to 'net-zero' as a school community. As our programme of delivery continues to evolve, we want to enhance the knowledge of staff and pupils around seasonality, outdoor learning and physical activity in growing produce. This first term has certainly given us 'food for thought' and I am sure our plans for the rest of the academic session will ensure food and health education will shape our school curriculum.

Zoe Merrick, Class Teacher & Eco Committee Staff Representative

Food For Thought has given the Eco Committee the opportunity to have a real 'hands-on' involvement in measuring the food waste in Onthank Primary School. They have taken on roles of researching, measuring and reporting on the waste measured in the dinner hall. They also have a greater awareness of the carbon emissions created from waste and where it comes from. The P7 Eco Reps in particular have had a responsibility in leading the Waste Wardens and have benefited from what they have learned and can now promote in Onthank and at home.

Suzie Cassells, East Ayrshire Council

We selected Onthank Primary School to showcase their Love Food Hate Waste project as part of the Council's COP26 publicity campaign.

The children were incredible! They are doing a fabulous job helping to spread awareness of the damage food waste does to the planet. It was fantastic to see the pupils having such passion about their project. Weighing food waste from each class at lunch times and recording their results to try and improve each day. They are making a real difference and have managed to cut their food waste by a third. We are so proud of the progress they are making.

Pupil Comments

'K' P2: "I'm glad I tried the macaroni- now I like it."

'A' P3: "I've asked my mum to have recycling bins at home."

'M' P4: "I like trying new things to eat. My new favourite is salmon fingers."

'J' P7 ECO Captain & 'R' Waste Warden: "Pupils in most stages particularly P6 & P7 are trying more food and this is shown in the reduction on the graph of waste gathered. The ECO Reps have been leading encouragement to be a Waste Warden and their presence makes waste reduction more successful."

'L' P7 Pupil Council Chair: "Have you ever thought about the food you eat and waste? Or about the children all around the world who are less fortunate than you? Onthank have.

We have started our Food For Thought project, weighing our food waste and taking part in Love Food Hate Waste lessons. Children around the school have acknowledged this and are trying to eat more and waste less!"