



Community Planning Aberdeen

Improvement Project Title: Torry Free School Meals Initiative (phase two - uptake of free school meals)

Executive Sponsor (Chair of Outcome Improvement Group): Rob Polkinghorne

Project Lead: Anne-Marie Steehouder-Ross (Community Development Officer) and Tanita Addario (Development Worker)

Aim statement (What are we trying to accomplish? Over what time? Numerical target for improvement?)

We aim to increase the number of free school meals taken by those pupils registered for free school meals at Lochside Academy, Tullos Primary and Walker Road Primary by 10% at each school by 31st of September 2019.

Link to Local Outcome Improvement Plan:

This improvement project links directly to the **Torry Locality Plan 2017 – 2027:**

Community Priority: Our children and young people will have equal opportunities to achieve in life

Primary Driver: We will close the attainment gap

| Primary Drivers | Secondary Drivers | Lead Partners | Improvement Aims | | | | |
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| | | | Improvement Measures | Baseline | 2018 | 2021 | 2028 |
| | Increase uptake of free school meals and breakfast clubs during the year which will include school holidays, we will use the Tullos Primary Project as | Big Noise ACC - EC & S Priority Families ACHSCP Community School AAP/Sport Aberdeen Police CSP Community Justice Third Sector | % Increase uptake of free school meals LA/TP/WR | Information pending (source identified) | | | |
| | | | | 75% of children in Torry are in the most socially deprived quintile (20%) : < 25% of school children in P 4 – 7 are registered for | | | |

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| | a pilot 3 | | | free school meals | | | |
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How does this support prevention and early intervention?

Recent research evidences the wide range of benefits of free school meals. In a report by NHS Scotland, ‘Evaluability assessment of Free School Meals for all children in P1–P3’ (Beaton et. al 2008) authors highlighted free school meals as having the potential to reduce health inequalities by removing price barriers to healthy foods.

Furthermore, in ‘Process evaluation of the Implementation of Universal Free School Meals: Research with parents’ by NHS Scotland (Ford et al. 2015), they found that free school meals were perceived by parents as leading to improved educational attainment, better school attendance and behaviour and cost savings for families.

Pupils and parents have been consulted at Torry Academy, Tullos and Walker Road Primaries regarding school meals as part of previous surveys and also as part of phase one of the Torry Free School Meal Project (phase one – registration). Findings indicate that there were some issues identified around the dining experience, portion size, the menu/options available and fussiness/reluctance of pupils to try certain foods.

Measures: (How will we know if a change is an improvement?)

We will routinely analyse the data on uptake of school meal data to see if we are making an improvement.

- **Outcome measures**
 - Number of free meals taken on a weekly basis
 - Number of pupils taking free meals on a monthly basis

- **Process measures**
 - Parent/pupil feedback on change ideas
 - Number of downloads/views of the menu
 - Number of families (For whom English is not their first language) take the free school meals
 - Uptake of incentives

- **Balancing measures**

Change ideas (What can we do that will result in improvement?)

We have eight change ideas that we plan to test using PDSA cycles throughout this process (approximate start dates in brackets).

1. Sharing the menu with parents for whom English is not their first language (Menu written in most prevalent languages spoken by parents of children in Torry

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| <p>schools). (Nov 2018)</p> <ol style="list-style-type: none"> 2. Local advertising campaign linked to promotion of health and educational benefits of school meals to encourage increase in uptake. (Nov 2018) 3. Use of rewards on the accord card, working along with Young Scot to incentivise uptake of school meals at Lochside Academy. (Jan 2019) 4. Taster sessions for children/parents/families and develop nutritional educational opportunities for families. (Nov 2018) 5. Collaborative menu development – introducing more pupil/parent involvement using Torry as a pilot. (Feb/Mar 2019) 6. Pilot a reward scheme for pupils in the primary schools (Walker Road and Tullos). (Jan 2019) 7. Supersize meals with additional veg, fruit, water presented more prominently as an option. (TBC) 8. Engage pupils in serving each other (enterprise restaurant type idea) and ‘redesigning’ the layout of canteen (Walker Road and Tullos). (Apr 2019) |
| <p>Potential Barriers</p> <ul style="list-style-type: none"> • Challenging negative attitudes about school meals which have been highlighted through consultation with pupils and parents. • City wide menu. • Changing habits of pupils/parents reluctant to take school meal (fussiness and other options for lunch). • Dining room experience in Walker Road Primary – lack of space/decanted food (not made on site). |
| <p>Project Team:</p> |
| Anne-Marie Steehouder-Ross (Community Development Officer) |
| Tanita Addario (Development Worker) |
| Lauren Mackie (Health Improvement Officer) |
| Mag Campbell (Health Improvement Officer – Neighbourhoods Locality: South) |
| Lorraine Young (Adult Literacies Worker ACC) |
| Pupil Forum (Walker Road and Tullos) |
| Laura Penny (Granite City Good Food Coordinator, CFINE) |
| Emily Story (Head Teacher, Walker Road Primary) |
| Beth Leitch (Head Teacher, Tullos Primary) |
| Ljiljana Pavlenic (Development Officer) |
| Robert Fenton, Bruce Reid (Finance and Admin Officer, Accord Card Manager) |
| Sharon Desbois (Youth Development Officer) |
| John Landragon (Catering Manager) |
| Susan Bailey (Catering Advisor) |
| Mike Will (Depute Head Teacher Lochside Academy) |
| Catriona Walker (Education Support Officer) |
| Parent Councils (Lochside, Tullos and Walker Road) |
| Young Scot |
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