

Soft FM Advisory Group Meeting

Minutes 19 February 2019

Hamilton Town House, Hamilton

1. Introduction and welcome
Cllr Elena Whitham and Andrew Kennedy thanked all for attending and welcomed everyone to the Hamilton Town House.
2. Attendance and apologies
See attached.
3. Minutes of last meeting (31 July 2018)
The minutes were agreed to be a true and accurate account of the last meeting.
4. Matters arising
There were no matters arising from the previous meeting.
5. Greggs Foundation: Building stronger, healthier communities
Lynne Hindmarch presented on the work from the Greggs Foundation, a grant making charity which distributes around £3 million per year to charitable organisations throughout England, Scotland and Wales with the aim of building stronger, healthier communities. The grants on offer include:
 - The Hardship Fund – makes grants of up to £150 to individuals/families in extreme financial hardship
 - North East Core Funding – makes grants of up to £45,000 for 1-3 years for charitable organisations in the North East of England
 - Local Communities Project Fund – Grants of up to £2,000 to help organisations based in **local communities deliver activities that they wouldn't otherwise be able to**

The Greggs Foundation is also involved in the delivery of breakfast clubs. In 2019, the Greggs Foundation has 509 total breakfast clubs with 88 partners, with an expenditure of £651,636, with 6,367,725 breakfasts served and 32,655 children supported. Their clubs are held in schools with over 40% of the pupils eligible for free school meals, they focus on areas of disadvantage and need, parent volunteers are encouraged to help run the clubs and full support of the head teacher is required. The clubs are open anywhere from 7:30am to 8:45am, provide access to a nutritious breakfast and they are free to attend and open to all. The clubs are typically attended by 50-60 five to eleven year olds but no limits are set on numbers. To date in Scotland only 72% of schools have a breakfast club compared to the UK average of 85% (45 current, 12 on the waiting list).

Research shows that the clubs can have many benefits including: improved attendance, children complete more tasks and behave better, increased memory and cognition, strengthening of school/parent relationships, increased social skills opportunities, and many spin off benefits including helping adults become work ready.

Lynne also spoke about the CPD enrichment programmes they offer schools in partnership with Sustainable Education, about her experiences in Canada and the USA as a result of the Fellowship she received from the Winston Churchill Memorial Trust (WCMT).

Lynne produced a report for WCMT that became known as the Hope Report. The recommendations from the report included:

- Collaboration is key to success – no one organisation can work in isolation to tackling the complex issue of child poverty
- Develop key corporate partnerships with food suppliers; vouchers for cereals; buy in bulk, which will have greater buying power
- Focus on numbers of children fed rather than clubs open (monitor the impact rather than need)
- We should work with schools to establish which delivery model would work best for their children and families

Lynne also introduced the group to two prototype trollies, one designed for grab and go, and the other for breakfast in the classroom. Authorities in the room were encouraged to get in touch if they would like to trial these in any of their schools.

6. Break The Fast After The Bell

Dr Katie Wilson came to the group to present and provide some insight on her work in the United States. She began by explaining the different types of breakfast provision, which are:

- Breakfast in the classroom – Breakfast is offered/served in the classroom and eaten in the classroom after the bell rings
- Grab and Go to the classroom, served at the start of the school day - Breakfast is offered/served from one or more central locations at the start of the day only. Students have the option to eat it in their classroom after the bell has rung
- Second chance breakfast, served grab-and-go style to the classroom – Breakfast is offered/served from one or more central locations. Students have the option to pick it up between 1st and 2nd period to eat it in their classroom after the bell has rung
- Second chance breakfast, eaten in the cafeteria – Breakfast is offered/served and eaten in the cafeteria between 1st and 2nd period and students have at least 15 minutes to eat
- Grab and go to common area – Breakfast is offered/served from one or more central locations, and students must finish their breakfast in a common area before going to their classroom

Katie went on to provide a case study for the group. In Illinois, 583,000 children are food insecure (1 in 5), 801,000 children qualify for free and reduced lunches, less than half of those eat school breakfast. Some of the reasons given for not needing/wanting breakfast clubs by schools were: **that it doesn't fit the bus schedule, that parents don't want pupils to eat twice, that parents should feed pupils at home, that it wasn't needed (not many free and reduced fee students), there was no supervision in the cafeteria or that they didn't want pupils coming to school so early.**

The solution in this instance is breakfast after the bell. Katie explained that this approach fits **all bus schedules, pupils don't need to come to school early, it's convenient for parents and students**, it removes all stigma of poverty, there is no need for cafeteria supervision and it increases participation (which increases program revenue).

Negative responses to this approach were that there was no room in the kitchen for storage, it was too messy for the classroom, that the school were already losing money at lunch, that there were not enough staff **to prepare and serve, that high school students won't participate and that teachers don't want to do it.**

Katie explained the benefits of breakfast which include: improved math, reading and standardised test scores, better behaviour and getting along with peers, improved attention, problem solving tasks and memory, and fewer absences and lateness. Other benefits include that children are consuming more vitamins, minerals, calcium, fiber, folate and protein; they are less likely to be overweight; it establishes healthy habits for later in life, and the type of food consumed has cognitive effects on students.

Katie shared two case studies with the group. At Central Elementary, CO there was a two month pilot of breakfast in the classroom, which increased breakfast from 140 to 580 students daily. This also included a 40% drop in student discipline referrals. Since the start of breakfast, lunch participation has also increased. At Alexander High School, GA, they use a 10 minute break in the morning with 6 stations throughout the school with no added labour for breakfast. They went from 40 students to 800 students participating with enrolment of 1150.

7. **Children's Future Food Inquiry**

Lindsay Graham presented to the group on the **Children's Future Food Inquiry** which is delivered under the leadership of the All Party Parliamentary Groups for School Food and Hunger and Poverty in partnership with Children in Northern Ireland, Children in Scotland, Children in Wales and Fixers UK; it is coordinated by The Food Foundation, Leeds Beckett University and Lindsay Graham, Dr Rys Farthing and Dr Jo Pike.

The Inquiry involves six evidence ingredients:

1. Rapid review: National Institute of Health Research – Into the extent and consequences of child food insecurity, Health Services Research Unit, University of Aberdeen
2. UK Policy review: Food Foundation. Report – Affordability of a healthy diet for children
3. Consultation and engagement with children & young people: Fixers, focus group discussions, workshops and projects. 13 regions. 300 CYP. Listening event.
4. IPSOS-Mori poll
5. Evidence submissions through online portal – Leeds Beckett University (100+ submissions)
6. Evidence Hearings – four nations

Lindsay went on to explain the timeline of events and highlighted that the final report is planned for between March and April 2019.

The coverage and impact of this includes:

1. Communications & stakeholder engagement strategy. Newsletter – High Profile Ambassador
2. Written report, 6 recommendations. Tailored outputs for 4 nations. Digital outputs.
3. Launch events in four nations – Scotland 9th May, Media and advocacy plan

4. Cohort of children and young people media trained and better informed on the issue to advocate
5. Identifying potential new avenues of research and innovation

Lindsay finished by directing the group to some resources on Fixers.org.uk on tackling fast food, with a video example of Food Poverty in Easterhouse in Glasgow. She also highlighted the e-mail address for the Food Foundation (office@foodfoundation.org.uk) and the Twitter account to follow for more information on the inquiry (www.twitter.com/CFFInquiry).

8. Waste Management in Schools

John Feeney from East Renfrewshire Council attended the meeting to present on some of the cost savings and efficiencies they had found from changing school bin provisions. They achieved £53,696.88 in savings per year. This was driven by the Schools and Facilities Management in partnership with Environment for a number of reasons (budget reduction, **eco friendliness, children's awareness, moral obligation**). The task is managed by janitors supported by the head teacher and all school stakeholders.

In a High School the reduction per bin when replaced with a recycling provision was £1,087.32, in a primary school this was £1,672.80, at a family centre this was £1,087.32. The full statistical breakdown can be found on the presentation slides hosted on the APSE website (can be found in Membership Resources / APSE Scotland / Past Advisory Groups / Soft FM).

9. APSE update

Garry Lee provided an update on the current work of the Association, including the latest briefings, recent advocacy work, network queries, upcoming APSE Energy and APSE Training events in Scotland, the work of APSE Solutions and upcoming Scottish and National seminars.

10. Date of Next Meeting

The next meeting will be held on the 30th April.

11. Lunch

12. Developing quality indicators

After lunch Lindsay Graham led a small working group discussion on the development of quality indicators in the Performance Networks education catering template.

Soft FM Advisory Group Meeting

19-Feb-19

Attendee List

Louise Melville	APSE	1
Lindsay Graham	APSE Associate	1
Dr Katie Hindmarch	APSE Speaker	1
Dr Katie Wilson	APSE Speaker	1
Liz Powell	Aberdeenshire Council	1
Alison Jacobs	Aberdeenshire Council	1
Shona Cameron	Angus Council	1
Alison Gauld	Angus Council	1
Andrea Harris	Argyll & Bute Council	1
Lorraine Campbell	Argyll & Bute Council	1
Laura Nisbet	City of Edinburgh Council	1
Karen Kirkwood	Clackmannanshire Council	1
Susan McIntyre	Clackmannanshire Council	1
Cllr Donald Balsillie	Clackmannanshire Council	1
Jane Richmond	East Ayrshire Council	1
Cllr Elena Whitham	East Ayrshire Council	1
Andrew Kennedy	East Ayrshire Council	1
Mark Hunter	East Ayrshire Council	1
Wendy Anderson	East Dunbartonshire Council	1
Lorraine Faulds	East Lothian Council	1
John Feeney	East Renfrewshire Council	1
Loraine Lawrie	East Renfrewshire Council	1
Nicky Joiner	East Renfrewshire Council	1
Gillian Pagani	Glasgow City Council	1
Linda Quinn	Glasgow City Council	1
Elsbeth Tierney	Inverclyde Council	1
Una Doolan	North Ayrshire Council	1
Jill Bryans	North Lanarkshire Council	1
Lizzie Panagiotidou	North Lanarkshire Council	1
Deborah Hosie	Scottish Borders Council	1
Hilary Iannotti	South Ayrshire Council	1
Helene Gourichon	South Lanarkshire Council	1
Joyce Goodwin	South Lanarkshire Council	1
Alison Kelso	South Lanarkshire Council	1
Lindsey Hepburn	Stirling Council	1
Janice Fanning	Stirling Council	1
Karen Cockburn	Stirling Council	1
Simon Farrer	Perth & Kinross Council	1
Wendy Thomas	West Lothian Council	1

Total 39

Apologies

Name	Council
Lynda Dinnie	West Dunbartonshire Council
Keith Breasley	Fife Council