

# Kinross High School Pupil Parliament

## Minutes

11 March 2024

<b>1.</b>	<b>WELCOME</b> 09:45 – 09:50	Members were welcomed to the Pupil Parliament.	Presiding Officer
<b>2.</b>	<b>YEAR TEAM STATEMENTS</b> 09:50 – 10:05	Each year team provided an update to Parliament on the progress that they have made within their leadership teams. <ul style="list-style-type: none"><li>- S1 Vice Captains are encouraging school uniform and working to develop the programme for S1s to enjoy their experience.</li><li>- S2 Vice Captains are exploring S2 events as they did not experience a Christmas party event.</li><li>- S3 Vice Captains have been focusing on securing more bins for the campus.</li><li>- S4 Vice Captains have been working hard to improving the lines during any fire evacuation. IN addition, they have setup an S4 study club to support pupils during the exam period coming up. S4s are also exploring a potential end of S4 celebration.</li><li>- S5 Vice Captains are not currently taking forward any actions.</li><li>- S6 School &amp; House Captains are supporting house team to take forward house assembly improvements to increase engagement.</li></ul>	Presiding Officer
<b>3.</b>	<b>MOTION DEBATE 1: SCHOOL MEALS</b> 10:05 – 10:35	Statement from Bernie (Tayside Contracts). <b>Introduction</b> Tayside Contracts is the largest catering provider in Tayside, delivering school meals, community meals and hospitality catering to a wide range of customers from nursery pupils to the elderly. Tayside Contracts continuously develops catering services to improve standards, delivering healthy, safe, nutritious and delicious meals to 189 schools across Tayside. Children and young people need the right balance of food and nutrients to develop and grow. A good diet is about getting that balance right in order to provide enough of the important nutrients (such as vitamins, minerals and protein) and fibre without too much fat (especially saturated fat),	Depute Presiding Officer (S1-3)

sugar and salt. This is demonstrated in the Eatwell Guide which highlights what a balanced diet consists of for children (above the age of 5) and adults.

Tayside Contracts helps pupils to follow the Eatwell Guide as they must follow the Nutrition Requirements for Food and Drink in Schools (Scotland) Regulations 2020. These regulations have been set by the Scottish Government and Tayside Contracts must ensure that all school menus comply with these when going through the development process.

School kitchens across Tayside are inspected by Health & Nutrition Inspectors, who review the nutritional analysis and school meal service to ensure that they are following the regulations.

### **Fruit and Veg**

Following the regulations, we serve at least 2 portions of vegetables and 1 portion of fruit every day. This includes any fruit and vegetables that are fresh, frozen, dried or tinned and these all count towards 1 of your 5 a day.

### **Carbohydrates**

Fibre is a carbohydrate that helps us to feel fuller for longer and prevents us snacking on sugary foods. It is found in foods such as fruits and vegetables, beans and peas, nuts and seeds, wholemeal bread, brown rice and pasta and even potatoes which still have their skin.

All bread and bread products must now contain a minimum of 3g of fibre per 100g. All our rolls, paninis and baguettes comply with this part of the regulations.

Pastry products such as pies can only be served twice a week. The allocation of this allowance is used at lunchtimes on days when pastry is on the main menu.

### **Fat and Sugar**

Essential fatty acids and vitamins can be found within fats, but these are only needed in small amounts in our diets.

Fats can be either solids or liquids. Solid fats include fatty meats, cheese, cakes, and chocolate. Liquid fats include rapeseed and sunflower oil.

For school meals, only oils and spreads which meet a specific criteria for saturated, mono- and poly-unsaturated fats can be served.

All sweetened and baked products now must be lower in sugar and fat. This helps to reduce the amount of sugar and fat consumed by school

pupils. Our bakery products must have no more than 10g of sugar and 19g of fat per portion.

### **Dairy**

Dairy foods contain proteins, vitamins and most importantly, calcium! Calcium is essential to aid with bone development young people, allowing them to grow strong. Foods classed as dairy include milk, cheese, and yoghurt.

Dairy foods can also be high in fat and sugar which is why we are only permitted to serve a maximum portion size of 175g. This portion should be no more than 10g of sugar and 3g of fat per 100g.

### **Protein**

The body requires protein to aid with growth and repairs from injury. Protein can come from both animal and plant-based foods.

E.g. animal derived protein: meat, dairy, fish, and eggs

E.g. plant-based protein: beans, lentils, nuts and seeds, tofu and Quorn

Our menu ensures protein is provided in every dish, but there are limitations on the amounts of red meat which can be served, which is why we serve a variety including chicken, fish and Quorn.

Red meat is limited to 230g over the school week. Of this 230g, no more than 130g can be red processed meat. The reduction of red meat in schools is due to links to increased risk factors associated with colorectal cancer and heart disease.

As the regulations are monitored over the full school day, red meat also includes any foods that are served at breakfast and morning break as well as lunch. Red processed meat includes ham, pork/beef sausages, bacon, hot dogs, chorizo and beef burgers.

A slice of ham weighs 36g, therefore if ham sandwiches/baguettes/paninis were available daily at morning break and lunch, the total red processed meat amount for the week would be 360g and this would not comply with the regulations.

Ham is a popular item within the schools, so the following arrangements are in place:

1. The whole red meat allowance is used at lunchtimes, so no red meat or red processed is served at morning break.
2. Ham is available every day at lunchtime.

Salmon is source of oily fish, but also a protein, and must be served at least once every 3 weeks in line with the regulations.

### **Hydration**

Hydration is crucial to ensure the body is getting enough liquids. This can help to stop headaches, feeling tired, and aid with concentration.

In a day, we should be drinking 6-8 glasses of water, and should be increased to more on a hot day or when you exercise. Drinks such as low-fat milk, tea and coffee also help to aid with hydration.

Full sugar carbonated drinks should only be consumed occasionally, as these do not greatly aid hydration, and drinking these can be harmful for your health and teeth. Therefore, only sugar free drinks are sold within the school dining hall.

### **Summary**

There are many aspects of young people's learning and development that will be impacted by following an unhealthy diet which can lead to obesity and/or malnourishment.

Tayside Contracts school meal service is at the forefront to ensure young people have access to a healthy balanced meal daily. For young people to successfully function throughout the school day, it is essential they are fuelled and hydrated with healthy, vitamin rich foods and drinks.

When developing the school lunch menus, we consider multiple factors, both nutritionally and operationally, but most importantly all decisions are made to ensure we give young people the opportunity to enjoy and try new foods and introduce their palates up to new flavours that they may not be able to experience at home.

With the current cost of living crisis, it has been equally important to identify foods that are both nutritionally compliant, but also desirable to those who may not have access to a full meal outside the school setting. Therefore, it is even more crucial to ensure school meals are healthy, balanced and nutritious.

References:

Tayside Contracts – [Catering Services - Tayside Contracts \(tayside-contracts.co.uk\)](http://tayside-contracts.co.uk)

Food & Drink in Schools (Scotland) Regulations 2020– [Healthy Eating in Schools: guidance 2020 \(www.gov.scot\)](http://www.gov.scot)

Eatwell Guide – [The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)

The following key information was shared:

- Menu changes every 4 weeks
- Fruit is priced lower than the cakes to encourage people to purchase fruit
- 600 bags are filled every day

Members of Parliament shared the following positive messages:

- Chinese new year food selection is great and providing an opportunity for young people to try something new. There is a plan to have at least one per term (Indian and Mexican tasters are coming)
- Adapted menus are more common. If anyone you know has an allergy, then this can be catered for.
- Wide variety of fruit and portion sizes are good.
- Wide variety of choice including salad choices.
- Pricing strategy is well considered and competitive when considering other offers within the town.
- Food offering is good and encourages people to stay on campus.
- Affordability is really good. £1.50 compared to £3.80.

The following next steps for improvement were shared:

- Tayside Contracts should consider a feedback form to gather what is popular for Kinross HS menu choices
- S1 items are missing in the pre-order section – quite often things are running out. Tayside Contracts are trying to rectify this. Please ask all pupils to speak to Tayside Contracts to raise any concerns about orders not being fulfilled.
- Vericool app does not display dietary requirements. PKC currently pay for the app. There are no plans to upgrade the app to include this due to costs. However, there will be dietary information linked to each food item.
- The S5/6 area is only for collecting bags. The main hot serve area is for all year groups who have not pre-ordered. The school is promoting pre-order as much as possible. The queue has become busier recently as young people like to pre-order. Tayside Contracts will trial some changes during exam leave to see if things improve.
- Is it possible to have Halal meat within the school? Halal options should be greater as there are no Halal options. Young people are tired of vegan and vegetarian options.
- Tayside Contracts to feedback to food nutrition team requesting an improvement in this area.

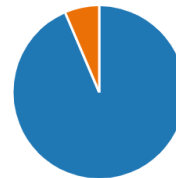
- Are there alternatives to plastic packaging? The packaging is continually under review to ensure sustainability; however, costs are a factor and limit changes. Feedback given around lids going missing.
- Vegetarian options would be great. Pickles would be a great addition. There is only one vegetarian option each day. There is no vegetarian alternative to fish on a Friday. Tayside Contracts are not allowed to sell chips on their own. Tayside Contracts are keen to improve the quality and choice on offer and are always happy to discuss any views.
- Packaging is an issue. The rubbish bins are going out each week but everything is being put in the rubbish bin. Recycling continues to be a major challenge going forward as we require all young people to take action to place their rubbish in the appropriate bin. Can there be a way in which using the bins can be separated to promote and encourage recycling?
- Feedback around the quality is not as good as it could be? Quality and tasty food? There are a number of restrictions to adding flavour, how things are cooked? For example, we cannot deep fry food.

**VOTE**

2. That this Parliament agrees that Tayside Contracts should consider feedback from the Pupil Parliament in improving the service offer to young people at Kinross High School.

[More Details](#)

● For	29
● Against	2
● Abstain	0




Motion passed.

Thank you to Bernie for representing the current practice and listening to the views of the Pupil Parliament.

**4. BREAK**  
10:35 – 10:50

Pupil Parliament was suspended for a break.

<p>5.</p>	<p><b>UPDATES ON PREVIOUS MOTIONS STATEMENT</b> 10:50 – 11:00</p>	<p>An update on the following previously passed motions was received:</p> <p><b>Hoodies</b> Following the vote to allow school trips to plan, design and sell the optional hoodies to be used on the school trips. This information has been shared in assemblies with pupils, with staff via our newsletter and through our parental communications. The ski trip are currently exploring how they can have a school hoodie to use for those part of the ski trip.</p> <p><b>Climbing Wall</b> Following the vote to support greater use of the climbing wall, plans have been taken forward by Live Active Leisure to update and replace the equipment for the wall. In addition, Live Active Leisure have identified an instructor to lead sessions on the climbing wall. The Active Schools Coordinator has been working on identifying staff and parent volunteers to support an after school club for young people to benefit from.</p> <p><b>S6 common room</b> Following the vote to support the replacement of furniture in the s6 common room, representatives of S5 and S6 will meet with Mr Baxby and Mr MacBeath to plan what is needed to improve this area and arrange for the purchase of appropriate equipment.</p> <p><b>Bins</b> Following the vote to support increased number of bins around campus, new bins have been purchased and placed around the campus grounds. Further work will be done to re-zone each area to ensure a broad coverage of bins across the campus.</p>	<p>Depute Presiding Officer (S4-6)</p>
<p>6.</p>	<p><b>DEBATE 2: ANTI-BULLYING POLICY</b> 11:00 – 11:20</p>	<p>Mr Bain (Depute Headteacher) presented the Kinross High School Anti-bullying policy overview to Pupil Parliament.</p> <p>Pupils provided the following feedback to be considered by Mr McLaughlin (Head of House):</p> <ul style="list-style-type: none"> <li>- Young people would benefit from hearing more about the actions that can be taken to address bullying concerns.</li> <li>- Young people were concerned about reporting bullying and the impact this may have on a re-occurrence of bullying.</li> <li>- There was general acknowledgement that bullying is unacceptable and that we want to do all we can to stop it. However, there was recognition that this is a really difficult issue to completely eradicate especially in light of online activities.</li> <li>- There was a suggestion that we could share information in the bulletin on how to spot and stop online bullying.</li> <li>- There was recognition that bullying doesn't always fit into the stereotypical view of bullying. What more can we do to educate people on different types of bullying? Can we educate people on what an unhealthy friendship looks like?</li> </ul>	<p>Depute Presiding Officer (S4-6)</p>

		<ul style="list-style-type: none"> <li>- There was an acknowledgement that even if bullying was not recorded as such, we should be dealing with it nonetheless.</li> <li>- Pupils want to be able to go to any member of staff to report bullying.</li> <li>- There was a request to have peer mediation introduced within the school.</li> <li>- Create names for different types of bully to develop understanding of bullying. PSE programme to include more on anti-bullying topics.</li> <li>- We do not know what is happening with a young person and why they choose to bullying someone. However, we cannot excuse people’s behaviour because of their background.</li> </ul> <p><b>VOTE</b></p> <p>2. That this Parliament supports the revised anti-bullying policy and supports its adoption within Kinross High School.</p> <p><a href="#">More Details</a></p> <table style="margin-left: 20px;"> <tr> <td style="color: blue;">●</td> <td>For</td> <td style="text-align: right;">15</td> </tr> <tr> <td style="color: orange;">●</td> <td>Against</td> <td style="text-align: right;">9</td> </tr> <tr> <td style="color: green;">●</td> <td>Abstain</td> <td style="text-align: right;">6</td> </tr> </table>  <p><b>Motion passed.</b></p> <p>Mr McLaughlin will be provided with the feedback from the Pupil Parliament.</p>	●	For	15	●	Against	9	●	Abstain	6	
●	For	15										
●	Against	9										
●	Abstain	6										
<p><b>7.</b></p>	<p><b>DEBATE 3: ONE WAY SYSTEM</b> 11:20-11:40</p>	<p>Speech from Hugo and Caitlin advocating for a review of the one-way system.</p> <p>A summary of the key points is shared below:</p> <ul style="list-style-type: none"> <li>- Young people and staff have raised this issue with vice captains that the one-way system is ineffective.</li> <li>- The one-way system goes against the Kinross Way in making young people late to class due to going the correct way.</li> <li>- Pupils are arriving late due to the one-system.</li> <li>- Remove one-way system on the stairs.</li> <li>- There is some agreement around the one-way system being kept in place to support young people to flow around the school.</li> <li>- There was a feeling that the one-way system should be scrapped completely.</li> <li>- A suggestion was for young people to walk on the left in all corridor areas of the school.</li> </ul>	<p>Depute Presiding Officer (S4-6)</p>									

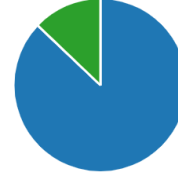


**VOTE**

2. That this Pupil Parliament supports a review and amendment of the one-way system to improve the aspects that are not currently working. This includes considering what other measures can be used to support the safe movement of young people around the building.

[More Details](#)

● For	27
● Against	0
● Abstain	4



**Motion passed.**

The Senior Leadership Team will work with the Pupil Parliament Business Group to review the current one-way system to make changes to the current practice.

**8. CLOSE**

The Depute Presiding Officer (S4-6) thanked all members for their contributions. They also highlighted that this may well be the last Pupil Parliament for our S6 pupils. In particular, the Presiding Officer was thanked for their contribution to the establishment of the Pupil Parliament.

Depute Presiding Officer (S4-6)