

# Healthy Living Survey 2013

This brief outlines the initial results of the latest Scottish Government annual Healthy Living Survey. Like in previous years, Scottish Government asked for information on the provision of the school meals, and in addition to this, from 2012, the survey was collecting information on the delivery of Physical Education in primary and secondary schools.

The 2013 Healthy Living Survey continued to collect information on pupils taking school lunches\* and the number of pupils recorded as being entitled to free school lunches. The information is collected under Section 82 of the Education (Scotland) Act 1980. This information is used for a variety of purposes including:

- determining funding allocations, including grant aided expenditure calculations
- monitoring of policy initiatives and informing the development of new policies
- statistical analyses and publication in compendium publication 'Summary statistics for attainment, leaver destinations and school meals'.

The school meal census week was the week beginning 4 March 2013 and schools were asked to select a day within this week that is most representative of a normal day.

Information on the delivery of Physical Education is used to monitor progress towards the manifesto commitment to deliver at least two hours of PE in primary schools and at least two periods\*\* of PE in secondary schools for pupils in S1-S4, per week.

\*For the purpose of the survey, a lunch is defined in the Schools (Health promotion and Nutrition) (Scotland) Act 2007 as 'any food or drink provided in the middle of the day for consumption by pupils as a midday meal on a school day'.

\*\* A period (S1-S4) is defined as equal to or above 50 minutes.

# Context

## 1. The school meal census

Under The Schools (Health Promotion and Nutrition) (Scotland) Act 2007, Aberdeen City Council has a statutory duty to 'promote school lunches and, in particular, free school lunches'.

Pupils are eligible for free school lunches under national legislation if:

- Their parents receive child tax credit, but not working tax credit and where their income is less than £15,860,
- Their parents receive income support or income based job seekers allowance,
- Their parents receive maximum child tax credit and maximum working tax credit with an income of less than £6,420,
- They are aged between 16 and 18 and receive any of the above benefits in their own right, and
- Their parents or carers are in receipt of support provided under part VI of the immigration and asylum act 1999.

Applications for free school meals are made at the pupil's school.

### 1.1 Initial Funding for 2013

Aberdeen City Council provides school meals (free or paid for) in all primary, secondary and special schools. Under the local initiative, all pupils in Cordyce School receive a free school meal.

A two-course meal in authority's primary schools costs £2.00. A traditional school meal in secondary schools costs £2.25, but secondary schools also offer cafeteria services, where a range of meals and snacks which meet the nutritional requirements are provided at varying prices.

### 1.2 School Meals (free or paid for)

In March 2013, 15.2 per cent of primary and 10.5 per cent of secondary pupils were registered as entitled to free school meals.

The highest entitlement to free school meals in primary sector were in Bramble Brae School (65.6 per cent of school roll), Manor Park (46.8 per cent of school roll) and Tullos (46.0 per cent of school roll). In secondary sector Northfield Academy has the highest number of pupils registered as entitled to free school meals (27.9 per cent of school roll), followed by

Torry Academy (20.0 per cent of school roll) and St Machar Academy (18.9 per cent of school roll) respectively.

Of those pupils present on the survey day in primary schools, 55.7 per cent took a meal supplied by the school, an increase of 3 per cent when compared to 52.7 per cent in 2012. The number of pupils in primary schools taking school meals (free or paid) on the census day varies from the lowest 34.4 per cent at Stonewood School to the highest of 76.7 per cent at Milltimber School.

There was a significant decrease in the number of pupils in secondary school present on the survey day taking school meals (free or paid for). Only 36.3 per cent of present pupils took a school meal, a drop of 6.2 per cent when compared to 2012. Cults Academy had the highest (63.6 per cent) and Aberdeen Grammar School had a lowest (17.4 per cent) number of pupils taking the school meals (free or paid) on the census day.

### 1.2.1 Free School Meals in Primary Schools

- 15.2 per cent of primary pupils were registered for free school meals, a 1.4 per cent decrease from 2012.

**Table 1 – Primary Schools: Percentage of school roll registered and taking free school meals, 2008-2013**

	% of school roll registered for free meals	% of those registered taking free meals	% of those present and registered who took free meals	% of pupils present taking school meals (free or paid for)
2013	15.2	84.0	90.5	55.7
2012	16.6	86.3	93.2	52.7
2011	16.3	85.8	92.8	54.7
2010	15.8	88.2	94.5	52.0
2009	13.7	87.1	94.5	50.3
2008	13.9	84.0	92.0	53.4

- Of those primary pupils registered for free school meals and present on the day of the survey, 90.5 per cent took a free school meal on the survey day, down from 93.2 per cent when compare to 2012.

**Table 2 – Primary schools: Percentage of school roll registered as entitled to free school meals 2013**

School Name	On Roll on Census Day 2013	% of school roll entitled and registered for free meals 2013
Bramble Brae	157	65.6
Manor Park	269	46.8
Tullos	276	46.0
Muirfield	250	34.4
Woodside	329	31.6
Quarryhill	208	30.3
Riverbank	245	30.2
Seaton	166	30.1
Walker Road	406	26.8
Heathryburn	261	26.8
Kaimhill	224	26.8
Sunnybank	237	24.5
Westpark	224	23.7
Kittybrewster	199	22.6
Fernielea	231	21.6
Kirkhill	228	19.7
Abbotswell	198	19.2
Hanover Street	190	18.9
Kingsford	323	18.6
Cornhill	324	18.2
Bucksburn	119	17.6
Newhills	160	14.4
Skene Square	319	14.1
Stoneywood	137	13.9
Braehead	170	12.4
Gilcomstoun	214	12.1
Holy Family	126	11.1
Dyce	356	10.7
Scotstown	212	9.4
Hazlehead	248	7.7
Ferryhill	281	7.5
Loirston	321	7.2
Culer	305	6.9
Broomhill	340	6.8
Mile End	442	5.7
St Peter's	218	5.5
Cults	481	4.6
Charleston	225	3.1

Forehill	181	2.8
Ashley Road	375	2.4
St Joseph's	305	2.3
Middleton Park	177	2.3
Milltimber	244	1.6
Glashieburn	259	1.5
Greenbrae	158	1.3
Airyhall	321	1.2
Danestone	192	1.0
Kingswells	424	0.2

### 1.2.2 Free school meals in Secondary Schools

- 10.5 per cent of secondary pupils were registered for free school meals, an increase of 0.5 per cent when compared to 2012.

**Table 3 – Secondary Schools: Percentage of school roll registered and taking free school meals, 2008-2013**

	% of school roll registered for free meals	% of those registered taking free meals	% of those present and registered who took free meals	% of pupils present taking school meals (free or paid for)
<b>2013</b>	10.5	45.4	53.7	36.3
<b>2012</b>	10.0	47.4	57.5	42.5
<b>2011</b>	9.2	48.0	56.5	35.3
<b>2010</b>	8.2	51.6	59.8	36.9
<b>2009</b>	7.6	43.8	51.4	38.7
<b>2008</b>	7.8	58.0	75.9	45.9

- Of those secondary pupils for free school meals and present on the day of the survey, 53.7 per cent took a free school meal on the survey day, a decrease of 3.8 per cent when compared to 2012.

**Table 4 – Secondary Schools: Percentage of school roll registered as entitled to free school meals 2013**

School Name	On Roll on Census Day 2013	% of school roll entitled and registered for free meals 2013
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Northfield Academy	535	27.9
Torry Academy	456	20.0
St Machar Academy	885	18.9
Bucksburn Academy	578	14.9
Harlaw Academy	909	13.2
Hazlehead Academy	836	10.4
Kincorth Academy	618	9.5
Dyce Academy	508	7.7
Bridge of Don Academy	614	5.5
Aberdeen Grammar	1057	4.7
Cults Academy	1049	2.9
Oldmachar Academy	841	2.0

## 2. Physical Education

The 2013 Healthy Living Survey asked questions related to Physical Education (as defined in the Curriculum for Excellence), during curriculum time, which are taught or led by a GTCS, registered class or PE specialist teacher.

In 2013 out of 48 primary schools or 67 per cent provided every pupil with at least two hours or more of physical education per week. This is five schools less than in 2012. The most common reasons for not being able to provide at least two hours of PE where: limited space, limited access to gym, limited outdoor space and the restricted use of outdoor space due to weather.

All secondary schools provided every S1 to S4 pupil with at least two periods of PE per week.

**Table 3 – PE sessions in authority’s primary and secondary schools in 2013**

Two or more PE sessions* per week			
Sector	Stage	Yes	No
Primary	All Primary	32	16
Secondary	S1	12	0
	S2	12	0
	S3	12	0
	S4	12	0

\*Note: 1 session = 1 hour Primary Schools or 1 period (50 minutes) in Secondary Schools

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