

## EDUCATION & YOUTH OVERVIEW AND SCRUTINY COMMITTEE

<b>Date of Meeting</b>	Thursday 21 <sup>st</sup> March 2019
<b>Report Subject</b>	Healthy Schools and Pre School Programme
<b>Cabinet Member</b>	Cabinet Member for Education
<b>Report Author</b>	Chief Officer, Education and Youth
<b>Type of Report</b>	Operational

### EXECUTIVE SUMMARY

The Healthy and Sustainable Pre School Scheme (HSPSS) and Welsh Network of Healthy Schools Scheme (WNHSS) are recognised by the World Health Organisation (WHO) as playing a key role in promoting and protecting the physical, emotional and social health and well-being of children and young people in Wales.

In Flintshire, 79 schools and 45 pre-school settings are supported to participate in both schemes. This report has been produced in response to members seeking an update on progress and will highlight key findings from the 2017-2018 School Health Research Network Survey (SHRN) undertaken in secondary schools.

### RECOMMENDATIONS

1	That Members of the Committee formulate their conclusions and recommendations based on the information in the report and the discussion at the meeting.
2	Consideration for progress made in both the Healthy and Sustainable Pre-school Scheme and the Welsh Network of Healthy Schools Schemes in Flintshire.
3	To gain an overview of the key issues for children and young people in Flintshire, which may impact their ability to reach their full potential at school.

## **REPORT DETAILS**

<b>1.00</b>	<b>OVERVIEW</b>																		
1.01	<p><b><u>Welsh Network of Healthy School Schemes (WNHSS): Background</u></b></p> <p>All maintained nursery, primary, secondary, special schools and pupil referral units in Flintshire, in addition to Bryn Tirion Hall School participate in the Healthy Schools Scheme which equates to 79 settings.</p> <p>The Flintshire Healthy Schools Scheme works to ensure that health education and promotion becomes an integrated part of the school curriculum, the ethos of the school and community. The Scheme works in partnership with local and national organisations to ensure a coordinated and multi-faceted approach to health within schools.</p> <p>Schools progress through the scheme by achieving ‘Phases’. In Phases 1-3 a school is required to plan and implement actions relating to different health themes that are identified on a school / local level. In Phases 4 - 6 a school is supported in order to evidence how they meet national criteria across 7 health themes: In Phase 6, a school may choose to work towards achieving the National Quality Award (NQA) for schools that can demonstrate the highest standards in health and wellbeing as part of a whole school approach.</p>																		
1.02	<p><b><u>Healthy &amp; Sustainable Pre Schools Scheme (HSPSS): Background</u></b></p> <p>The purpose of the Healthy and Sustainable Pre School Settings (HSPSS) grant is to facilitate implementation of national guidance, changes in planning and delivery, policy/practice, and environment that are consistent with good health outcomes.</p> <p>Each setting must demonstrate that it is promoting health and well-being through its policies, planning and ethos over 7 different health themes. At the end of each theme the setting is locally assessed and once they meet the required standards, they are accredited by Public Health Wales (PHW).</p> <p>As of March 2019 there are 45 settings participating in the Flintshire healthy pre-school scheme, which is at capacity. Settings targeted prioritise those within the lower two fifths of deprivation, as measured by the Welsh Index of Multiple Deprivation in order to reduce inequalities in health.</p> <table border="1" data-bbox="320 1659 1390 1888"> <thead> <tr> <th><b>Pre School Setting</b></th> <th><b>2018</b></th> <th><b>2019</b></th> </tr> </thead> <tbody> <tr> <td>Childminders</td> <td>7</td> <td>8</td> </tr> <tr> <td>Playgroups</td> <td>13</td> <td>13</td> </tr> <tr> <td>Cylch Meithrin</td> <td>6</td> <td>7</td> </tr> <tr> <td>Day nursery</td> <td>16</td> <td>15</td> </tr> <tr> <td>Creche'</td> <td>2</td> <td>2</td> </tr> </tbody> </table>	<b>Pre School Setting</b>	<b>2018</b>	<b>2019</b>	Childminders	7	8	Playgroups	13	13	Cylch Meithrin	6	7	Day nursery	16	15	Creche'	2	2
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1.03	<p><b>Training / Events</b></p> <p><b><u>HSPSS training opportunities April 2018 – March 2019 for pre-school staff:</u></b></p> <ul style="list-style-type: none"> <li>• Managing Challenging Behaviour</li> </ul>																		

	<ul style="list-style-type: none"> <li>• Hand Hygiene &amp; Antibiotics</li> <li>• Tiny Tums - healthy snack</li> <li>• Dealing with Loss</li> <li>• Little Green Fingers</li> <li>• Outdoor play in the woods</li> <li>• Cooking Together</li> <li>• Sleep</li> <li>• HSPSS Celebration event held for the first time in October 2018.for staff from settings.</li> </ul> <p><u>WNHSS training opportunities April 2018 – March 2019 for school staff:</u></p> <ul style="list-style-type: none"> <li>• Hand Hygiene &amp; Antibiotics</li> <li>• Dealing with Loss</li> <li>• Cooking Together</li> <li>• Sleep</li> <li>• Transgender</li> <li>• Go Bubble</li> <li>• 5 Ways to Wellbeing</li> <li>• Annual WNHSS Celebration event held in July 2018 for pupils and school coordinators.</li> <li>• SHRN School Council workshops x2</li> <li>• SHRN Coordinators workshop</li> </ul>
1.04	<p><b>Welsh Network of Healthy School Schemes (WNHSS): Performance</b></p> <p>The following rolling targets from PHW are in place:</p> <p><u>Target 1:</u> 95% schools to achieve the Phase 3 award (or higher) As of March 2019, 96% of Flintshire schools have achieved Phase 3 or higher in their participation of the Healthy Schools Scheme. This equates to 76 schools. This figure remains the same as in 2018 and is above the national target.</p> <p><u>Target 2:</u> 10% of schools to achieve the National Quality Award (NQA) Phase 6 As of March 2019, 16% of Flintshire schools have achieved the NQA which equates to 13 schools. This figure has increased by 3 over the year and is above the national target.</p> <p><u>Target 3:</u> 20% of schools working towards the NQA (achieved Phase 5) As of March 2019, 40% of Flintshire schools have achieved Phase 5 and are working towards the NQA, which equates to 32 schools. This figure has increased by 5 over the year and is above the national target.</p>
1.05	<p><b>Healthy &amp; Sustainable Pre Schools Scheme (HSPSS): Performance</b></p> <p><u>HSPSS Target (general):</u> 20–30 settings per local authority should be supported to work toward agreed achievement criteria.</p> <p>As of March 2019 there are 45 settings are registered to participate in the Flintshire Healthy pre-school scheme. This figure has increased by 1 in 12</p>

	<p>months and remains above the national target.</p> <p><u>HSPSS Target (local):</u> <i>increase the number of settings that complete the HSPSS in full.</i></p> <p>3 settings have completed the HSPSS in 18-19, bringing the total to complete the scheme in full to 15 settings; of those, 5 have also been successfully reassessed this year. This has increased the number of settings to complete the scheme from 27% to 33% within 12months.</p> <p><u>Obesity Target (General):</u> <i>Increase in the number of Early Years Settings achieving the Physical Activity/Play and Nutrition and Oral Health benchmarks within the Healthy and Sustainable Pre-School Scheme.</i></p> <p>As of March 2019, 80% of settings participating in the scheme (36 settings) have completed the Physical Activity and Active Play criteria. This is an increase of 4% in 12 months. 82% of settings have completed the Nutritional and Oral health criteria, which is an increase of 7% during 18-19.</p>
1.06	<p><b><u>School Health Research Network (SHRN)</u></b></p> <p>The School Health Research Network (SHRN) is a partnership between Welsh Government, Public Health Wales (PHW), Cancer Research UK and the Wales Institute of Social and Economic Research, Data and Methods. It is led by Cardiff University and brings together secondary schools across Wales and academic researchers, policy-makers and practitioners from health, education and social care. The SHRN aims to improve young people’s health and wellbeing in the school setting by providing robust health and wellbeing data for school, regional and national stakeholders.</p> <p>All 11 Flintshire secondary schools participated in the survey during Autumn term 2017. An event for School Council representatives was coordinated for Flintshire schools in March 2018 to help pupils understand how to interpret research data and action plan, ahead of receiving their school SHRN report in April 2018. The aim was for School Councils to take ownership of their school report and support in the development and implementation of a whole school SHRN action plan.</p> <p>In November 2018 a follow up event for school council representatives was arranged to explore common themes and identify areas for further development. This was in addition to a joint Wrexham and Flintshire workshop for SHRN coordinators from each of the secondary schools in both counties to consider common themes and coordinated interventions.</p> <p>Following the release of the individual school reports the first County SHRN report was issued in November 2018. The County SHRN report uses young peoples’ responses to the 2017/18 School Health Research Network Student Health and Wellbeing Survey to report on the following areas of health and wellbeing:</p> <ul style="list-style-type: none"> <li>○ Food, fitness and physical activity</li> <li>○ Wellbeing and emotional health</li> <li>○ Substance use and misuse</li> <li>○ Sex and relationships</li> </ul>

The availability of health behaviour data on both a county and school level is particularly valuable in terms of coordinating the delivery of services and interventions. Previously regular data on children and young people's health at a local level has been limited to the Child Measurement Programme, teenage conception data and the Sport Wales School Sport Survey.

The survey was completed by 6585 young people from 11 secondary schools in Flintshire, which is 82% of all young people in schools at the time of the survey taking place (between Sept - Dec 2017).

The survey highlighted a number of positive areas for schools to build on:

- 41% of all students surveyed reported walking or cycling is the main part of their journey to school, which is above the national average.
- 44% of all students surveyed reported that they exercise vigorously outside of school time at least four times a week, which is higher than the national average.
- In relation to body image, 58% of students responded that they think their body is 'About right' which is higher than the national average.
- 67% of all students reported that they could count on their friends when things go wrong, which is in line with the national average.

The survey also highlighted a number of areas, which require action and further improvement:

- 41% of all students surveyed reported they have been bullied at school in the past couple of months, which is higher than the national average.
- 51% of all students surveyed report that they drink alcohol, which is higher than the national average across all year groups from 7-11.
- 13% of year 11 students reported they got drunk for the first time age 13, which is higher than the national average. 32% reported they were age 15.
- 36% of year 11 students reported they were age 14 when they used cannabis for the first time, which is higher than the national average. 14% reported they were age 11 or younger, which is also higher than the national average.
- 32% of year 11 students reported they had had sexual intercourse which is higher than the national average.
- 22% of sexually active year 11 students reported that they had sexual intercourse for the first time aged 13 years or younger. 33% reported they were age 14 years – both figures higher than the national average.

	<ul style="list-style-type: none"> <li>38% of sexually active year 11 students reported that they used a condom when they last had sexual intercourse and 22% reported they used birth control (the pill). Usage of all methods of contraception is lower than the national average.</li> </ul> <p>School Councils have been asked to develop whole school action plans in order to prioritise key areas for development over a two year period in their schools. In response to the findings in the county SHRN report, a county health and wellbeing action plan is in development and will be implemented over a four year period. The Flintshire Youth Council have contributed to the development of the county action plan and is ongoing.</p>
1.07	<p><b><u>School Holiday Enrichment Programme (SHEP)</u></b></p> <p>The SHEP is a school-based programme that provides healthy meals, food and nutrition education, physical activity and enrichment sessions to children during the summer holidays.</p> <p>During the school holidays, when Free Breakfast in Primary Schools and Free School Meals are not available, some families struggle to afford or access food that provides a healthy diet. Some children also experience social isolation and limited stimulation during the holidays, which may also contribute to widening the attainment gap.</p> <p>SHEP is funded by Welsh Government on an annual basis through the WLGA: £5,000 per scheme (up to 40 children) which must be match funded 'in kind' by key stakeholders / local authority.</p> <p>Following a successful first summer of SHEP in summer 2018 at two schools, the Flintshire SHEP steering group has supported an application to the WLGA to expand the programme into a further two schools. Schools are considered in line with SHEP eligibility criteria by the steering group and WLGA. Members of the Healthy Schools team are working with the four schools and partners in order to secure staffing and develop a programme of delivery for the four sites. The schools are: St David's High School, Ysgol Maes y Felin, Queensferry and Flint High school.</p>

<b>2.00</b>	<b>RESOURCE IMPLICATIONS</b>
2.01	Both the WNHSS and HSPSS are funded by Public Health Wales on an annual basis. Public Health Wales have not confirmed the grant funding allocation for 2019-20 to date. However, a letter from PHW received in January 2019 states <i>'that we have no plans to make changes to the Grant scheme in 2019/20'</i> .
2.02	The SHEP is part funded by the WLGA, currently on an annual basis.

<b>3.00</b>	<b>CONSULTATIONS REQUIRED / CARRIED OUT</b>
3.01	N/A

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<b>4.00</b>	<b>RISK MANAGEMENT</b>
4.01	The grants from PHW currently fund two full time and two part time members of staff on a fixed term basis. Without sufficient funding it would not be possible to maintain these positions.
4.02	Support for schools and pre-schools settings in addressing health education and promotion in the county would be impacted if the grant funding is not secured.

<b>5.00</b>	<b>APPENDICES</b>
5.01	The SHRN county report will be shared at the end of April following the publication of the national report.

<b>6.00</b>	<b>LIST OF ACCESSIBLE BACKGROUND DOCUMENTS</b>
6.01	'Improving young people's health and well-being through a school health research network: Reflections on school-researcher engagement at the national level'. Hewitt, G., Roberts, J., Fletcher, A., Moore, G. and Murphy, S. (2018) <i>Research for All</i> , 2 (1): 16–33. DOI 10.18546/RFA.02.1.03 <a href="https://orca.cf.ac.uk/105312/10/Hewitt%202018%20SHRN.pdf">https://orca.cf.ac.uk/105312/10/Hewitt%202018%20SHRN.pdf</a>
6.02	SHEP Wales Food and Fun bilingual leaflet 2018 <a href="https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&amp;mid=665&amp;fileid=1030">https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&amp;mid=665&amp;fileid=1030</a>
6.03	Indicators for the Welsh Network of Healthy School Schemes National Quality Award <a href="http://www.wales.nhs.uk/sitesplus/documents/888/WEB%2026732%20English%20pages.pdf">http://www.wales.nhs.uk/sitesplus/documents/888/WEB%2026732%20English%20pages.pdf</a>
6.04	Healthy and Sustainable Pre-School Scheme National Awards Criteria <a href="http://www.wales.nhs.uk/sitesplus/documents/888/HSPSS-Doc%28E%29.pdf">http://www.wales.nhs.uk/sitesplus/documents/888/HSPSS-Doc%28E%29.pdf</a>  <b>Contact Officer:</b> Claire Sinnott, Learning Advisor – Health, Wellbeing & Safeguarding <b>Telephone:</b> 01352 704054 <b>E-mail:</b> <a href="mailto:Claire.sinnott@flintshire.gov.uk">Claire.sinnott@flintshire.gov.uk</a>

<b>7.00</b>	<b>GLOSSARY OF TERMS</b>
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7.01

**BCUHB** – Betsi Cadwaladr University Health Board.

**HSPSS** – Healthy & Sustainable Pre School Scheme.

**NQA** – National Quality Award.

**PHW** – Public Health Wales.

**PSE** – Personal and Social Education.

**SHEP** – School Holiday Enrichment Programme.

**SHRN** – School Health Research Network.

**UNCRC** – United Nations Convention on the Rights of the Child.

**WNHSS** – Welsh Network of Healthy Schools Schemes.

**WLGA** – Welsh Local Government Association.