

## EDUCATION, YOUTH & CULTURE OVERVIEW AND SCRUTINY COMMITTEE

<b>Date of Meeting</b>	Thursday, 21 <sup>st</sup> October 2021
<b>Report Subject</b>	School Holiday Enrichment Programme Review
<b>Cabinet Member</b>	Leader of the Council & Cabinet Member for Education
<b>Report Author</b>	Chief Officer (Education and Youth)
<b>Type of Report</b>	Operational

### EXECUTIVE SUMMARY

This report has been developed to provide Members with an overview of the approach taken to deliver the School Holiday Enrichment Programme (SHEP) 'Food and Fun' during the summer holiday period.

This is the third year that the programme has been delivered in Flintshire and its most successful to date, reinforcing the positive impact strong partnership working can have within communities.

Over 160 children and young people aged 5-12 years have benefited from SHEP this summer in 6 schools, with over 2000 meals served during the 12 day programme.

### RECOMMENDATIONS

1	The Education and Youth Overview and Scrutiny Committee note the progress of the SHEP Programme.
---	--

### REPORT DETAILS

<b>1.00</b>	<b>EXPLAINING THE SCHOOL HOLIDAY ENRICHMENT PROGRAMME</b>
1.01	The School Holiday Enrichment Programme (SHEP) 'Food and Fun' are local school-based schemes, delivered by school staff and other key partners, which provide healthy meals, food and nutrition education and physical activity to children in a fun, social environment during the school summer holidays.

1.02	<p>SHEP was first piloted in Wales in 2016 with 10 schools. By 2021 there were 140 SHEP programmes delivered across 21 local authorities, in all 7 local health boards.</p> <p>Flintshire first participated in SHEP in 2018 with 2 schools which increased to 4 schools in 2019. In 2020 SHEP was suspended due to the Covid-19 pandemic and resumed in 2021 with 6 schools engaged.</p> <p>The Welsh Local Government Association (WLGA) oversee the programme nationally and locally a steering group has been in place since 2017. Funding is made available via an application process which is awarded once the programmes have been delivered.</p>
1.03	<p>Local authority maintained schools are eligible to apply for SHEP funding if their Free School Meal (FSM) eligibility, for pupils aged 5 to 15 years is 16% or greater. Schools must be able to staff and resource SHEP for a minimum of 12 days over at least 3 consecutive weeks of the school summer holidays. The same cohort of up to 40 children should be encouraged to attend all 12 days.</p> <p>All eligible schools in Flintshire were invited to an information workshop in March 2021 to understand more about the scheme. Thereafter 6 schools agreed to deliver the programme in July – August 2021.</p> <p>Ysgol Treffynnon and Queensferry Primary School had successfully delivered the programme in previous years and this summer Ysgol Maesglas, Ysgol Bryn Garth, Ysgol Bryn Gwalia and Connah’s Quay High School delivered the programme for the first time.</p> <p>One SHEP Co-ordinator and SHEP Assistant were identified at each school and were required to complete the Nutrition Skills for Life Level 2 Community Food and Nutrition Skills qualification via attendance at planned training during May and June. Safeguarding training, first aid and food hygiene training were also required to be up to date for the purposes of these roles.</p>
1.04	<p>SHEP was open to current Year 6 pupils and existing Year 7 pupils at Ysgol Treffynnon &amp; Connah’s Quay High sites. By utilising the transition approach children were able to form relationships with peers from other feeder primary schools, get to know existing Year 7 pupils and some of the school staff, as well as familiarise themselves with the school building before the new school term started in September.</p> <p>Queensferry, Ysgol Bryn Garth, Ysgol Bryn Gwalia and Maesglas all offered SHEP to Key Stage 2 pupils which enabled the children to connect with other pupils and staff that they may not necessarily do in a regular school day.</p>
1.05	<p>SHEP took place 9.00am – 1.00pm four days each week from Monday 19th July until Thursday 5<sup>th</sup> August 2021. Each day would commence with a healthy breakfast, followed by a programme of physical activity and Nutrition Education sessions, alongside creative play and enrichment. Healthy snacks and lunch were provided.</p>

	<p>SHEP coordinators were required to devise a three week timetable which incorporated the following core elements:</p> <ul style="list-style-type: none"> <li>• Nationally endorsed Food and Nutrition Education Sessions</li> <li>• A minimum of one hour of physical activity daily</li> <li>• Healthy breakfast and lunch provided by the school catering service</li> </ul> <p>SHEP Coordinators were able to devise their own timetables to best suit the needs of their children and young people and utilise resources already available to them, including school staff, local community groups and specialists.</p> <p>In addition to the opportunities for physical activity each day, there was a broad variety of enrichment activities on offer which included; cookery, first aid, mindfulness and wood work. Craft activities included making dream catchers, lava lamps from recycled bottles and graffiti name plaques were also some of the experiences enjoyed by the participants.</p>
1.06	<p>The SHEP programme is delivered across Wales using a partnership approach involving schools, health professionals, local authorities and community sports staff. In Flintshire this consists of Aura Leisure, NEWydd Catering, BCUHB Dieticians and coordinated by the Healthy Schools team.</p> <p>Aura Leisure committed to delivering a programme of structured sporting activities and interactive games at each school. Sport Development staff introduced 17 different sports during the course of the programme. The most popular sports this year were dodge ball, tennis and rugby which were enjoyed by boys and girls alike. <b>94%</b> of the children who took part in the sessions said that they had the opportunity to try a new sport that they would like to try again.</p> <p>NEWydd Catering provided all the food provision at each school, offering a healthy breakfast, snack and lunch each day. The meals were prepared in the kitchen at Ysgol Treffynnon and transported to all 6 sites.</p> <p>Approximately 2000 meals were distributed to children over the 12 days. <b>88%</b> of children surveyed ate breakfast when attending SHEP compared with <b>64%</b> on days the programme was not running. <b>97%</b> ate lunch in SHEP compared to <b>71%</b> on days the programme was not running.</p> <p>Parents of children attending SHEP and their siblings have in previous years been invited into school once each week to attend a family lunch but due to Covid-19 restrictions this was not possible this year. However, as an alternative means of parental engagement NEWydd provided six healthy and delicious recipe cards, together with all of the ingredients required. This approach encouraged families to take part in cooking activities with their children at home.</p> <p>The Public Health Wales Dieticians provided training to SHEP Coordinators and/or Assistants staff which enabled them to gain an accreditation in Nutrition Skills for Life Level 2 Community Food and Nutrition Skills qualification. The dietetics team also provided schools with the appropriate resources to enable delivery of the required nutrition education sessions. All the nutrition activities have been developed</p>

	<p>specifically for the SHEP programme, including extension activities for literacy, oracy and numeracy skills. The dieticians observed staff deliver two nutrition sessions at each school in order to quality assure the sessions.</p> <p><b>95%</b> of the children and young people reported that they understood more about being healthy after participating in the nutrition sessions whilst <b>85%</b> said they tried a new food for the first time.</p> <p>The Healthy Schools team provided ongoing support for all SHEP coordinators and worked alongside the external partners in order to fulfil the SHEP criteria. Healthy Schools is the main contact with the WLGA and manages the funding and coordination of the programme on behalf of the local authority. Visits were made to each site to quality assure each SHEP programme of delivery.</p>
--	--

<b>2.00</b>	<b>RESOURCE IMPLICATIONS</b>
2.01	SHEP is funded by the Welsh Government. For this year's programme funding of £4.85 million was allocated. Each participating school had a budget of £10,000 to deliver the programme for up to 40 children and young people.
2.02	The Welsh Government have not confirmed funding beyond 2021.

<b>3.00</b>	<b>IMPACT ASSESSMENT AND RISK MANAGEMENT</b>
3.01	<p><b>Steering Group</b></p> <p>The Flintshire SHEP steering group was established in 2017 to oversee the coordination and delivery of the programme in Flintshire schools in line with the WLGA criteria. The group consists of officers from Education, NEWydd, Aura, BCUHB Dietetics, Family Information Service, Revenues and Benefits and Play.</p>

<b>4.00</b>	<b>CONSULTATIONS REQUIRED/CARRIED OUT</b>
4.01	<p>A national questionnaire for children participating in the SHEP Food and Fun programme and their parents was provided by WLGA. All children and parents were encouraged to complete the questionnaire during the final week of the programme. Responses have been uploaded in full to WLGA to inform their national evaluation report.</p> <p>Initial findings following local analysis of the responses found:</p> <p>92% of children surveyed expressed how attending SHEP made their summer holiday more enjoyable whilst 66% said that it has given them more confidence to try something new.</p>

	<p>82% of parents reported that by accessing SHEP they were better able to meet their financial costs of the summer holidays and 76% said that it had a positive impact on managing work/leave/children.</p> <p>62% of children reported to being more active on SHEP days than non SHEP days whilst 56% admitted to mainly watching TV, play computer or use tablet/phone on non SHEP days.</p> <p>96% surveyed at the end of the three week programme said that they took part in a new activity that they would like to try again.</p>
--	---

<b>5.00</b>	<b>APPENDICES</b>
5.01	None.

<b>6.00</b>	<b>LIST OF ACCESSIBLE BACKGROUND DOCUMENTS</b>
6.01	<p><b>National list of SHEP Food and Fun schools 2021</b>  <a href="https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&amp;mid=665&amp;fileid=3122">https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&amp;mid=665&amp;fileid=3122</a></p> <p><b>Food and Fun ‘Working Together’ PowerPoint</b>  <a href="https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&amp;mid=665&amp;fileid=2430">https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&amp;mid=665&amp;fileid=2430</a></p> <p><b>Evaluation of the School Holiday Enrichment Programme (SHEP) 2019</b>  <a href="https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&amp;mid=665&amp;fileid=2844">https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&amp;mid=665&amp;fileid=2844</a></p>

<b>7.00</b>	<b>CONTACT OFFICER DETAILS</b>
7.01	<p><b>Contact Officer:</b> Claire Sinnott, Learning Advisor – Health, Wellbeing &amp; Safeguarding  <b>Telephone:</b> 01352 704054  <b>E-mail:</b> <a href="mailto:Claire.sinnott@flintshire.gov.uk">Claire.sinnott@flintshire.gov.uk</a></p>

<b>8.00</b>	<b>GLOSSARY OF TERMS</b>
8.01	<p><b>SHEP</b> - School Holiday Enrichment Programme.</p> <p><b>WLGA</b> - Welsh Local Government Association.</p> <p><b>BCUHB</b> - Betsi Cadwaladr University Health Board.</p>