

EDUCATION, YOUTH & CULTURE OVERVIEW AND SCRUTINY COMMITTEE

Date of Meeting	Thursday 17 th October 2024
Report Subject	Food and Fun - School Holiday Enrichment Programme Review
Cabinet Member	Leader of the Council Cabinet Member for Education, Welsh Language and Culture
Report Author	Chief Officer (Education and Youth)
Type of Report	Operational

EXECUTIVE SUMMARY

Food and Fun is a school-based education programme that provides food and nutrition education, physical activity, enrichment sessions and healthy meals to children during the school summer holidays. Food and Fun was previously referred to as the School Holiday Enrichment Programme (SHEP) and is coordinated nationally on behalf of Welsh Government by the Welsh Local Government Association (WLGA).

Across Wales 205 schools participated in the delivery of Food and Fun in 2024, a rise of over 30 from the previous year. 326 cohorts of 40 children providing 13,040 places each operating day across Wales. All 22 local authorities and local health boards have participated.

This report has been developed to provide Members with an overview of the Food and Fun programme delivered in 10 schools in summer 2024.

RECOMMENDATIONS

1	That Members acknowledge the positive impact of the Food and Fun Programme in Flintshire schools on learners and their families.
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REPORT DETAILS

1.00	EXPLAINING THE FOOD AND FUN – SCHOOL HOLIDAY ENRICHMENT PROGRAMME REVIEW
1.01	Flintshire’s Health Promoting Schools team coordinate the Food and Fun programme on behalf of the local authority, working in partnership with NEWydd catering, Aura Leisure and Betsi Cadwaladr University Health Board (BCUHB). The Food and Fun Steering Group were established in 2017 to oversee the planning and coordination with all partners in Flintshire and continues to meet termly.
1.02	Schools with Free School Meal eligibility higher than 16% can apply to deliver the Food and Fun programme. In 2018 when Food and Fun was first delivered in Flintshire, schools that had the highest free school meals percentages were invited to deliver the programme. We continue to prioritise schools in the highest areas of deprivation however any school that have free school meal percentage above 16% can apply to deliver Food and Fun.
1,03	Many families find school holidays a challenge, the loss of learning, routine and affordable childcare provision during the summer months has been extensively documented. Some children from disadvantaged families are more likely to experience social isolation and ‘unhealthy holidays’ in terms of nutrition and physical health, which in turn can contribute to the expanding attainment gap. The Food and Fun Programme has been developed to offer childcare provision during the summer which promotes learning and reduces social isolation.
1.04	10 schools applied to deliver Food and Fun in summer 2024. This is lower than the previous year where 13 schools delivered the programme in 2023. Staff recruitment for the programme has been a challenge for some schools in Flintshire this year. The schools participating in 2024 were: <ul style="list-style-type: none">• Ysgol Treffynnon• Argoed• St Davids High• Flint High• Ysgol Maes Hyfryd• Queensferry Primary School• Ysgol Bryn Garth• Ysgol Bryn Gwalia• Ysgol Pen Coch• Golftyn Primary school.
1.05	Each primary school was able to determine what age children could attend Food and Fun between Years 1 – 6, based on the needs of their community up to 40 places (which is considered 1 cohort). One primary school, Ysgol Bryn Gwalia, were able to deliver to 2 cohorts. Ysgol Pen Coch and Ysgol Maes Hyfryd offered the programme to existing pupils from all years.

	<p>At Ysgol Treffynnon, Flint High, St Davids & Argoed invited children from the current Year 6 and existing Year 7 to attend (up to 40). By utilising the 'transition approach' staff felt children become more familiar with themselves, the school building and develop relationships with peers from other feeder primary schools in preparation for starting high school in September.</p>
1.06	<p>Food and Fun was delivered for four days per week from Monday 22nd July – Thursday 8th August 9.00am – 1.00pm. Each day would commence with a healthy breakfast, followed by a programme of physical activity and Nutrition Education sessions, creative play, learning workshops and enrichment sessions. Children were provided with a hot meal each lunchtime and a mid-morning snack.</p> <p>This summer over 390 pupils registered to attend Food and Fun, an average of 266 pupils attended on each of the 12 days that the programme was delivered. The average attendance was 58% and nationally this is 62%.</p>
1.07	<p>School staff were successfully appointed as Food and Fun Co-ordinators in 7 schools to oversee the delivery of Food and Fun. With input from Community Focused Schools (CFS) at St David's High school, Ysgol Pen Coch and Ysgol Maes Hyfryd, the schools were supported to deliver Food and Fun in partnership with CFS, who led its implementation.</p>
1.08	<p>Members of the Health Promoting Schools team worked with partners, head teachers and Food and Fun Co-ordinators to oversee the programme of delivery at each site. There are clear criteria from WLGA to meet the funding requirements which include a pre-planned timetable of activities and menu for 3 weeks. These must be approved by HPS and WLGA and include 6 nutrition education sessions and daily 1-hour physical activity session.</p> <p>Each Food and Fun Coordinator plan their timetables to accommodate the needs of their school and utilise resources already available to them including the expertise of staff employed at the school (Science, PE, and Food Technology for example). Many of the sessions were offered free of charge by local groups and providers.</p>
1.09	<p>Children attending Food and Fun were offered a wide variety of enrichment activities which varied from school to school. These included: activities with an environmental artist, clay model making, gardening sessions, friendship bracelets, lava lamps from recycled bottles. Children have also had the opportunity to take part in twig twisters, (making sculptures from twigs), dance and drumming workshops.</p> <p>Pupils from Ysgol Treffynnon completed a survey at the end of the programme in 2024. 100% of the children surveyed said they had tried a new activity, 68% of those pupils would like to continue with it.</p>
1.10	<p>In order for Food and Fun staff to deliver the required nutrition education sessions, there is an expectation that at least one member of staff attends the Nutrition Skills for Life Level 2 Community Food and Nutrition Skills training. This course is delivered and accredited by the Betsi Cadwaladr</p>

	<p>University Health Board (BCUHB) dietetics team over 30 hours. This year, 4 staff attended the full Level 2 course and 16 attended the refresher training.</p> <p>All the nutrition activities have been created for Food and Fun with consideration for literacy, oracy and numeracy skills. Children’s nutrition workbooks were sent home at the end of the day to encourage discussions between parents and children which proved effective this year.</p> <p>The BCUHB dieticians observed 14 nutrition sessions over the 10 participating schools in order to Quality Assure the programme.</p> <p>Feedback from pupils at Ysgol Treffynnon highlighted 89% enjoyed learning about being healthy after participating in the nutrition sessions, 89% of Ysgol Treffynnon pupils also said they tried a new food for the first time in Food and Fun.</p> <p>Staff commented that they had <i>“really noticed that children were much more open to trying new fruits and vegetable since the start of the programme”</i> (at the end of the programme).</p> <p><i>“School staff providing opportunities for children to try new fruit and veg they wouldn’t normally have (e.g. dragon fruit, jack fruit, lychee)”</i> Dietetics team.</p>
1.11	<p>Newydd catering provided all lunchtime meals for the programme every day. They were cooked in the central kitchen at County Hall and transported to all 10 sites and served by catering staff. Over 4700 meals were provided to children over 12 days.</p> <p>Parental engagement is encouraged through Food and Fun and historically they have been invited into the school one day a week to enjoy a meal with their child/children. This year NEWydd served over 600 parent meals over 3 days (1 meal each week).</p> <p>At Ysgol Treffynnon 53% of children surveyed ate more fruit and vegetables on Food and Fun days compared to non-Food and Fun days, whilst 26% of Ysgol Treffynnon pupils were less hungry on Food and Fun days compared to non-Food and Fun days.</p> <p>This year, NEWydd were commissioned by 4 of schools to provide food boxes following their success in last year’s programme. 114 food boxes were distributed on the last day of Food and Fun containing the ingredients and recipe cards for four healthy recipes that had been served to children during the programme to encourage families to take part in cooking activities with their children at home.</p> <p><i>“Having the opportunity for parents to come in an eat with the children has been hugely beneficial to engage with the parents within the school, as parent engagement is something they struggle, to see so many parents attending each week and sharing a meal with their children was great for the school.”</i> Food and Fun Coordinator.</p>

	<p><i>“Thank you for letting my son attend. He had the most wonderful time. Really grateful and thank you for the food too, he has helped me made some of the meals so thank you”</i> Parent, Ysgol Treffynnon.</p>
1.12	<p>Aura’s Sport Development team delivered at least once per week in each school. Food and Fun Coordinators also had the flexibility to schedule additional sessions from Aura as needed and would use a variety of different approaches to ensure all children had physical activity once per day.</p> <p>Aura worked with the children direct to deliver quality, structured physical activities that everyone would enjoy, adapting sessions to ensure they were inclusive to all participants.</p> <p>Dodgeball, tag rugby and football proved the most popular sports delivered by Aura this year and were enjoyed by both girls and boys. 68% of pupils from Ysgol Treffynnon 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>Sport Development coaches expressed high levels of satisfaction with the programme, noting the positive and fun atmosphere in all sessions. They also commended the involvement of school staff, some of whom actively participated in the activities.</p>
1.13	<p>Summer 2024 was the first year Food and Fun Coordinators and staff from schools were paid directly from FCC, as previously staff were paid by their school. This was following the implementation of new Job Descriptions and Personal Specifications, which have been subject to the Job Evaluation process. This has been a shared learning experience for Payroll and HR colleagues and procedures for payment for Food and Fun staff will be revised for summer 2025.</p>
1.14	<p>During the Autumn term, the attendance registers from each school and final accounts are required for submission to the Health Promoting Schools team and WLGA. Funding will be issued thereafter to reimburse schools for the programme delivery. All schools have also been invited to share a case study with WLGA relating to ‘Impact on Attendance’ in September 2024 following delivery of the programme in July / August. Please refer to two examples in the appendices with this report.</p> <p>Work also begins on recruitment of schools for summer 2025. An information session for headteachers is planned for after half term and 2 schools that have delivered Food and Fun in 2024 have been invited to share their experiences.</p> <p>The Health Promoting Schools Team are also exploring alternative staff recruitment models, as part of a joined-up approach with Play Development.</p>

1.15	<p>The positive impact strong partnership working can make in communities has been demonstrated through the impact of Food and Fun in all 10 participating schools this year.</p> <p><i>"I found the club to be engaging not just me as a parent but, also my daughter! It's kept her in a routine and we are grateful"</i> Parent, Ysgol Treffynnon .</p>
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2.00	RESOURCE IMPLICATIONS
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2.01	<p>Welsh Government fund Food and Fun via WLGA based on £4.85m for 2024-25.</p> <p>Funding is allocated at £11,000 per school which covers the cost of delivering the programme. Funding for learners with Additional Learning Needs (ALN) is also available on a case-by-case basis. For the local authority planning and coordination costs £1,000 per school can be claimed.</p>
2.02	<p>Schools funding: £11,000 x 11 cohorts of children = £121,000</p> <p>Schools ALN additional funding approved: £60,145.57.</p> <p>Education and Youth Coordination of the programme: £1000 per cohort x 11 = £11,000</p> <p>Total claim for 2024-25: approximately £192,145.57</p>
2.03	<p>Funding has not been confirmed for 2025-26 pending a rapid review underway, led by Julie Morgan MS.</p>

3.00	IMPACT ASSESSMENT AND RISK MANAGEMENT
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3.01	<p>Food and Fun directly contributes to the Education and Skills Priority and the Poverty Priority in the Council Plan 2023-28:</p> <p><u>Educational Engagement and Achievement</u></p> <ul style="list-style-type: none"> • To ensure young people achieve their potential. • Increase the resilience of children and young people in schools and their communities to stay safe and healthy. <p><u>Wellbeing</u></p> <ul style="list-style-type: none"> • Support for emotional health and wellbeing in schools is a national priority. <p><u>Child Poverty</u></p> <ul style="list-style-type: none"> • Ensure continued access to varied and rich play environments.
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4.00	CONSULTATIONS REQUIRED/CARRIED OUT
4.01	Feedback sought at each school from children and parents through various approaches including graffiti walls, post its and verbally. This would take place on a weekly basis and at the end of the programme.
5.00	APPENDICES
5.01	Appendix 1: Ysgol Bryn Gwalia case study
5.02	Appendix 2: Ysgol Bryn Garth case study
6.00	LIST OF ACCESSIBLE BACKGROUND DOCUMENTS
6.01	Food and Fun School Holiday Enrichment Programme 2023 evaluation report – issued February 2024 https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&mid=665&fileid=4118
6.02	Evaluation of Food and Fun School Improvement Programme Impact report -Issued February 2023 https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&mid=665&fileid=3742
7.00	CONTACT OFFICER DETAILS
7.01	Contact Officer: Claire Sinnott, Learning Advisor – Health, Wellbeing & Safeguarding Telephone: 07867 684 653 E-mail: Claire.H.Sinnott@flintshire.gov.uk Contact Officer: Jane Bartley, Healthy Schools and Pre Schools Officer Telephone: 07775695995 E-mail: jane.bartley@flintshire.gov.uk
8.00	GLOSSARY OF TERMS
8.01	School Holiday Enrichment Programme (SHEP) now referred to as Food and Fun. Additional Learning Needs (ALN) Betsi Cadwaladr University Health Board (BCUHB) Health Promoting Schools team (HPS) also known as the Healthy Schools Scheme. Welsh Local Government Association (WLGA).