

EDUCATION & YOUTH OVERVIEW AND SCRUTINY COMMITTEE

Date of Meeting	Thursday 1 st February 2018
Report Subject	Healthy Schools and Pre School Programme
Cabinet Member	Cabinet Member for Education
Report Author	Interim Chief Officer (Education and Youth)
Type of Report	Operational

EXECUTIVE SUMMARY

Child health outcomes across the UK are among the poorest in western Europe despite having one of the most advanced healthcare systems in the world. Wales has the worst rates for childhood obesity in the UK and child death rates in the most deprived parts of Wales are much higher than the least deprived. At the same time healthcare services are under increasing strain, notably the demand for specialist mental health support for children.

In education there is an opportunity to address these challenges and take concerted action to improve health outcomes for children and young people. 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 four staff are funded by Public Health Wales to support 79 schools and 44 pre-school settings to actively participate in both the WNHSS and HSPSS. Currently 10 schools have achieved the National Quality Award for Healthy Schools and 11 pre-school settings have completed the HSPSS.

This report has been produced in response to members seeking an update on progress of both schemes within the authority.

RECOMMENDATIONS

1	That members receive the report on the Healthy Schools and Pre-schools Schemes and note the progress made to date.
2	That members support schools and pre-schools to actively engage in all phases of the schemes.

REPORT DETAILS

1.00	PROGRAMME OVERVIEW
1.01	<p data-bbox="368 255 1230 293">1. <u>Welsh Network of Healthy School Schemes (WNHSS)</u></p> <p data-bbox="320 320 1396 645">The Flintshire Healthy Schools Scheme was launched in October 2000, and is one of 22 schemes in Wales which form the Welsh Network of Healthy School Schemes (WNHSS). The WNHSS is funded by Welsh Government, and managed by Public Health Wales (PHW); and on a local level is actively supported by Betsi Cadwalader University Health Board (BCUHB) and Flintshire County Council. The WNHSS is part of the Schools for Health in Europe (SHE) Network and also addresses the Welsh Government's seven core aims and the United Nations Convention on the Rights of the Child (UNCRC).</p> <p data-bbox="320 689 1396 972">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. 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 data-bbox="320 1016 1396 1122">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.</p> <p data-bbox="320 1167 1396 1234">In Phases 4 - 6 a school is supported in order to evidence how they meet national criteria across 7 health themes:</p> <ul data-bbox="336 1245 1396 1547" style="list-style-type: none">• Food and Fitness• School Environment• Safety• Personal Development and Relationships• Hygiene• Substance Use and Misuse (includes drugs, alcohol and tobacco)• Emotional and Mental Health and Well Being (including staff health and well-being). <p data-bbox="320 1592 1396 1659">Within each theme schools are required to demonstrate an embedded whole school approach in the following aspects of school life:</p> <ul data-bbox="336 1671 1396 1895" style="list-style-type: none">• Leadership and communication (includes staff development, policies, procedures, engagement in initiatives/interventions)• Curriculum (includes extra-curricular and educational visits)• Ethos and environment (includes staff involvement, pupil participation)• Family and community involvement (links with the family or outside agencies). <p data-bbox="320 1939 1396 2110">Upon completion of Phase 5, a school may choose to work towards achieving the National Quality Award (NQA). The NQA is an excellence award for schools that can demonstrate the highest standards in health and wellbeing as part of a whole school approach which is assessed independently over a two day visit and the provision of evidence portfolios.</p>

The local authority has nationally agreed targets for schools achieving each phase of the scheme, see section 1.02 for performance against targets.

2. Healthy & Sustainable Pre Schools Scheme (HSPSS)

The Healthy and Sustainable Pre School Scheme (HSPSS) was launched nationally in 2011 and was developed as an extension of the Welsh Network of Healthy Schools Scheme (WNHSS). The criteria for the HSPSS have clear parallels with the WNHSS National Quality Award.

As of January 2018 there are 44 settings participating in the Flintshire healthy pre-school scheme. 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.

The HSPSS in Flintshire consist of:

- Childminders x 7
- Playgroups x 13
- Cylch x 6
- Day nursery x16
- Creche x 2

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.

A setting is supported in order to evidence how they meet national criteria across 7 health topics:

- Nutrition and Oral Health
- Physical Activity/Active Play
- Mental and Emotional Health
- Wellbeing and Relationships
- Environment
- Safety
- Hygiene
- Workplace Health and Wellbeing

Within each topic settings are expected to introduce health improvement topics into four domains:

- Leadership & Communication
- Planning & Delivery
- Ethos & Environment
- Family & Community Involvement

For each health topic, the setting must show that it is promoting health and well-being through its policies, planning and ethos. At the end of each topic the setting is locally assessed and once they meet the required standards, they are accredited by Public Health Wales.

Of the 44 settings participating in HSPSS, 11 have completed the scheme and a further 3 are scheduled their final assessment before end of March

	2018.
1.02	<p>1. <u>Performance against National Targets: Welsh Network of Healthy School Schemes (WNHSS)</u></p> <p>The following targets are set by Public Health Wales (up until 31st March 2018):</p> <p>Target 1: 95% schools to achieve the Phase 3 award (or higher)</p> <p>As of January 2018, 96% of Flintshire schools have achieved Phase 3 or higher in their participation of the Healthy Schools Scheme. This equates to 76 schools.</p> <p>Target 2: 10% of schools to achieve the National Quality Award (NQA) Phase 6</p> <p>As of January 2018, 12.6% of Flintshire schools have achieved the NQA which equates to 10 schools.</p> <p>Target 3: 20% of schools working towards the NQA (achieved Phase 5)</p> <p>As of January 2018, 34% of Flintshire schools have achieved Phase 5 and are working towards the NQA, which equates to 27 schools.</p> <p>2. <u>Performance against National Targets: Healthy & Sustainable Pre Schools Scheme (HSPSS)</u></p> <p>HSPSS Target: PHW have identified that ‘between 20–30 settings per local authority should be supported to work toward agreed achievement criteria’ in 2017-18.</p> <p>As of January 2018 there are 44 settings participating in the Flintshire healthy pre-school scheme.</p> <p>Obesity Target (Local): Recruit 5 additional settings to the scheme (from 40 settings to 45)</p> <p>4 settings have been recruited to date identified by Flying Start in the first instance and utilising Welsh Index of Multiple Deprivation.</p> <p>Obesity Target (General): 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.</p> <p>At the end of March 2017 there were 26 settings from 40 that had completed the Nutrition and Oral Health topic criteria and to date this has increased by 6 to 32 settings in total. 1 setting is also scheduled before the end of March 2018.</p> <p>At the end of March 2017, there were 20 settings from 40 that had completed</p>

	<p>the Physical Activity and Active Play criteria and to date this has been increased by 7. There are 27 settings in total that have completed this topic with a further 2 scheduled before the end of March 2018.</p>
1.03	<p><u>School Health Research Network (SHRN)</u></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 Healthy Schools team are the main point of contact for SHRN in Flintshire.</p> <p>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>SHRN was initially launched in 2013 with funding from the Medical Research Council. In 2015/16, with funding from Health and Care Research Wales, half of all secondary schools in Wales (115) joined which included three Flintshire secondary schools. In 2017 recruitment was open to all secondary and middle schools with all secondary schools in Flintshire now participating following successful engagement in the summer term with head teachers and the recruitment of in-school coordinators.</p> <p>Pupils in SHRN schools are required to complete a bilingual electronic survey every two years. The survey is based on the World Health Organisation’s collaborative Health Behaviour of School-aged Children (HBSC) Survey to allow integration of the two surveys every four years and is accompanied by a School Environment Questionnaire, which allows relationships between school policies and practices and student health to be investigated.</p> <p>All Flintshire secondary schools have undertaken the survey during the Autumn term 2017 and will be issued with their individual research findings at the end of the Spring term 2018, alongside a county report. Schools will then be supported to share their data with their whole school community and action plan accordingly. An event for school council representatives will take place in March 2018 to help pupils understand how to interpret research data and action plan, which will support them ahead of receiving their school SHRN report in April 2018.</p>
1.04	<p><u>School Holiday Enrichment Programme (SHEP)</u></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 was piloted in Wales in 2016 with 10 schools participating from 5 local authorities and evaluated by Cardiff University. In 2017 this increased to 38 schools from 12 local authorities. Funding has since been allocated in the Welsh Government draft budget until 2019/20 to expand the programme.</p> <p>In Flintshire a local SHEP steering group has been established by the Healthy Schools team during the Autumn term 2017 and two schools have been approached to host the clubs during summer 2018. A funding application has been submitted in January 2018 with the outcome anticipated by February 9th 2018. If successful, members of the healthy schools team will work with partners in accordance with local steering group in order to establish a programme of delivery for both sites including budgeting and staffing.</p>
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2.00	RESOURCE IMPLICATIONS
2.01	<p>Both schemes are grant funded by Public Health Wales on an annual basis. The funding in 2017-18 consisted of four separate grants:</p> <ul style="list-style-type: none"> • WNHSS grant • HSPSS grant • Obesity grant • e-bug grant.
2.02	<p>Public Health Wales have not confirmed the grant funding allocation for 2018-19 to date. A letter to the Interim Chief Officer for Education and Youth from PHW in December 2017 states that they <i>'do not anticipate any significant change in the level of funding, and will be able to confirm the actual allocation in February 2018'</i>.</p>

3.00	CONSULTATIONS REQUIRED / CARRIED OUT
3.01	<p>Extensive consultation has been undertaken on a worldwide level in this field.</p>

4.00	RISK MANAGEMENT
4.01	<p>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.</p>
4.02	<p>Support for schools and pre-school settings in addressing health education and promotion in the county would be impacted if the grant funding is not secured.</p>

5.00	APPENDICES
5.01	Appendix 1 - Healthy Schools and Pre-Schools Work Programme April 2017 - March 2018

6.00	LIST OF ACCESSIBLE BACKGROUND DOCUMENTS
6.01	<p>Indicators for the Welsh Network of Healthy School Schemes National Quality Award http://www.wales.nhs.uk/sitesplus/documents/888/WEB%2026732%20English%20pages.pdf</p> <p>Healthy and Sustainable Pre-School Scheme National Awards Criteria http://www.wales.nhs.uk/sitesplus/documents/888/HSPSS-Doc%28E%29.pdf</p> <p>Contact Officer: Claire Sinnott, Learning Advisor – Health, Wellbeing & Safeguarding Telephone: 01352 704054 E-mail: Claire.sinnott@flintshire.gov.uk</p>

7.00	GLOSSARY OF TERMS
7.01	<p>BCUHB - Betsi Cadwalader University Health Board</p> <p>HSPSS - Healthy & Sustainable Pre School Scheme</p> <p>NQA - National Quality Award</p> <p>PHW - Public Health Wales</p> <p>PSE - Personal and Social Education</p> <p>SHEP - School Holiday Enrichment Programme http://wlga.wales/food-and-fun-school-holiday-enrichment-programme</p> <p>SHRN - School Health Research Network http://www.shrn.org.uk/</p> <p>UNCRC - United Nations Convention on the Rights of the Child</p> <p>WNHSS - Welsh Network of Healthy Schools Schemes</p>