

EDUCATION & YOUTH OVERVIEW AND SCRUTINY COMMITTEE

Date of Meeting	Thursday 27 th September 2018
Report Subject	School Holiday Enrichment Programme
Cabinet Member	Cabinet Member for Education
Report Author	Chief Officer Education and Youth
Type of Report	Operational

EXECUTIVE SUMMARY

Childcare provision can be a challenge for families during the school holidays and some struggle to afford or access food that provides a healthy diet when the Free Breakfast in Primary Schools initiative and Free School Meals (FSM) are not available. Some children also experience social isolation and a lack of intellectual stimulation, normally provided by school or family enrichment activities, and this may contribute to widening the attainment gap.

The School Holiday Enrichment Programme (SHEP) is a school-based scheme that provides healthy meals, food and nutrition education, physical activity and enrichment sessions to children during the summer holidays. *'Food and Fun'* is the brand identity used at local level to promote the scheme to children and families.

This report has been produced in response to members seeking an update on the School Holiday Enrichment Programme delivered in two secondary schools in Flintshire during July - August 2018.

RECOMMENDATIONS

1	That members receive the report on the School Holiday Enrichment Programme and note the progress made.
2	That members support the programme in the authority in 2019.

REPORT DETAILS

1.00	BACKGROUND
1.01	<p>1. <u>School Holiday Enrichment Programme (SHEP)</u></p> <p>‘Food and Fun’ is an innovative partnership approach involving Local Authorities, Schools, Catering Services, Sport Development and Health professionals. The aim is to prevent children going hungry in the summer holidays and to improve children’s health and promote learning through a programme of enrichment activities.</p> <p>Each scheme is open for a total of 12 days over 3 weeks in the school summer holidays, with capacity for up to 40 children at each site. The core daily components involve: a free breakfast, a minimum of one hour physical activity, nutrition education and free lunch. On one day each week, family members are invited to join the children for lunch.</p> <p>The School Holiday Enrichment Programme (SHEP) was first developed by Food Cardiff in 2015 and awarded the NHS Wales Award in 2016. The model was rolled out beyond Cardiff in 2016 and implemented in 19 schools in Communities First Cluster areas across Wales following support from the Welsh Local Government Association (WLGA) and five local authorities (the City of Cardiff, the Vale of Glamorgan, Neath Port Talbot, Denbighshire and Wrexham).</p> <p>An evaluation was undertaken by Cardiff University and found evidence of positive impacts on children’s activity levels, diet, social isolation, and opportunities for learning and engagement with school. Data collected via activity monitors worn by 48 children showed children were significantly more likely to achieve the daily recommendation of 60 minutes moderate to vigorous physical activity when attending the scheme (71%) compared to other non-scheme weekdays (48%).</p> <p>Overall, 98% of children reported eating breakfast and all children ate lunch on scheme days. The majority reported consuming more fruit and vegetables (67%), less sugary snacks (66%) and less sugary / fizzy drinks (81%) at the scheme than at home. Potential social and educational benefits were also found: 75% of children reported making new friends at scheme; parents and staff observed more positive attitudes to school among children attending SHEP.</p> <p>As a result of the evaluation, SHEP received further funding in 2017 which increased the number of local authorities engaged to 12, coordinating 38 schemes throughout Wales. In 2018 the uptake among local authorities has increased to 16, with 53 schemes active over the summer offering up to 2300 places. This included 2 schemes in Flintshire for the first time.</p>
1.02	<p>Flintshire Approach</p> <p>A SHEP Steering Group was established in Autumn 2017 with representation from Healthy Schools, Newydd Catering, Aura, BCUHB, Family Information Service, Play Development and Revenues & Benefits.</p>

Schools participating in SHEP in 2018 were required to have a Free School Meal eligibility greater than 18.1% (primary school) or 17.5% (secondary school). It is expected that the local authority would deliver two SHEP schemes in the first year. Funding for up to £5000 is available for each scheme from the WLGA, with an expectation that the amount is match funded by stakeholders.

A model of good practice shared at the national SHEP conference in November 2017 was the 'transition approach': a secondary school as the host school with pupils invited from Year 6 from the feeder primary schools and open to a proportion of existing Year 7 pupils from the secondary.

In order to maximise the reach of the programme the Steering Group agreed this would be the preferred model for 2018 and three high schools were identified as eligible with FSM percentage above 17.5%

Two schools agreed to participate in the programme in summer 2018: Ysgol Treffynnon and St Davids High School. At both sites, SHEP was open to Year 6 pupils from their feeder primary schools and existing Year 7 pupils. By utilising the transition approach it was felt children would get to know some of the school staff before the new term started in September and help form relationships with their peers. They would also benefit from familiarising themselves with the school site. The activities were designed for pupils to integrate with one another and build on their communication and team work skills.

1.03

Delivery

In Flintshire, SHEP was delivered 4 days each week for 3 weeks from Monday 23rd July – Thursday 9th August, 9.00am – 1.00pm. Two SHEP Coordinators from each school were identified to oversee the schemes and these were supported with members of the Healthy Schools team, Sport Flintshire and a range of specialists each day. See Appendix 1 / 2 for timetables of activities.

At Ysgol Treffynnon the average number of pupils in attendance over the three weeks was 24. The highest attendance was 29 and lowest was 17. At St David's High School the average number of pupils in attendance was 16. The highest attendance was 19 pupils and lowest was 12.

The most popular activity reported by pupils at both sites was cooking. This was delivered twice each week with a food technology specialist teacher using specifically designed 'healthy' recipes for SHEP. All ingredients were provided and the sessions took place in the designated food technology classrooms on both sites, which were well equipped. Pupils were able to take home what they had cooked.

The physical activity opportunities each day were varied and enabled pupils to experience new sports and gain knowledge of local clubs. 'Parkour' gymnastics proved popular on both sites as did invasion sports including basketball.

The majority of the food for the breakfast and lunches was donated by local

	<p>suppliers which is an example of excellent partnership working from Newydd. Pupils enjoyed the opportunity to sample new menu items ahead of September. Parents attending each week had the opportunity to eat a different school meal and sit with their child / children. Tesco Broughton and Asda Queensferry have also supported SHEP this year through donations.</p> <p>The 6 nutrition education lessons were successfully delivered at both sites and these complimented the recipes that were used for the cooking activities and also the lunches served each day e.g. eating a balanced meal. This was to reinforce consistent messages around healthy eating. The delivery of two sessions at each school were observed by a BCUHB dietician from a quality assurance perspective and received good feedback.</p> <p>A wide range of enrichment activities were offered utilising local organisations and specialists e.g. fire service, welsh rugby union, libraries, museums.</p> <p>Christine Powdrill the national lead for SHEP at WLGA visited both schools on Tuesday 7th August.</p>
1.04	<p>Opportunities for 2019</p> <ul style="list-style-type: none"> • Review which weeks the programme is offered • Increase the number of schemes (up to 4) • Increase the age range of the pupils participating (to include Year 5 pupils) • Develop 'Food and Fun' brand locally on social media and among schools / parents to raise awareness and increase attendance • Expand community links with local businesses and sports clubs. • Develop enrichment activities; cooking to include opportunities for parents to participate • Training and development opportunities for pupil volunteers.

2.00	RESOURCE IMPLICATIONS
2.01	SHEP is funded by Welsh Government on an annual basis through the WLGA: £5,000 per scheme (up to 40 children) is available and is to be match 'in kind' by key stakeholders / local authority.
2.02	'In kind' costs and sustainability of SHEP will require careful consideration going forward. Welsh Government has allocated £500,000 in the draft budget for SHEP 2019/20 although have not confirmed the grant funding beyond this.

3.00	CONSULTATIONS REQUIRED / CARRIED OUT
3.01	All children attending SHEP were required to complete an evaluation questionnaire at the end of the three weeks. The results are collated online and analysed by the WLGA. Parents are also asked to complete an evaluation questionnaire. Informal evaluations were also undertaken on a weekly basis at each school and flexibility within the programming allowed

	for changes as required based on pupils views.
3.02	<p>Early analysis from key questions within the <u>pupil</u> evaluation forms highlighted the following:</p> <p>What did you think about this club? Like / Okay / Dislike 88% of pupils at St David’s High School responded that they liked the club and 12% stated it was okay. At Ysgol Treffynnon, 71% of pupils reported they liked the club and 29% stated it was okay.</p> <p>Did you learn something new about food and healthy eating? Yes / No / Unsure 82% of pupils at St David’s High School responded yes, 6% responded no and 12% unsure. At Ysgol Treffynnon, 52% responded yes, 34% responded no and 14% responded unsure.</p> <p>Did you eat Breakfast? Yes / No /Unsure 47% of pupils at St David’s High School responded yes, 41% responded no and 12% responded unsure. At Ysgol Treffynnon 90% responded yes and 10% responded no.</p> <p>Did you eat lunch? Yes / No / Unsure At St David’s High School 82% of pupils responded yes and 18% responded no. At Ysgol Treffynnon 100% responded yes.</p> <p>Did you make new friends? Yes / No / Unsure 100% responded yes at St David’s High School. At Ysgol Treffynnon 90% responded yes and 10% responded no.</p>
3.03	<p>Early analysis from key questions within the <u>parents</u> evaluation forms highlighted the following:</p> <p>Do you think the club has benefitted your child / children? Yes / No / Unsure 100% of parents responded yes at St David’s High School and 100% of parents at Ysgol Treffynnon also reported yes.</p> <p>Would you recommend this club to others? Yes / No / Unsure 100% of parents responded yes at St David’s High School and 100% of parents at Ysgol Treffynnon also reported yes.</p> <p>Feedback from a parent at Ysgol Treffynnon noted on their evaluation form <i>‘this has been excellent, my daughter has loved every minute of club. Well done on such a great club. Thankyou’.</i></p> <p>Feedback from a parent at St David’s High school noted on their evaluation form <i>‘this club has been amazing for my daughter. She has come home every day after the club telling me what a fantastic time she has had each day. She has particularly enjoyed the cooking and sports aspects of the club. It’s just fantastic and I would definitely recommend it to everyone!’</i></p>
3.04	Official analysis of all evaluations is being undertaken this half term by the WLGA and the findings of which will be shared at the end of November 2018.

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4.00	RISK MANAGEMENT
4.01	Support for children who are experiencing ‘holiday hunger’ and parents who are feeling the financial burden would be impacted if the funding is not secured.

5.00	APPENDICES
5.01	Appendix 1 - SHEP timetable for St David’s High School Appendix 2 – SHEP timetable for Ysgol Treffynnon.

6.00	LIST OF ACCESSIBLE BACKGROUND DOCUMENTS
6.01	<p>SHEP Wales bilingual leaflet 2018 https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&mid=665&fileid=1030</p> <p>Food and Fun School Holiday Enrichment Programme 2017 Evaluation report http://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&mid=665&fileid=1550</p> <p>SHEP 2016 Evaluation Infographic https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&mid=665&fileid=722</p> <p>Well-being of Future Generations (Wales) Act 2015 http://www.legislation.gov.uk/anaw/2015/2/contents/enacted</p> <p>Spotlight Report Article 31: the right for all children to have rest and leisure, to engage in play and recreational activities and to participate in cultural life and the arts https://www.childcomwales.org.uk/wp-content/uploads/2018/04/Play-FINAL.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	SHEP – School Holiday Enrichment Programme

	<p>WLGA – Welsh Local Government Association</p>
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	<p>BCUHB – Betsi Cadwaladr University Health Board</p>
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