

**Astudiaeth Achos Presenoldeb Dychwelyd**  
**Medi Bwyd a Hwyl**  
**Food and Fun Return to School September**  
**Case Study**

Pwrpas y plant a gymerodd ran yn Bwyd a Hwyl dros wliau'r haf Os ydych chi ddefnyddio'r adran hon i olrhain presenoldeb dychwelyd i'r ysgol dros gyfnod darparu'r rhaglen, yn ogystal â'r mis Medi cyn eich haf Bwyd a Hwyl cyntaf (y meincnod).	<table border="1"> <tr> <td data-bbox="183 331 406 398"> <b>Enw'r Ysgol</b>  <b>School Name</b> </td> <td data-bbox="406 331 790 398">         casglu data presenoldeb a Hwyl dros wliau'r haf       </td> </tr> <tr> <td colspan="2" data-bbox="183 398 790 470"> <b>Adran 1</b>  <b>Section 1</b> </td> </tr> <tr> <td data-bbox="183 470 406 515"> <b>Blynyddoedd</b> </td> <td data-bbox="406 470 790 515"> <b>Nifer y plant</b> </td> </tr> </table>	<b>Enw'r Ysgol</b> <b>School Name</b>	casglu data presenoldeb a Hwyl dros wliau'r haf	<b>Adran 1</b> <b>Section 1</b>		<b>Blynyddoedd</b>	<b>Nifer y plant</b>	This section is for capturing attendance data of children who attend Food and Fun over the school in
<b>Enw'r Ysgol</b> <b>School Name</b>	casglu data presenoldeb a Hwyl dros wliau'r haf							
<b>Adran 1</b> <b>Section 1</b>								
<b>Blynyddoedd</b>	<b>Nifer y plant</b>							
<p>Medi cyn i chi gyflwyno Bwyd a Hwyl yn yr ysgol. Felly eich cymharydd fydd presenoldeb dychwelyd i'r ysgol y plant a gymerodd ran yn Bwyd a Hwyl o'i gymharu â'u presenoldeb yn y flwyddyn meincnod. Ar gyfer ysgolion sy'n dychwelyd i'r cynllun, gallwch ddefnyddio'r adran hon i olrhain presenoldeb dychwelyd i'r ysgol dros gyfnod darparu'r rhaglen, yn ogystal â'r mis Medi cyn eich haf Bwyd a Hwyl cyntaf (y meincnod).</p>	<p>would be the return to school attendances in the September before you introduced Food and Fun to the school. Your comparator therefore will be the return to school attendances of children who participated in Food and Fun compared to their attendance in the benchmark year. For returning schools, you can use this section to track return to school attendance over the period that you have delivered the programme, plus the September before your first Food and Fun summer (the benchmark).</p>							
<p><b><u>Adran 2</u></b></p> <p>Yn yr adran hon, gofynnwn i chi ystyried effaith ehangach cynnal Bwyd a Hwyl i'ch dysgwyr. Gallwch restru unrhyw newidiadau ymddygiad a welsoch neu os oes gennych unrhyw achosion penodol yr hoffech eu rhannu â ni, mae bocs 'astudiaeth achos' y gellir ei ddefnyddio i gasglu'r wybodaeth hon. Gofynnwn i chi beidio â defnyddio enwau plant.</p> <p>Rydym wir yn gwerthfawrogi'r amser a gymerwyd i lenwi'r astudiaeth achos byr hwn. Gobeithio y bydd hyn yn atgyfnerthu'r ffaith bod y rhaglen yn parhau i fodloni ei chanlyniadau a fwriadwyd ac unrhyw ganlyniadau anfwriadol eraill wrth iddynt ddigwydd. A fydddech cystal â dychwelyd eich astudiaeth achos i <a href="mailto:foodandfun@wlga.gov.uk">foodandfun@wlga.gov.uk</a></p> <p>Llawer o ddiolch,          Tîm Bwyd a Hwyl CLILC.</p>	<p><b><u>Section 2</u></b></p> <p>In this section, we ask you to consider wider impacts of running Food and Fun for your learners. You can list any behavioural changes you have observed or if you have individual accounts you would like to share with us, there is a 'case study' box which can be used to capture this information. We would ask you to not use children's names. We really appreciate the time taken to complete this short case study. We hope that this will positively re-enforce that the programme continues to meet its intended outcomes and any other unintended outcomes as they present. Please return your completed case study to <a href="mailto:foodandfun@wlga.gov.uk">foodandfun@wlga.gov.uk</a></p> <p>Many thanks          The WLGA Food and Fun Team</p>							





Gweithredu Operating Years	sy'n cael eu holrhain No of Children tracked	cyfartalog Tymor yr Hydref Autumn Term average attendances	% growth
2021			
2022			Meincnod/Benchmark
2023	5	65%	
2024	5	96%	
<b>Adran 2 Section 2</b>			
<b>Newidiadau Cyffredinol a Welwyd mewn Ymddygiad General Observed Behaviour Changes</b>		e.e. presenoldeb gwell yn ystod y tymor, mwy o ymarfer corff (ymuno â chlwb / chwaraeon ar ôl ysgol) ac ati e.g Improved term time attendance, increased physical active (joined club/after school sports) etc.	
1.	Increased attendance		
2.	Increased relationships with staff and peers		
3.	Increased activities		
<b>ASTUDIAETH ACHOS - Nodwch unrhyw sylwadau neu fuddion penodol i'r dysgwyr neu'r ysgol o redeg y rhaglen.</b>			
<b>CASE STUDY - Please note any specific observations or benefits to the learners or the school from running the programme.</b>			
<p><b>The learners observed in this case study were presenting with;</b></p> <ul style="list-style-type: none"> <li>• <b>Low attendance and poor attitudes to attendance</b></li> <li>• <b>Low engagement in physical activities</b></li> <li>• <b>Poor food choices</b></li> <li>• <b>Low mood</b></li> <li>• <b>Friendship issues</b></li> <li>• <b>Have 3 ACES or more</b></li> </ul> <p><b>I targeted the learners specifically for this case study and spoke to parents to ensure their support in the learners accessing this provision. Parents assured me that they would support me in this endeavour and the learners would attend on a frequent basis so that they would be immersed in the nutrition sessions and accessing the enrichment sessions also.</b></p> <p><b>The learners shared feedback at the end and the feedback was positive, they specifically highlighted that staff running the provision were supportive, kind and nurturing and that initially they felt nervous and anxious. Staff adopted Trauma Informed Practices too meet the learners by the door each morning with positivity and delight. Learners had access to breakfast, drinks, snacks and lunches and were comfortable sharing their wants and needs.</b></p> <p><b>Another part of feedback from the targeted learners was regarding the family lunches, learners shared that they enjoyed spending the time with parents</b></p>			



etc and showing them what they had been doing. Something we trialled this year too which was successful was sending the nutrition session worksheets home on the day to promote discussion about what they had been learning about- this was highlighted positively by parents in feedback too. This ensured that there was frequent dialogue about the nutrition sessions instead of work books being left in the family cars at home time etc.

**Additional impact of the Food and Fun Programme;**

- Cohesive and consistent nutrition teaching to promote better life choices in the future
- Embedded approach across the school
- Better relationships between home and school (parents love being invited in for lunch)
- Improved relationships between staff and learners
- Stronger relationships between school and enrichment providers
- Improved attendances
- Higher incidence rate of learners joining out of school clubs
- Increased nutrition knowledge
- Increased effort in PE lessons
- Improved peer to peer relationships

<b>Dyddiad Date</b>	1-10-2024	Cwblhawyd gan: Completed By:	Jo Wyatt
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