

**REPORT FROM: HEAD OF DEMOCRATIC SERVICES**

**TO: HEALTH AND SOCIAL CARE PANEL**

**DATE: 20<sup>TH</sup> NOVEMBER, 2018**

**Report Author: Lynne Rowland (Committee Administrator)**

**Tel. No: 01282 661648**

**E-mail: [lynne.rowland@pendle.gov.uk](mailto:lynne.rowland@pendle.gov.uk)**

## **NATIONAL HEALTHY SCHOOLS PROGRAMME**

### **PURPOSE OF REPORT**

To consider the details of the healthy school initiatives currently being delivered in Pendle primary schools and determine how to proceed with the Panel's review.

### **RECOMMENDATION**

That the Panel considers alternative ways in which to gather information directly from Pendle primary schools.

### **REASONS FOR RECOMMENDATION**

In order to get a complete picture of the healthy school initiatives currently being delivered in Pendle primary schools.

### **BACKGROUND**

1. At the last meeting of the Panel, information was provided on the National Healthy Schools Programme, which promotes the link between good health, behaviour and achievement through the following four key areas –
  - Healthy eating
  - Physical activity
  - Personal, social and health education
  - Emotional health and wellbeing
2. The Programme contributes to the delivery of one of the NHS local health priorities for 2018/19, to improve health outcomes for children and young people.
3. The Pendle Health and Wellbeing Partnership Board is helping to deliver progress against these priorities and would like to get an understanding of the current uptake of the Programme.

4. The Panel has therefore agreed to assist the Board by carrying out a piece of work to establish what healthy schools initiatives are currently being delivered in Pendle Schools.
5. It is recognised that not all schools have signed up to the National Healthy Schools Programme, with some choosing to deliver programmes in-house.
6. Alternatives include the Up and Active School Programme delivered by Pendle Leisure Trust and the Burnley Football Club in the Community's Schools' Healthy Eating Programme.

## ISSUE

7. The review is being carried out in two phases, with the initial focus being placed on primary schools.
8. In order to collect the information needed, a brief survey (attached at appendix 1) was developed and circulated to 37 primary schools in Pendle. A summary of the responses will be provided at the meeting.
9. Information was also sought from Burnley Football Club in the Community (BFCitC) and Pendle Leisure Trust (PLT).
10. BFCitC's Schools' Healthy Eating Programme is a six week initiative which is delivered to year five children two hours per week. One hour is classroom based, learning about different healthy eating topics and the other hour is physical activity based. The programme is delivered to 30 schools per academic year. In the 2017/18 academic year it was delivered to eight Pendle schools.
11. PLT's Up and Active Programme has delivered work to 29 Pendle primary schools over the past 12 months, all of which did the 'Your Mile Your Way Challenge'.
12. Below is an overview of what is delivered on the six week programme of healthy lifestyle sessions -
  - Week 1 Benefits of physical exercise / circulation system / activity recommendations for children / activity level sheet
  - Week 2 The Eat Well Guide / Eat Well Plate / discussing each major nutrient in detail and how much we need of them per day
  - Week 3 Breakdown of food in the body / understanding food labels / digestion process
  - Week 4 Sugars / sugar swaps / effects of sugar on our health
  - Week 5 Liquid calories / shopping tasks / understanding energy and calories / taste testing (diet coke, full sugar coke, polo mints with zero sugar / sugar and jelly with and without sugar) – some children may require permission for this part of the course
  - Week 6 Quiz / overview of the previous weeks lessons / collect activity sheet from each child
13. A digital pilot scheme with six schools in the Pendle area is also due to be launched to look at the relationship with using wearable technology and incentives to encourage behaviour change in young people.

## **CONCLUSION**

14. The response from Burnley Football Club in the Community and Pendle Leisure Trust shows that healthy school initiatives have been delivered in at least 29 of the 37 primary schools in the past 12 months.
15. However, to date the response rate to the survey has been disappointing, with only nine completed forms returned.
16. The Panel is asked to consider alternative ways in which the information can be collected directly from the schools.

## **APPENDICES**

Appendix 1 - Survey

Town Hall, Market Street, Nelson

Report Author: Lynne Rowland, Committee Administrator

Tel: (01282) 661648

E-Mail: [lynne.rowland@pendle.gov.uk](mailto:lynne.rowland@pendle.gov.uk)

Date: 12<sup>th</sup> November, 2018