

The Highland Council

**Adult & Children's Services Committee
19 February 2014**

Agenda Item	8.
Report No	ACS/23/14

Progress in implementation of Health and Wellbeing Initiatives

Report by the Director of Education, Culture and Sport

Summary

This is an update on progress made with two Scotland wide Health and Wellbeing initiatives:

- the High Five Health and Nutrition programme
- the government target of two hours of PE in Primary Schools and two fifty minutes periods up to the end of S4 in Secondary Schools.

1. Background

- 1.1 Youth is a unique and critical period for influencing future health outcomes. Supporting young people's health and wellbeing is at the core of Curriculum for Excellence (CfE). Physical education can have a very positive impact on a pupil's health, educational attainment and life chances and should now form a key element of a school's plan to deliver the broad health and wellbeing outcomes and experiences contained within Curriculum for Excellence.
- 1.2 In 2010, the Scottish Government set targets for Interventions to promote healthy weight in children between 2 and 15 years of age. School provides the ideal opportunity to promote and deliver child healthy weight interventions, whilst also improving the health and wellbeing of children who are not overweight.

2. The High 5 Programme

- 2.1 High 5 is a Health & Wellbeing programme which is currently being rolled out across Highland primary schools. The innovative programme, delivered by class teachers, offers rich learning experiences covering food and nutrition, what makes a balanced diet, the benefits of exercise and the development of emotional intelligence around advertising, marketing and body image as portrayed in the media.
- 2.2 The roll out of the programme and appointment of a co-ordinator was agreed at Committee in March 2012 with an agreed target of 2,400 pupils by April 2014. To date 4500 pupils have participated in the programme and by March 2014 this will be 10,500 from 150 of Highland's 178 primary schools. The programme has achieved its numerical target (within the NHS HEAT target, which also included individual interventions delivered by Public Health Nurses) 6 months ahead of schedule but as it will be embedded as part of schools' planning within Curriculum for Excellence the hope is that it will continue to impact positively on pupils' health and wellbeing well beyond the time frame of its current delivery.

- 2.3 The High 5 Co-ordinator post started in January 2013 and finishes in March 2014. Training was delivered as a single after school session involving individual schools or clusters. The co-ordinator also presented the programme at Head teacher meetings. The possibility of video conferencing with remote schools is currently being explored.
- 2.4 Teachers delivering the programme completed evaluation forms at the end of the process indicating, amongst other things, the impact on pupils' knowledge, understanding and motivation. Overall the feedback has been very positive. Teachers have reported that the programme fits very well with Curriculum for Excellence, children enjoy it and it has impacted positively on their understanding and behaviours.
- 2.5 There will still be an expectation that High 5 will be rolled out further and that work will be undertaken to develop the principles of the programme into a whole school approach to food. A national group will be working to develop a new NHS/HEAT target for 2015/16. The role of the High 5 Co-ordinator in reporting child measurements as evidence for the project will be complete by the end of March and corresponding funding will come to an end. It is anticipated that interim Scottish Government funding will be available in 2014/15 to ensure that activity across schools and individual interventions by nursing staff continue to develop. The best way to utilise this funding is currently being investigated.
- 2.6 The High 5 Co-ordinator, Specialist Dietician for Health Promoting Schools and ASD and the PE Development Officer have collaborated on a HWB framework that stresses the development and links between the 3 literacy's (Emotional, Nutritional and Physical). It is hoped that this will help schools to further develop High 5 and more importantly embed the principles across the school.

3. Highland PE Programme

- 3.1 The Highland PE Strategy group were formed to produce a PE Plan in response to the Government target of 2 hours (or 2 periods) of PE for pupils in schools up to S4.
- 3.2 The PE development officer was appointed to take this forward in January 2013 and with the prospect of further funding it is our intention that the post will continue until 2015/16
- 3.3 Each Associated School Group (ASG) has been allocated £3,000 aimed at developing a sustainable PE group that includes PE specialists from Primary, Secondary, Active Schools and PE champions from cluster Primary Schools. These groups will initially focus on class teacher support for curricular PE, but they have the potential, in time, to also look at transition, pathways and partnerships for PE, Physical Activity and Sport. The development officer has met with ASGs and is in the process of setting up these groups and helping them submit a PE plan for their ASG that ideally is linked to School Improvement planning. As well as meeting with ASGs the development officer has presented at Head Teacher Conferences and Head Teacher meetings

during the past year.

- 3.4 Training has been delivered at twilight sessions and in-service days to increase teacher confidence in methodology. This focus on quality PE will be further developed as more and more schools achieve the two hour target. Practitioners have also been introduced to Education Scotland's Better Movers Better Thinkers (BMT) and this has been incorporated into the Highland training package. BMT is an approach to the teaching of PE that concentrates on pupils' learning, over and above the health benefits of physical activity. We are currently running an Education Scotland pilot in the Nairn cluster targeting P1-3 classes. Other clusters have the opportunity to focus on BMT in 2014/15.
- 3.5 An audit was undertaken of schools which either did not deliver the required time for PE, or felt under confident in the quality of this PE. The development officer visited these schools to support them to take this forward and to overcome barriers e.g. lack of space, rearranging time in the curriculum.
- 3.6 Schools have very much welcomed this support and we expect to have overtaken our target of 95% of Primary Schools in the February Healthy Living survey. For Secondary Schools, the provision of PE is linked into the Curriculum on offer and the length of periods. As schools adapt their curriculum structures in line with Curriculum for Excellence, they are taking into account the requirement for two 50 minute periods for PE. It is worth noting that the target is to achieve the provision for all pupils up to the end of S4. Many of our schools continue to offer PE provision into S5 and in fact over the 2 years of S4 and S5 exceed the expectations.

4 Implications

- 4.1 There are no resource implications as the funding for the projects will be continued.
- 4.2 There are no legal or climate change implications.

5. Recommendation

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| 5.1 Members are asked to note the progress in this area. |
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Signature: Hugh Fraser

Designation: Director of Education, Culture & Sport

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Author: Ruth Binks Quality Improvement Manager
Steve Holmes PE Development Officer
Cath King Health Improvement Policy Manager