

Southend Health & Wellbeing Board

Krishna Ramkhelawon, Director of Public Health,
Southend Borough Council;

to
Health & Wellbeing Board

on
2 December 2020

Report prepared by:
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For discussion		For information only	X	Approval required	
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**Agenda
Item No.**

School Sport and Physical Wellbeing Update

1 Purpose of Report

The purpose of this report is as follows;

- 1.1 To review and update The Board on the recent progress made through working with Active Essex and both School Sports Partnerships, including successes, challenges and future opportunities – all in looking to promote physical and mental wellbeing following the consequential impact of the pandemic.
- 1.2 To stimulate Board discussions regarding priorities for action.

2 Recommendations

- 2.1 The Health and Wellbeing Board is asked to note the update provided, including successes, challenges and future opportunities.
- 2.2 The Board are asked to consider the details and suggest additional actions if required, or opportunities for further work across the partnership to increase physical activity.

3 Background & Context

- 3.1 Physical inactivity is the fourth largest cause of disease and disability and is directly responsible for 1 in 6 deaths in the UK. The latest data from Public Health England highlights that 22.6% of adults in Southend are inactive, undertaking less than 30 minutes of physical activity a week. This puts them at a greater risk of developing a number of conditions including heart disease, cancer, obesity, diabetes, depression and dementia.
- 3.2 Inequalities are widening in obesity, excess weight and severe obesity across all ages and genders. Action across the child life course is essential to impact childhood obesity and enable positive behaviour change around exercise and other aspects of health. Children living with obesity are more likely to be obese in adulthood and thus increase the risk of obesity for their own children later in life.
- 3.3 9.1% of children in reception year within the borough are obese or severely obese. 19.5% of children in year 6 within the borough are obese or severely obese.
- 3.4 The Southend-on-Sea Physical Activity Strategy (which is the delivery mechanism for the refreshed Health and Wellbeing Strategy 2017-2021) provides a framework and action plan to support the long term vision for Southend to be a healthier, more active borough. This will be achieved through making the participation in an active healthy lifestyle a social norm for people who live or work in Southend.
- 3.5 The coordinated work of The Council links with strategic and operational need, along with Southend 2050 and to address some of the consequential impact on physical and mental wellbeing of our young people.

4 School Sport and Physical Education (PE) Update

The communication to schools has focused on the importance of continuing high quality and safe PE delivery and the benefits that has on the health and wellbeing of children and young people. Also, promotion of active travel, such as, walking, scooting or cycling to and from school wherever possible, to not only add physical activity, but also, to get fresh air and daylight.

The Daily Mile has been relaunched. This popular and free initiative sees children run or jog for 15 minutes every day in their school. All schools have received welcome back packs and resources. The majority of our infant, primary and junior schools take part.

School Games Organisers (SGO) continue to offer competitive opportunities in sport and physical activity, through School Games. Due to the restrictions, this has been on a virtual format, aimed at different year groups and involving high numbers of pupils. Score cards or video entries are returned to the SGOs who judge and enter the winners from each partnership into a county wide competition where the judging panel review and make the awards.

National Fitness Day was held on 23 September. Resources remain on line, for schools to access.

Prior to the current lockdown, satellite clubs funding was provided by Active Essex for additional supervised sport and physical activity courses in different secondary schools.

Active Essex have continued to run webinars for schools to access. A recent webinar example was around making the most of the primary PE and sport premium funding.

In addition to the above offer, we continue to work with schools through the Healthy Schools Programme. The Emotional Health and Wellbeing Enhanced Healthy Schools project currently involves 13 schools and has been extended until March which involves a range of programmes for schools to take advantage of this.

The Kalma Kids programme has now been filmed and made available to all schools. This is a 5-week programme which looks at; Relaxation and meditation methods, dealing with tension and anxiety, counting breath to develop calmness, mindfulness positive thinking and self-esteem.

The Kalma You programme for older children and young people is expected to be filmed and edited by Christmas.

The drama production 'I'm Drowning' that looks at mental health for secondary schools has been reworked and filmed to include the lockdown, after consultation with young people. It is now available for use for all our secondary aged pupils. It is envisaged that this film will be mainly used in PSHE lessons. It has been warmly received by schools.

The National Child Measurement Programme (NCMP) continue to measure the height and weight of children in reception year and year 6. This assesses weight levels in children within infant, primary and junior schools, and provides us with a robust baseline of where we need to focus our efforts with earlier interventions to reduce the level of obesity. The next measurements are due to take place during the early part of 2021.

All children who have been identified as above their ideal weight for their height and age are subsequently invited to participate in a weight management service called Health4Life. This service supports children and young people and their families to lead a healthy lifestyle. The offer is normally a face to face 6 week course offering guidance on nutrition, health and wellbeing support and physical activities. Since April 2021 this service has been adapted to offer online resources and one to one telephone consultation support. A review of the service will take place in spring 2021.

Following the impact of the pandemic, and through consultation with our schools in Southend, we have identified the need for more physical health and wellbeing projects, to assist pupils to lead healthier lives, during this difficult period. The Council in partnership with both School Sports Partnerships has offered the following extra wellbeing programmes which schools can receive free of charge:

Embers the Dragon

An integrated home and school approach to developing literacy, wellbeing and resilience for children in key stage 1. This consists of 18 x 30-minute lesson plans directly linked to early years outcomes. This promotes emotional health and wellbeing, to develop children emotional and physically.

The Childrens Health Project

This project provides 4 main sections, which include, nutrition, lifestyle, mindset and movement / physical activity. There are ten topics within each of the 4 sections. Aimed at key stages 1 and 2. The meets the new expectations of relationships and health curriculum and the personal development criteria for Ofsted.

Yoga 4 All

Yoga sessions delivered to target mindfulness, relaxation, breathing techniques, as a gentle form of physical activity. For all ages. There are also 2 x 90-minute sessions for school staff to access, so they have the basic knowledge on basic shapes and postures.

Milife Primary Champions

Teaching staff work with selected year 5 pupils, who become health and wellbeing advocates within their school. A ten week challenge follows for 2 year groups, which focuses on physical activity and emotional wellbeing. Each child has a passport, to log their activities on a daily basis.

Bootcamp

Bootcamp style sessions delivered to those in key stages 2 and above. A variety of fun physical activity sessions are provided, with each session adapted to the age group and ability in question. Pupils develop in the following ways:

- ✓ Collaboration and communication.
- ✓ Perseverance and resilience.
- ✓ Initiative and motivation.
- ✓ Self-belief and confidence.

Sport and Physical Activity Courses

With lockdown and restrictions having a negative impact on physical activity, all key stages have the opportunity to access additional sport and physical activity courses. The exact offer will be determined by the age group and space available, so schools decide what is best suited.

The feedback from all schools will be reviewed at the start of December, with a view to commence each of the programmes in January 2021. Baseline data will be recorded, then additional monitoring will take place, to demonstrate the impact each programme has had.

This will be funded through by the Council, with some funding from Active Southend and a contribution from the School Sports Partnership.

5 Reasons for Recommendation

- 5.1 Increasing levels of physical activity in the borough and reducing levels of inactivity will lead to improved health and wellbeing and help to reduce health inequalities. A healthy population will reduce demands on services and provide a healthier workforce to contribute to the economic prosperity of the borough.
- 5.2 Prioritisation of the action plan enables a more focused use of available resources to deliver the strategy.
- 5.3 To advise of recent, current and future delivery in schools.

6 Financial / Resource Implications

- 6.1 The strategy and associated action plan will be delivered within existing resources and in collaboration with a range of partners.
- 6.2 The wellbeing programme, due to start in January 2021, will be funded by the Council (Public Health Grant) £50k, an Active Southend contribution of £5k. There will be further contributions, as listed below:

An additional £10k through ActiveSouthend, from a recent grant they received from the Essex Community Foundation, for those at risk from exclusion or have been excluded from school.

£10k of Satellite club funding through Active Essex.

£3k of project funding through the School Games Organisers.

£39k of Sport England funding for secondary schools, for improving staff and volunteers to provide a better physical activity experience for young people. There is a particular focus on inclusivity, gymnastics and fitness.

There is an in kind cost for use of school facilities as well as school teachers to be present. These costs will be confirmed once the programme for each school is in place.

7 Legal Implications

- 7.1 None at this stage

8 Equality & Diversity

- 8.1 All key stages, in all schools, are provided for.
- 8.2 The strategy is population wide and aims to ensure that everyone who lives or works in the borough has the opportunity to be more physically active.