

# Southend Health & Wellbeing Board

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

to  
**Health & Wellbeing Board**

on  
**8 March 2021**

Report prepared by:  
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(Physical Activity & Wellbeing Lead),  
Southend Borough Council

**Agenda  
Item No.**

For discussion		For information only	<b>X</b>	Approval required	
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## Schools Wellbeing Programme Update

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### 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 both School Sports Partnerships on the Schools Wellbeing Programme, including successes, challenges and future opportunities. All looking to promote physical and emotional 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 is asked to consider the details and suggest additional actions if required or opportunities for further work across the partnership to increase physical activity and improve emotional wellbeing.

### **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 24% 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.
- 3.4 The coordinated work of The Council links with strategic and operational need, along with Southend 2050, to address some of the consequential impact on physical and mental wellbeing of our young people.

### **4 Schools Wellbeing Programme Update**

- 4.1 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 projects, which schools can receive free of charge:

- 4.2 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 help develop children emotional and physically.

24 infant, junior and primary schools within the borough, have committed to taking part in this project. Designated staff from each school recently attended an on line training session, which explained the project. Each school has been provided with their own log in details, so they can access the updated on line resources at all times. Schools have also received hard copies of the resources.

The preferred situation would be for this project to be delivered within the school environment. However, due to the lockdown and schools being closed for the majority of pupils, this project has the flexibility to be delivered outside of the school environment. Therefore, some schools have started to include this project as part of home school learning for pupils.

#### 4.3 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. This meets the new expectations of relationships and health curriculum and the personal development criteria for Ofsted.

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#### 4.4 Yoga 4 All

Yoga sessions are delivered to target mindfulness, relaxation and also breathing techniques, as a gentle form of physical activity. This is for all ages. There are also 2 x 90 minute sessions for school staff to access, to give them the basic knowledge on basic shapes and postures. Therefore, as well as the regular yoga sessions, the teacher training will allow teachers to provide additional yoga incorporated into the school day.

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#### 4.5 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.

Unfortunately, due to the lockdown and the restricted service provided by schools at this time, the milife primary champions project has been delayed. A large number of junior and primary schools have committed to this project and will benefit from it once pupils are allowed back to school.

#### 4.6 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.

Unfortunately, due to the lockdown and the restricted service provided by schools at this time, the bootcamp has been delayed. A large number of junior, primary and secondary schools have expressed their interest in receiving this provision, which they will benefit from once pupils are allowed back to school.

#### 4.7 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.

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#### 4.8 Physical Activity Resources at Home

It should be noted that Active Essex has developed a new section on their website, which provides a range of physical activity sessions for all ages and abilities to take part in at home. The programme is fully inclusive and features activities that can be done inside, but if the weather allows, outside too. There are also numerous links to other suitable activities. This continues to be promoted to all schools within the borough and is free of charge. The website link is:

<https://www.activeessex.org/physical-activity-and-pe-at-home/>

During the February half term, week commencing 15 February, Southend received 582 food boxes and hard copy resource packs, to support those who may be digitally disadvantaged. This was coordinated by Active Essex, who worked closely with both The Leisure Team and The Public Health Team at The Council, along with other partners. The Keep Essex Active Youtube Channel provided children and families with physical activity sessions. The website link is:

<https://www.activeessex.org/keep-essex-active-youtube/>

Enrichment activities were also provided, which included, arts and crafts, as well as cooking workshops, which were based around the ingredients in the food boxes.

#### 4.9 The Public Health Team continues to work with schools through the Healthy Schools Programme. This programme focuses on the developing health behaviours, reduce health inequalities and promoting social inclusion. The programme currently consists of a range of programmes that address mental health, for all schools to benefit from. A few examples of the mental health support are summarised below.

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.

In 2020, a new play looking at mental health was developed called 'I'm Drowning'. It is aimed the secondary schools. As a result of covid this play was adapted to include issues faced by young people in the last year and turned into a film which was shared with all schools.

The teenage relationship abuse theatre production 'Prince Charming' has been going into our secondary schools since 2014. It has evolved and developed to reflect current issues. It is aimed at year 8s, and all schools take up this provision and use it as an important part of their healthy relationship PSHE curriculum.

The NHS Mental Health in Schools Team is linking with the work of the Anna Freud Foundation. This is looking at the system, relationships and pathways as a complimentary range of programmes for schools.

The National Child Measurement Programme (NCMP), which measures the height and weight of children in reception year and year 6, was due to commence in January. Due to the lockdown, this has been postponed.

## **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 Improving levels of emotional wellbeing in the borough, to help reduce health inequalities.
- 5.3 Prioritisation of the action plan enables a more focused use of available resources to deliver the strategy.
- 5.4 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, is funded by the Council (Public Health Grant) £50k and a contribution of £5k from ActiveSouthend.
- 6.3 There is an in kind cost for use of school facilities, as well as school teachers to be present and actively involved, where appropriate. The approximate cost comes to £92,400.

## **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.