

Southend Health & Wellbeing Board

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

to

Health & Wellbeing Board

on

15 December 2021

Report prepared by:

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(Physical Activity and Wellbeing Lead),
Southend Borough Council

**Agenda
Item No.**

For discussion		For information only	X	Approval required	
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Schools Wellbeing Programme 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 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, which was agreed in December 2020.

2 Recommendations

- 2.1 The Health and Wellbeing Board is asked to note the updates 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 Health and Wellbeing Strategy for Southend (2021-2024) provides a framework and action plan to support the long term vision for Southend to be a healthier, more active borough. Part of 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 Health and Wellbeing Board links with strategic and operational need or partner agencies, 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 Through consultation with our schools in Southend, the Schools Wellbeing Programme was established during the early part of 2021 (agreed in December 2020). The programme provides additional physical activity and emotional support, which continues to be valued in helping to cope during the pandemic. The Council in partnership with both School Sports Partnerships has offered the following additional wellbeing projects, which schools received:

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.

So far, 23 infant, junior and primary schools within the borough, have registered and are taking part in this project. **5,400 pupils have taken part.** Schools have given positive comments about the project, as it has helped engage with their youngest pupils in the early stage of their learning and development.

4.3 The Children's 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.

Every junior and primary school within the borough, have registered and are taking part in this project. **16,890 pupils have taken part.** This continues to be a success, as each section of the project stimulates pupils and links with different aspects of school life.

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.

15 schools have taken part so far. The feedback is that children enjoy taking part, as it helps with their mindfulness and gives them a break from the school day.

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.

13 schools have taken part so far. The project has helped increase physical activity levels in the primary and junior schools.

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.

Through the benefits listed above, this has proved extremely popular. **34 schools have taken part, consisting of 4,110 pupils** experiencing bootcamp sessions.

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 was determined by the age group and space available, so schools decide what is best suited.

15 schools have taken part so far, with 1,020 pupils taking part in additional sport and physical activity courses. It is anticipated that more schools and pupils will continue to participate during the months to come.

4.8 Emotional Support for Secondary School Pupils

Evolve Intervention to provide help for secondary school pupils who may be experiencing difficulties in managing the impact of the pandemic and the return to school. These difficulties could include anxiety, lack of motivation, low mood, friendship issues, amongst many others. There are different interventions available to each school, which include:

- One to one mentoring / coaching sessions
- Group work (focusing on building resilience)
- Remote one to one support (for pupils who are struggling to get back into school)

Due to the limited funding put towards this particular project, it was only successful in the short time it was delivered. Nevertheless, **12 secondary schools took part**, with each school seeing 12 of their pupils receive the support from the project. **In total, 144 pupils took part**. The feedback is that there are so many more young people in need of this type of support, who would benefit from this intervention.

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, following on from the challenges posed by the pandemic and to help reduce inequalities in health and wellbeing.
- 5.3 Prioritisation of the action plan enables a more focused use of available resources to deliver the strategy.

6 Financial / Resource Implications

- 6.1 The strategy and associated action plan is being delivered within existing resources and in collaboration with 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 and has the emotional support they need.