

# Southend Health & Wellbeing Board

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Southend City Council

to

**Health & Wellbeing Board**

on

**8 June 2022**

Report prepared by:

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(Physical Activity and Wellbeing Lead),  
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**Agenda  
Item No.**

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

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### 1 Purpose of Report

The purpose of this report is as follows:

- 1.1 This report provide a final update to the Board on the recent progress made through working with the 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.

### 2 Recommendations

- 2.1 The Health and Wellbeing Board is asked to note the updates provided, including successes, challenges and future opportunities as we have now integrated some of these within the planned activities.
- 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 22.7% of children in reception year within the borough are obese or severely obese. 33.2% of children in year 6 within the borough are obese or severely obese.
- 3.4 The Southend Health and Wellbeing Strategy (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 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 Through consultation with our schools in Southend, the Schools Wellbeing Programme was established during the early part of 2021. The programme provided additional physical activity and emotional support, which was valued in helping to cope during the pandemic. The Council in partnership with both School Sports Partnerships offered the following wellbeing projects, which schools 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.

In total, 23 infant, junior and primary schools within the city 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 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.

Every junior and primary school within the city 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. The feedback from schools is that children enjoy taking part, as it helps with their mindfulness and gives them a break from the school day. It has also been put to use, if children have felt agitated over something, as it has helped to control their emotions.

#### 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. 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 4110 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 had the opportunity to access additional sport and physical activity courses. The exact offer was determined by the age group and space available, so schools decided what was best suited.

15 schools have taken part, consisting of 1020 pupils taking part in additional sport and physical activity courses.

#### **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. So 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 city and reducing levels of inactivity, will lead to improved health and wellbeing and help to reduce health inequalities.
- 5.2 Continue to collaborate in improving levels of emotional wellbeing in the city, to help reduce health inequalities.
- 5.3 To advise of recent, current and future delivery in schools.

### **6 Financial / Resource Implications**

- 6.1 The wellbeing programme, was funded by the Council (Public Health Grant – 2020-21) £50k and a contribution of £5k from ActiveSouthend.
- 6.2 There was 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 came to £92,400.

### **7 Legal Implications**

- 7.1 None at this stage.

### **8 Equality & Diversity**

- 8.1 All key stages, in all schools, were provided for.