

SLOUGH BOROUGH COUNCIL

REPORT TO: Overview & Scrutiny Committee **DATE:** 12 November 2013

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WARD(S): All

PORTFOLIOS: Councillor James Walsh – Commissioner for Health and Wellbeing
Councillor Natasha Pantelic – Commissioner for Community and Leisure
Councillor Pavitar Kaur Mann – Commissioner for Education and Children
Councillor Satpal Parmar – Commissioner for Environment and Open Spaces

PART I **CONSIDERATION & COMMENT**

CHILDHOOD OBESITY REVIEW (MEETING 3): What is the role of schools and how can we support them? How can we encourage greater physical activity amongst children and young people?

1 Purpose of Report

To provide the Committee with information relating to the work going on in schools and through the council on improving nutritional understanding and increasing physical activity amongst children and their families.

2 Recommendation(s)/Proposed Action

That the Committee consider the information provided and garnered through questioning at the committee meeting in order to form conclusions on the work currently going on within schools and by the council to tackle childhood obesity through improved nutrition and nutritional education, and to increase the physical activity of young people.

3 Slough Wellbeing Strategy Priorities

Priorities:

- Health and Wellbeing – enhancing positive health and wellbeing throughout life, encouraging healthy eating and increased physical activity, improving the emotional and physical health of children of all ages from 0 to 19 years.

4 **Joint Strategic Needs Assessment (JSNA)**

The JSNA for Slough in 2009, 2010 and 2011/12 all noted the issue of childhood obesity as a priority.

5 **Other Implications**

(a) Financial

There are no financial implications of proposed action.

(b) Risk Management

Risk	Mitigating action	Opportunities
Legal	None	None
Property	None	None
Human Rights	None	None
Health and Safety	None	None
Employment Issues	None	None
Equalities Issues	None	None
Community Support	None	None
Communications	None	None
Community Safety	None	None
Financial	None	None
Timetable for delivery	None	None
Project Capacity	None	None
Other	None	None

(c) Human Rights Act and Other Legal Implications

There are no Human Rights Act Implications relating to this report.

(d) Equalities Impact Assessment

There is no identified need for the completion of an EIA related to the content of this report.

6 **Nutrition in Schools**

6.1 All schools have a delegated budget to cover school catering so school food is ultimately the responsibility of the individual governing body.

6.2 In the borough, there are a mix of catering services including packed lunch only schools, dining centres where food is transported from one site to another, and those who have full production kitchens. The matter is complicated by the variety of caterers used across the borough. Currently, the breakdown in primary schools is as follows:

- Central contract until 2015 (between Cambridge Education and ISS Education) – 16 schools, 1 packed lunch only
- In house – 7 schools

- Direct contract with provider (Catering Academy, ABM Catering, ISS Education, Surry Commercial Services, St Bernards Secondary) – 8 schools, 1 packed lunch only

6.3 To further complicate matters, some schools may use different providers to offer services. For example, the school themselves may run a breakfast club, one company the lunchtime service, and another the after school club. This can make monitoring and developing a full picture difficult. Further Information on this can be found in the Slough Services Guide, which indicates that there are 18 breakfast clubs and 10 after school clubs in Slough primary schools.¹

6.4 As mentioned above, school catering is varied across the borough. A typical meal (based on the central contract requirements) offered to children includes:

- a main meal consisting of starchy carbohydrate, protein portion and at least one portion of vegetables;
- a choice of 4-6 salad items (children help themselves)
- a choice of either fruit, yoghurt, cheese and crackers or main dessert (e.g. cake)
- milk or water

This meal costs a paying parent £1.75-£2.00. Some schools have cashless systems where parents can pay online or in advance via cheque. In others, children pay at the service counter when they have collected their meal. There is not usually a problem with children spending money meant for school meals on items outside school until children reach secondary age.

6.5 In October 2013 the government announced plans to introduce universal school meals for all Key Stage 1 children (Reception to Year 2). The move is expected to save families approximately £400 per year (this figure was quoted in the Government announcement). Whilst this move is welcomed, the practical arrangements in Slough's largest primaries could be difficult to manage, as the increased capacities in classrooms have not necessarily led to an increased capacity in dining rooms or kitchens.

6.6 The information on school meals in the borough's primaries is collected during an annual school food survey, which has wide engagement across the schools, with only one academy not taking part. The survey collects the following data:

- school meal uptake;
- number of free school meals;
- compliance with food and nutrient standards;
- what pupils choose from the school catering services (school meals); and
- what pupils are provided with by their parents (packed lunches).

6.7 According to the 2011-2012 survey, across the borough, an average 35% of children had a school meal (national average 46.3%²). Based on the 2011 Census, 2389 (20%) of pupils within the surveyed schools are entitled to free school meals, however we know that in 2011-12 only 75% of these pupils took up this offer.

6.8 The Schools Services Team offers schools a service which enables them to easily check free school meal eligibility without the need to look at parental benefit information. The idea is to make applying for free school meals easier as parents

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<http://servicesguide.slough.gov.uk/kb5/slough/services/results.page?catfamily=515e&sortfield=title&sorttype=field&cr=1>

² Take Up of School Lunches in England, School Food Trust, 2011-2012

only have to complete one application form when the child starts a new school. Currently, all but two schools use this service.

- 6.9 The survey provides the only real data we have for children's food choices and trends of choice since 2007. This in turn allows the right schools to be targeted, sharing good practice, provides evidence to Ofsted and Healthy Schools, and guides services that could be offered in early years e.g. packed lunch workshops before children enter Reception.
- 6.10 There are a number of projects specifically linked to the School Food Survey (in partnership with Berkshire Healthcare NHS Foundation Trust), including:
- Mission Healthy Eating
 - Food Awareness Week
 - Catering for Health
 - Lunchtucker Trial
 - Packed Lunch workshops
- 6.11 To improve school food, the Labour Government introduced food and nutrient-based standards which were phased in from 2006-2009. These were meant for all schools and covered all meal services from breakfast clubs to after school clubs. Under the current Government, new academies and free schools (currently 13 in Slough) are not required to follow this legislation.
- 6.12 School food has again been under review over the past year, leading to the publication of The School Food Plan³. This Plan sets out action points for headteachers on how to transform what children eat at school, and how they learn about food. Part of the review was also to:
- include a set of new standards that would be introduced in September 2014 that would be mandatory across all types of school (this covers everything from the food on the plate to the dining room experience); and
 - make cooking part of the national curriculum up to the age of 14 (with this new requirement there is still no information on the level of uptake that is likely to take place within schools in Slough).
- 6.13 Other sessions known to occur in schools include cookery workshops, coffee mornings for parents with guest speakers, parent/toddler sessions, and Food Awareness Week activities.

7 Slough School Sport Network (SSSN)

- 7.1 The role of the SSSN is to increase the number of PE and Sport opportunities for young people in Slough, and help schools to provide an ethos of physical education and healthy lifestyles, and engage all young people in physical activity. It also aims to ensure schools are providing a high quality physical education experience for every young people in the borough.
- 7.2 The primary role of the SSSN is to deliver the School Games programme (Government agenda), however, the SSSN believes that this is just a small part of the service needed for schools.

³ www.schoolfoodplan.com

- 7.3 The School Games is a unique opportunity to motivate and inspire millions of young people across the country to take part in more competitive school sport. The Games are made up of four levels of activity:
- Level 1 – sporting competition for all students in school through intra-school competition.
 - Level 2 – individuals and teams are selected to represent their schools in local inter-school competitions.
 - Level 3 – the county/area will stage multi-sport Sainsbury's School Games festivals as a culmination of year-round school sport competition.
 - Level 4 – the Sainsbury's School Games finals: a national multi-sport event where the most talented young people in the UK are selected through National Governing Bodies of Sport elite youth programmes.
- 7.4 The SSSN provides the School Games locally for primary, secondary and special schools in Slough, and last year saw:
- 35 competitive events run over the year (14% increase on the first year)
 - 20 different sports offered (25% increase on first year)
 - Years 1 to 13 offer of competition
 - Highest level of competition entries at Level 2 (both primary and secondary)
 - Won 39% of Level 3 county competitions – the most in Berkshire (9% increase on first year)
- 7.5 The SSSN engaged over 5000 young people at Level 2 and Level 3 events locally and county-wide. This does not include the thousands of children taking part in Level 1 activity in their own schools. The SSSN provides a competitive opportunity for children from Year 1 to Year 13, despite only being funding to work with Years 3 to 13, and it is felt there is huge importance on maximising physical activity opportunities for Reception and Key Stage 1 children.
- 7.6 The level of competition is very varied, and there are opportunities, not only for sporty children, but children new to competing for their school and those less able also. The area of competition has been a huge success of the SSSN over the last 18 months and continue to increase rapidly.
- 7.7 Competition is only a small part of the programme the SSSN delivers as it also provides schools with:
- high quality market leading continual professional development for teachers;
 - leadership and volunteering opportunities through sport;
 - National Governing Bodies of Sport specialist coaching programmes;
 - Healthy Lifestyles and directs schools towards Change4Life national initiatives;
 - the facility for schools to share good practice and network;
 - facilitates preparation of external funding bids on behalf of schools e.g. Olympic Legacy funding, Sportivate etc.; and
 - links to local clubs and community providers.
- 7.8 The key priority for SSSN this year is to work with, and advise primary schools, how to spend their sport premium funding to have maximum impact, and also in line with the Ofsted recommendations. The following have been outlined as outcomes to be met through the 'sport premium' funding:
- Increased opportunities for competitive sport;
 - Improved quality of teaching and learning in primary Physical Education, including more vigorous exercise in lessons; and

- Improvements in the quality and breadth of PE and sporting provision, including “increasing participation in PE and sport so that all pupils develop healthy lifestyles and reach the performances levels they are capable of.” This is linked to supporting schools with delivering of C4L clubs and the HLC programme.

The SSSN is providing a fully comprehensive package to support schools to meet all the Ofsted requirements attached to this funding with a strong focus on encouraging schools to develop classroom teachers to be confident and highly able to deliver PE and it not be delivered by external coaching providers.

7.9 The key strengths and successes of the SSSN are:

- the very strong partnership working of schools and Head Teachers in Slough through PE and sport;
- the high importance that schools place on the value of PE and sport in their schools, and the impact it can have on their pupils;
- it is only one of 200 partnerships/networks left in the country (originally prior to funding cuts there were 450);
- Slough is the only area in Berkshire to still have retained any Secondary PE Specialist to be released off timetable, with no funding to secondary schools to do this (we have eight this year);
- the number of schools participating in competitions increases every year, with continued success at county level School Games (previously very unsuccessful and didn't compete at county level); and
- 75 teachers trained already on the new Real PE training aligned to the new Primary PE Curriculum being introduced in Sept 2014.

7.10 Potential areas for development:

- Sustainability – there is no core funding other than the three day a week funding from Government (which does not match a warranted salary for what the role actually delivers) and that is only in place till 2015, therefore there is an uncertain future for PE & School Sport for Slough young people; and
- Still 5 schools that haven't affiliated this year and don't see the need to invest in PE and sport or a whole school priority.

8 The SSSN and Healthy Lifestyles/Change4Life

8.1 In January 2012 Wexham School was identified to be one of three lead schools in Berkshire (20 across the country) to deliver the People Health's Trust Healthy Lifestyles (HLC) programme to 12 pilot primary schools in Slough.

8.2 The programme was designed to identify children at risk of obesity, malnutrition, social exclusion and also those who didn't enjoy taking part in PE within schools. 12 school teachers were trained and 240 targeted children ranging from Years 3 to 6 were recruited on to a 30 week programme of fun physical activity challenges and healthy lifestyle/eating sessions all based around making being active fun and enjoyable but also teaching children to see the benefits of what it means to be fit and healthy. A major part of the programme was parental engagement through homework challenges as a whole family through a variety of activities such as supermarket shopping activities and family physical activity challenges. All schools completed the programme, and Godolphin Junior School was highlighted nationally for its outstanding work in demonstrating how healthy lifestyles were part of everyday school life, and especially how they had identified those less engaged children and how they could be supported through the HLC programme.

- 8.3 All schools continue to offer this programme and many have expanded it to other year groups, and made it part of whole school life. Due to the success of Year 1 Wexham, the SSSN was offered a second year and a further 12 schools are now part of this programme, totalling 24 across the borough. Through the HLC programme we now have approximately 40 Primary Health Ambassadors working alongside their teachers to promote healthy and active lifestyles.
- 8.4 The SSSN is set to work with the Public Health team to select schools for the Healthy Lifestyle programme, Lets Get Going (LGG) targeting 10 schools based on their National Child Measurement Programme (NCMP) data and obesity levels. The LGG supports both overweight/obese and underweight children to achieve healthy weight range. Recent overweight and obesity data provided by the Youth Sport Trust shows that our focus for the SSSN is on overweight children to provide intervention programmes to prevent them becoming obese children.
- 8.5 The SSSN also provides equal support to all secondary schools in Slough. Support is provided through:
- Continual Professional Development - Training for teachers
 - Competition - School Games & Slough School Sport Network Competitions
 - Leadership & Volunteering for Young People – Young Ambassador Programme & Berkshire Leadership Academy
 - Drawing down external funding - such as Sportivate (engaging the less sporty in after school sports) and Satellite Clubs (developing NGB clubs on secondary school sites)

9 SSSN Funding

- 9.1 The SSSN has confirmed funding received for September 2011 to August 2015 is for a single, three day a week, School Games Organiser position. The only external Government funding we receive supports the School Games but the SSSN believes a far greater offer is needed for schools. During the academic year of 2011-12, all secondary schools received £7,600 (non ring-fenced) and they all continued to release a School Sport Co-ordinator one day a week to support the delivery of PE and sport in Slough, this funding has now been terminated. The SSSN has continued from 2011 to 2013, through support and financial contributions of Secondary Head Teachers, who support all schools in Slough to maintain high quality provision of PE and Sport opportunities for 5-19 year olds within the borough.
- 9.3 The SSSN is now funded via primary and secondary school contributions, external funding and any available grants that can be accessed.
- 9.4 The SSSN currently serves all 11 secondary schools, 26 infant primary and junior schools, and all three special schools (89% of the borough's schools), delivering to an education population of approximately 25,000 young people. The SSSN is operated on an annual affiliation basis.
- 9.5 The structure of the SSSN is:
- 1 x Network Manager (full time funded by SSSN)
 - 1 x School Games Organiser (full time funded by SSSN)
 - 1 x Primary Lead Role (one day a week funded by SSSN)
 - 1 x Inclusion Lead Role (one day a week funded by SSSN)
 - School and Community Support Co-ordinators (eight currently in post in seven of the secondary schools, funded by secondary schools)

- Primary PE Co-ordinators (in all 25 affiliated schools)

This is the largest and most sustained structure across the whole of Berkshire.

9.6 In September 2013, the new Primary Sport premium funding was introduced and this means that any primary school with 17 or more children on the roll receives £8000 as core funding, and then a further £5 per pupil for every child on roll. This funding goes directly to primary schools and is guaranteed for two years, and is accessible to all primary and primary-age special schools in Slough.

10 Council Programmes to improve the uptake of physical activity (outside of schools)

10.1 There has been well established evidence indicating that there are a number of barriers affecting children and young people's choice and opportunity to engage in sport and physical activity in general.

10.2 It is understood that children aged eight or younger are more likely to start taking part in physical activity if it is 'fun', and evidence shows that children in this age group enjoy playing sport more if they have started early and have support from their parents and peers. There are a number of barriers to engagement in physical activity for this group, including:

- gender and cultural stereotyping about appropriateness of some sports for particular genders by parents and peers (parents viewing boys as more active than girls; some activities being seen as more 'appropriate' for girls than boys; boys not allowing girls to play 'boys games');
- costs of participation in organised sports (cost in terms of time and money);
- physical activities becoming more technical and performance orientated making them 'less fun';
- dislike of a focus on team sports;
- poor quality of places to play;
- intimidation from older children;
- perceived stranger danger (perceived by both parents and children); and/or
- risk of personal accidents (perceived by both parents and children).

10.3 Older children have stated that they are more likely to take part in physical activity and sport because of the following influences:

- social and family influences (social sanctioning of activities by peers provided opportunities to gain social standing and was likely to encourage continued, or increased, participation; having active siblings and supportive parents);
- enjoyment (this is important as enjoyment might outweigh the impact of negative peer pressure impacting on participation);
- socialisation (sport also provides the opportunity to socialise with a friend and/or extend friendship networks beyond school); and/or
- intrinsic and extrinsic rewards (wanting to participate in sport as a means to achieve a socially desirable body type; receiving praise and encouragement helps with self confidence and the development of a positive self identity).

10.4 This group of older children also experiences barriers, such as:

- social pressure to conform;
- negative experience of the school environment (such as inappropriate school PE kit and discomfort about sharing showers, changing rooms etc.);
- negative experiences of sports facilities (public spaces such as gyms or exercise classes might be intimidating);
- having to perform in public (being forced to perform a skill in front of peers);

- fear of forced competition (such as in school PE lessons);
- fear of sexual or racial harassment (Asian girls describe needing to be escorted by a family member to places to participate in sports);
- intimidation from older children; and/or
- fear of rival gangs in local areas.

10.5 One area which might offer opportunities to undertake physical activity without the need for an organised sport setting is getting children to walk and cycle more as a means of transport, embedding physical activity in their daily routines. Children and young people have stated that walking or cycling to school and to see friends or other activities provides:

- personal freedom and independence;
- enjoyment and fun with friends; and/or
- the opportunity to explore local neighbourhoods with their friends or alone.

However, there are barriers to this, such as:

- children and parents' fear of traffic (particular evident in the after school period);
- parental restrictions on independent movement (range, place and destination);
- school influence over cycling policy and storage facilities (absence of any school provision of facilities reflecting a lack of support for cycling); and/or
- adult disapproval of children playing outside.

11 What is the offer for children outside of school which encourages activity?

11.1 There are a number of opportunities for children and young people to engage in physical activity and sport outside of school hours in Slough:

- there are over 90 formally established sports clubs in the town and the immediate surrounding area, which operate junior clubs who cater for children five years and above;
- the borough's leisure centres have comprehensive programmes of activities, including Swim Skool and tennis programmes (they also offer school holiday programmes);
- a number of voluntary sector agencies offer activity programmes for children and young people;
- there are over 70 play areas in the borough for informal activity;
- there are eight multi-use games areas (MUGAs) in the borough for informal activity;
- there are two skate parks in the borough;
- there are over 60 pitches and courts available in the borough for both formal and informal activity;
- a number of satellite sports clubs are planned to be established on school sites over the next two years offering a greater opportunity for children to take part in organised activity outside of school time in a secure community-based environment;
- initiatives such as Door Step Sports Clubs, Chances for Change, Healthy Lifestyle Clubs; Walk and Talk etc. will also widen the offer to children and families helping them to become more active;
- free taster sessions have been available at local sports clubs during October 2013; and
- Play Day and Urban Action events offer the opportunity for children and young people to take part in new sports and physical activity.

12 How do the different, relevant, services within the council link together to provide a cohesive approach?

12.1 The Physical Activity and Sport Working Group, established in 2012, brings together a number of services and agencies to address the issues of low participation rates in physical activity locally (not just amongst children). Those involved include:

- Public Health
- Active Communities Team
- Park and Open Spaces Team
- Slough Community Leisure
- Get Berkshire Active
- Slough School Sports Network
- YES Consortium

12.2 This Group has developed the Physical Activity and Sport Strategy, detailing the approach that will be taken over the next two years to get our residents more active, thereby improving their health and wellbeing. The Strategy has been developed in responsive to the identified needs of Slough residents, and can only be successfully delivered through the collaboration of all organisations involved, whether public, private or voluntary sector.

12.3 The vision for the Slough Physical Activity and Sport Strategy is:

“Sport and physical activity is adopted as a habit for life for all Slough residents – more people, more active, more often.”

12.4 The Strategy aims to:

- ensure that the sporting and physical activity opportunities available in the town meet the needs of the entire community throughout their lives;
- target those groups and communities with greater health risks and shift from sedentary behaviour to a more active lifestyle, including those communities experiencing higher levels of health inequalities and particular population groups;
- enable local people to choose to build physical activity and sport into their daily lives through equipping them with information about local opportunities and encouraging them to take responsibility for their own, and others', physical activity levels based upon the behaviour changes social marketing approach advocated by Public Health England;
- develop a mix of indoor and outdoor facilities for sport and physical activity that encourages access and supports the identified needs of the population; and
- enable those key partners involved in sport and physical activity from the public, private, education and voluntary sectors, particularly GPs and public health staff to work together effectively to make the best use of evidence and resources.

Appendix A sets out details of the Strategy's key objectives and actions for targeting children and young people.

13 **Conclusion**

The report is aimed at providing information on the work taking place in the borough's schools and through council programmes to improve nutritional understanding and increase physical activity levels of children in Slough, thereby impacting on the levels of childhood obesity in the borough.

14 **Appendices Attached**

A - Slough Physical Activity and Sport Strategy: Key Objectives and Actions

15 **Background Papers**

None.