

TITLE OF REPORT: Health in Schools Update 2015

REPORT OF: Carole Wood, Director of Public Health

SUMMARY

The purpose of this report is to provide the committee with an update on The Gateshead Health in Schools Programme (formerly Healthy Schools) within Gateshead, to outline the scope of the new model that has been developed over the last 12 months following the evaluation of the programme in 2013.

1. Background

Following the decommissioning of the National Healthy Schools Programme in 2011 in which Gateshead was the first Local Authority Area to achieve 100% National Healthy Schools Status for all its schools, Gateshead Public Health continued to fund a locally developed Healthy Schools Programme to maintain and build on the excellent work that had been generated by Gateshead Schools around health issues.

Despite this, there still remain huge challenges around addressing specific areas of child health. Overall the health and wellbeing of children and young people in Gateshead is generally worse than the England average; however, the 2015 Child Health Profile shows 16 out of the 32 indicators are better or not significantly different to the England average. Key findings in the 2015 Child Health Profile show:

- The level of child poverty in Gateshead is worse than the England average with 22.1% of all children aged 16 years or under living in poverty.
- The level of obesity for Gateshead children aged 4-5 years has gone up to 10.5% and for 10-11 years this has come down to 20.7%. The England average level of obesity in children aged 4-5 years is 9.5% and 10-11 years olds is 19.1%
- Immunisations uptake in Gateshead is above the England average. The health and wellbeing of children in Gateshead is generally worse than the England average. Infant and child mortality rates are similar to the England average.
- There is an increase in the number of hospital admissions as a result of self-harm for young people 10-24. Gateshead is significantly worse than the England average.

To help address these challenges, schools play an important role in helping to educate young people around health & wellbeing and to be seen to promote healthy behaviours as part of a whole school approach. This is now being recognised by Ofsted as an increasingly important element of the personal development, behaviour and welfare of pupils as outlined in the 2015 Ofsted Inspectors

Handbook. In order for a school to achieve an 'outstanding' grade from Ofsted it must show how:

Pupils work hard with the school to prevent all forms of bullying, including online bullying and prejudice-based bullying.

Staff and pupils deal effectively with the very rare instances of bullying behaviour and/or use of derogatory or aggressive language.

The school's open culture actively promotes all aspects of pupils' welfare. Pupils are safe and feel safe at all times. They understand how to keep themselves and others safe in different situations and settings. They trust leaders to take rapid and appropriate action to resolve any concerns they have.

Pupils can explain accurately and confidently how to keep themselves healthy. They make informed choices about healthy eating, fitness and their emotional and mental well-being. They have an age-appropriate understanding of healthy relationships and are confident in staying safe from abuse and exploitation.

Pupils have an excellent understanding of how to stay safe online and of the dangers of inappropriate use of mobile technology and social networking sites.

2. Gateshead Healthy Schools Programme 2011 – 2015

Following a period of consultation with Gateshead schools around the future of the Healthy Schools Programme it was decided to develop and implement a simplified version of what was proposed to be the National Healthy Schools Enhancement Model, based on a simple "Plan, Do, Review" approach. "

In addition to this, the Enhancement Model would have the core theme of Emotional Health & Wellbeing running through it. When schools identified their chosen health priority, they needed to demonstrate that they were addressing the associated Emotional Health & Wellbeing issues, as we understand this is key to all areas of health and wellbeing.

The Gateshead Healthy Schools programme was an outcomes based intervention programme with schools working in partnership with wider Gateshead partners to address the chosen health priorities identified within individual schools.

Whilst working within an outcomes based model, schools were addressing the specific health outcomes of children and young people as highlighted in the Public Health Outcomes Framework and the Marmot Review around Health Inequalities.

There will be a presentation at the December meeting showcasing a case study of a school who has engaged with the Gateshead Healthy Schools Programme.

3. Evaluation of the Gateshead Healthy Schools Programme

In October 2013, Improving Health & Wellbeing UK were commissioned to evaluate the impact of the Gateshead Healthy Schools Programme and provided a series of recommendations for the future development of a new Health Programme in Schools, which covered the following:

- Improving management and coordination of the Gateshead Healthy Schools programme (GHSP).
- Becoming more strategic in approach.
- Re-branding the GHSP.
- Reviewing the contributions of the GHSP to school improvement.
- Improving the collection, management and use of data.

- Targeted support for vulnerable individual pupils and perhaps their families.
- Reviewing the funding arrangements, including possible contributions from schools.
- Re-focusing on health priorities that support pupil attainment.
- Reviewing and revising other health contracts.
- Re-engaging with school and community nursing.
- Developing healthy nurseries and post-16 provision.
- Considering the wellbeing of school-based staff.
- Enhancing health and wellbeing training.
- Developing the online support.

These recommendations outlined in the evaluation helped form the basis of the new Health in Schools Programme.

4. Development of Gateshead Health in Schools Programme

Whilst exploring the evidence base of school based programmes around health and wellbeing, interventions focusing on the promotion of social and emotional wellbeing, and on healthy eating and physical activity appeared to be the most effective. Good social and emotional wellbeing, healthy eating, physical activity and a healthy weight also appeared to promote educational achievement.

There was considerable uncertainty about the effectiveness of school-based interventions to prevent smoking, teenage pregnancy and sexually transmitted infections.

For most outcomes (except smoking), programmes appeared to be more effective if they were multicomponent. Programmes needed to be sustained (and sustainable) and be incorporated into the curriculum, involve the school and school environment, and include training for teachers and, where possible, parents and peer mediators.

4.1 Aim

The overall aim of the Gateshead Health in Schools model is to improve the health of school-age children and young people in Gateshead, and reduce health inequalities, using school-based interventions or programmes.

4.2 Objectives

The objectives of the model are:

- To enable children and young people in schools in Gateshead to receive sustainable, evidence-based, cost-effective interventions to promote healthy eating and physical activity, and their social and emotional wellbeing, and resilience.
- To support schools in improving the school environment, curriculum and ethos in order to promote health and wellbeing.
- To support schools to identify their specific health and wellbeing needs.
- To engage with staff, students, their families, after-school clubs, the wider community and wider stakeholders.
- To support schools to access evidence-based programmes to help them to address their specific health and wellbeing needs.
- To support schools to maintain Healthy Schools status and to move to enhanced Healthy Schools status.
- To facilitate the early identification of children and young people with greater needs and their access to appropriate services.
- To link with workplace health initiatives to improve the health and wellbeing of school staff.

4.3 Components

The Health in Schools model in Gateshead will consist of a core Health in Schools programme and a supplementary Health in Schools programme.

The core Health in Schools programme will have three components:

- Coordination of the Health in Schools model.
- Social and emotional wellbeing programme.
- Procurement of the school questionnaire / survey with feedback to schools.

The supplementary Health in School programme will address specific health and wellbeing needs identified by the school questionnaire / survey and engagement with staff, students, families and communities, and which cannot be addressed through the core programme. This will consist of two components:

- Additional services, including training, offered by wider stakeholders.
- Schools purchasing programmes or training from a suite of appraised programmes ('buy-back').

4.4 Core Health in Schools programme

4.4.1 Coordination

Coordination of the Health in Schools model will involve:

- Promote new services and programmes, and support health promotion campaigns, for children and young people.
- Provide quality assurance of all aspects of the framework and to participate in termly Quality Assurance Group meetings
- Work with schools, school nurses and other agencies on how to identify those in greater need and interventions to offer those identified.
- Raise awareness by schools of care pathways and available services for children and young people in Gateshead.
- Support schools to identify and agree activities to address their specific health and wellbeing needs.
- Support schools to engage with families, outside agencies, and the wider community and to elicit the views of staff, students and families.
- Support any existing health and wellbeing group and/or champion(s) in schools, or to support their development.
- Support schools in improving the school environment, curriculum and ethos in order to promote health, in particular to promote healthy eating and physical activity. This includes working with breakfast clubs, before and after school clubs and any other 'wrap-around' childcare.
- Support schools to access training for staff.
- Coordinate training for all school staff (including school governors).
- Liaise with wider stakeholders in their offer of health promotion and training to schools.

4.4.2 Social and emotional wellbeing programme

The social and emotional wellbeing programme will involve:

- Support schools to develop a school curriculum that promotes social skills.
- Support schools to create and sustain an environment that promotes resilience of students.
- Provide training to teachers, teaching assistants, head teachers and school governors in social and emotional wellbeing.

- In primary schools, provide teacher training in management of behaviour, and parenting education.
- In secondary schools, provide conflict resolution training.
- Work with the Drugs and Alcohol team to develop and deliver training in a (psycho)social skills and developmental prevention programme that can support efforts to prevent drug and alcohol use.
- Work with the Health in Schools coordinator and others (for example, school nurses) to develop strategies to identify those at greater risk of mental health problems and offer appropriate interventions or signpost/refer to other services as necessary.

In addition, a Mental Health Liaison worker will offer schools a variety of flexible activities/workshops/group work and information to support a range of emotional health and wellbeing, including for example:

- Self Esteem
- Anger Solutions
- Friendship
- Empathy Awareness
- Anti-Bullying
- Food & mood
- Positive Thinking
- Exam Stress
- Relaxation sessions

4.4.3 Additional Support

- Access to expert advice, support and guidance from a local team of Public Health professionals who will be able to offer additional support and guidance to schools
- Access to a comprehensive on-line “Community of Practice” where schools will be able to access a wide range of information and resources to support their work around health. The Community of Practice will also allow schools to contact and share good practice with other schools and also to access a wide range of health professionals
- Termly information / training sessions around key health priorities and emerging best practice and developments in the field of children and young people’s health.
- Opportunity to access a young person’s health and wellbeing survey to gather information on your pupil population’s health behaviours and attitudes.

4.5 Supplementary Health in Schools programme

4.5.1 Additional services provided by wider stakeholders

The new Health in Schools model will identify opportunities for effective collaborative working to improve the health of school-age children and young people. Where schools, in conjunction with the coordinator, identify specific health needs, the coordinator will help them to address these needs by first identifying whether they can be addressed by services offered at no cost to schools by providers with existing contracts or offers to schools. These service providers will be supported to offer training for staff or programmes for children and young people (and their families and/or communities) that supplement existing programmes that focus on social and emotional wellbeing and resilience.

4.5.2 Schools purchasing programmes or training from a suite of appraised programmes ('buy-back')

The Healthy Schools programme evaluation found that a large proportion of schools would be willing to pay for the provision of some health and wellbeing programmes. These could support schools in addressing those specific health and wellbeing needs or priorities that they have identified with the help of a coordinator.

5. Next Steps

Due to the escalation of the Councils budget proposals for 2016-18, the Health in Schools Core offer of support, which was originally to be funded by Public Health, will now have to be offered to schools as a "bought in" service from September 2016.

Information on the new programme is now included as part of the Services to Schools and Academies Brochure as a separate Service Level Agreement that schools will need to purchase. The costs for schools wishing to buy into the Health In Schools SLA is £500 per year for Primary Schools and £700 for Secondary Schools.

With the new Ofsted Inspection Framework paying increasing attention to pupils' health and wellbeing, it is hoped that schools will see the value and importance of the Health in Schools Programme and agree to buy in to this service.

Schools can utilise the funding they receive from the School Sports Premium to buy into the Health in Schools Service Level Agreement as this money can be used for programmes that promote pupil health & wellbeing.

6. Recommendations

- For all schools to buy into the new Health In Schools Core offer to help enhance and support their efforts to addressing health inequalities and promoting health & wellbeing within their schools.
- To encourage schools to utilise School Sports Premium money to buy into the Health in Schools Programme.

Contact: Emma Gibson

Ext: 2845
