



Well-being Objective 2

Start Well - Help children live healthy lifestyles

The following are our commitments and end of year progress comments for this Well-being Objective during 2017/18.

Last Year's Commitments	✓ x	Progress Comment
A - Increase physical activities for children		
We will explore the potential of utilising school grounds, outside of teaching hours to enable children to have greater access to play opportunities. <i>(Action ID 12492)</i>	✓	All new schools are being designed to allow access outside of teaching hours, and enable a more play friendly environment. Work underway with existing schools. Toolkits provided to all schools and Play training being delivered. DVD being produced by children to develop the Children First area.
We will review and launch an overhauled suite of party packages and a progressive term-time activity programme for children that puts a pathway in place to develop the physical literacy of future generations. <i>(Action ID 12493)</i>	x	An Innovative Physical Literacy `Passport` has been soft-launched across Carmarthenshire as a progressive term-time activity programme for children. As new staff and the new programme are being embedded, this has delayed the review of party packages which will now be completed by 1st September 2018. In the meantime, promotion of the existing birthday party packages has been undertaken to ensure take-up and associated income is not affected.
We will continue to develop the Carmarthenshire Outdoor Schools Project through the Healthy Schools Scheme to increase learning through Physical Development. We will attempt to increase the number of schools participating in the Project by 10 on an annual basis. <i>(Action ID 12495)</i>	✓	A total of 10 new schools enrolled on the Carmarthenshire Outdoor Schools initiative this year. A Steering group for the initiative was established in order to lead the new schools forward and two half day training sessions were organised and run for the 10 schools in collaboration with The National Botanic Garden of Wales.
We shall continue to hold our annual Carmarthenshire Schools' Pedometer Challenge and provide schools with pedometers, recording sheets and guide. We shall reward the winning schools with Physical Activity equipment. <i>(Action ID 12496)</i>	✓	A total of 23 schools completed the Pedometer challenge with a total of 92 pupils and 92 staff taking part in the challenge. This has resulted in a total of 184 people increasing their physical activity levels over the duration of 1 month.
We shall continue to ensure that all schools are embedding the Food and Fitness Health topic, ensuring that schools are delivering 2 hours of quality PE lessons per week, during visits and Healthy School Assessments. <i>(Action ID 12497)</i>	✓	During every initial visit, progress visit and assessments within the schools, we remind schools of the Statutory Healthy Eating Regulations (2013). We question the School Council with regards to the food that is provided to them during break and lunch-times and how many hours of PE they receive each week. We also ask to see the PE timetable to ensure that this is the case.
We shall increase the % of children who can swim 25m aged 11 <i>(3.4.2.1)</i> <i>(2016/17 Result 66.4% / 2017/18 Target - 68%)</i>	✓	2017/18 Result - 77.3%. Improvements in pass rates have occurred across most sites resulting in net increase in achievement. This result can be attributed to improved mentoring and teaching via the interim aquatics staff.

Last Year's Commitments	✓ ✘	Progress Comment
<p>We shall maintain the number of young people (0-16) accessing free swim sessions (3.4.2.2) (2016/17 Result 18,991 /2017/18 Target 18,991)</p>	✘	<p>2017/18 Result – 9,351. This is off target and showing a decline. The ability to achieve target has been significantly disrupted by staffing issues spanning much of the year. We have now implemented a restructure at management and coordinator level and are now optimistic that performance in 18/19 will improve. Free Swimming for 0-16 years is a Welsh Government sponsored activity on weekends and during school holiday periods. Carmarthenshire has traditionally provided more than the minimum time allocation for free swimming but has reduced this provision more recently due to increasing demands on the pool timetable as we continue to grow and develop the learn to swim programme. Aquatics income broke through the £1m barrier in 16/17 for the first time, and has continued to grow through 18/19. It is anticipated that with the additional staff now in place, we will be able to further promote the free swim programme next year and thus increase numbers again.</p>
<p>We shall increase the number of attendances at Sporting Opportunities facilitated by Sport & Leisure Officers (3.4.2.8) (2016/17 Result - 211,701 / 2017/18 Target 222,286)</p>	✓	<p>There were 235,457 attendances at Sporting Opportunities facilitated by Sport & Leisure Officers during 2017/18. An additional grant from 'Play Sufficiency' enabled additional development work to provide activity opportunities over and above what was expected. This has resulted in exceeding last year's performance and 2017-18 targets.</p>
B – Address mental health		
<p>We will continue to support schools in their implementation of the Mental and Emotional Health and Well-being health topic as part of the Healthy Schools Scheme and ensure that schools have the most up-to date policies relevant to Mental and Emotional Health and Well-being such as the Anti-Bullying Policy, through cluster meetings, visits and assessments. (Action ID 12498)</p>	✓	<p>We have placed exemplar Guidance regarding Bullying for schools/teachers, parents and pupils on the Healthy Schools Network on Hwb, including an Anti-Bullying Policy. We also signpost schools to the Healthy Schools Network in order to access the Guidance material during school visits and cluster meetings.</p>
<p>The Healthy Schools Scheme will continue to co-ordinate the Carmarthenshire Personal and Social Education (PSE) - Professional Learning Community (PLC) meeting twice a year for Secondary PSE leaders, where current Mental Health issues will be addressed. (Action ID 12499)</p>	✘	<p>The Personal and Social Education (PSE) - Professional Learning Community (PLC) for November 2017 did not go ahead due to the unavailability of Deliverers / Speakers. It was due to be delivered in March 2018, but it was not possible to select a suitable venue and key deliverers on the same dates. March with a suitable It is now hoped that a suitable date will be selected during the Summer term.</p>
<p>We will co-ordinate and deliver a 'Well-being Conference' to teaching practitioners on Mindfulness and pupil Well-being and a 'Well-being Day' for school pupils with 5 practical workshops focussing on Mental and Emotional Health and Well-being issues. (Action ID 12500)</p>	✓	<p>A Conference was successfully delivered with a total of 90 delegates in attendance. Evaluation and feedback was very positive.</p>

Last Year's Commitments	✓ ✗	Progress Comment
We will attempt to increase the number of Secondary schools who are actively on board the School Health Research Network. <i>(Action ID 12501)</i>	✓	All Secondary Schools are now on board the School Health Research Network (SHRN) and attended the SHRN event at the National Botanical Gardens for Wales on the 13th of June, 2017.
We will re-establish the Carmarthenshire Anti-Bullying Steering Group. <i>(Action ID 12502)</i>	✗	Due to new documentation & policies regarding Bullying being released by the Welsh Government, it has been decided that Carmarthenshire's Anti Bullying Steering Group will re-establish once these documents have been released, which will be during 2018-19.
C – Promote healthy eating		
We will seek to further develop healthy eating in schools, beyond statutory Welsh Government regulations, working with dieticians from the health service. <i>(Action ID 12503)</i>	✓	A meeting was held with a Dietician at end of July on how to improve the new Winter menu nutritionally over & above the guidelines whilst still maintaining uptake in Primary Schools. The outcome was very reassuring with the Dietician very happy with our menu & could not offer any advice as to how we could improve, when she understood our service.
We will seek to increase take-up of school meals (including free school meals). <i>(Action ID 12504)</i>	✓	We have looked at various ways of promoting school meals i.e. newsroom; school websites; theme days once a month e.g. Fairtrade as well as using our mascot 'Dylan the Dragon' to visit Primary school pupils. We have also developed a welcoming leaflet for all new starters / parents in order to have a better understanding of school meals, how to pay or apply for Free school Meals. We have new graphic designed menu to look more attractive and ensured a balanced menu of meet nutritional standards as well as what the pupils like based on feedback. These together with the introduction of online payments into both Secondary and Primary school will hopefully help increase numbers.
We shall continue to ensure that schools are abiding by the Healthy Eating in Schools (Wales) Measure 2009 and the Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013, during cluster meetings, schools visits and assessments. <i>(Action ID 12506)</i>	✓	Schools were reminded and presented with the Healthy Eating in Schools Measure (2009) and Nutritional Standards (2013) during the Spring Term Cluster Meetings. Schools are also reminded and checks are undertaken during School visits and Assessments.
We will increase the % of schools achieving phase 4 of the Healthy Schools Initiative <i>(8.3.1.5)</i> <i>(2016/17 Result - 63%/ 2017/18 Target – 79%)</i>	✗	2017/18 result - 63%. This is off target but has remained the same as last year. While the target was based on 4 additional schools achieving Phase 4 which has been achieved, the calculation has been affected by school closures. Carmarthenshire has the highest number of schools completing Phase 4 of the Scheme across Wales. Of the 113 schools in Carmarthenshire, 112 have joined the Welsh Healthy Schools scheme with 3 schools currently at phase 1, 7 at phase 2, 31 at phase 3, 36 at phase 4, 32 at phase 5, 1 at phase 6 while Peniel Community School has become the second Carmarthenshire school to achieve the National Quality Award together with Nantgaredig Primary School.

Last Year's Commitments	✓ ✗	Progress Comment
<p>We shall increase the percentage of children seen by a registered dentist within 3 months of becoming looked after (SCC/30) (2016/17 Result - 71.4%/2017/18 Target - 74.3%)</p>	✗	<p>2017/18 result - 69.6%. Result is well above the All Wales figure of 59.4% (2016/17) although off target and showing a decline. The number of looked after children in the cohort for 2017/18 has decreased to 23 compared to 35 in 2016/17 which is a positive, however, the small numbers and any variation can significantly affect findings year on year</p>
<p>We shall increase the percentage of children looked after at 31 March who were registered with a GP within 10 working days of the start of their placement (SCC/31) (2016/17 Result - 94%/ 2017/18 Target - 95.2%)</p>	✗	<p>2017/18 result - 94.6%. Performance remains good and well above the All Wales figure of 91.7% (2016/17). End of year result just below target, however, numbers in the cohort are very small and any fluctuation can have a significant bearing on figures year on year.</p>
D – Increase awareness		
<p>We shall continue to work in partnership with the Sustainable Pre-School Healthy Schools Scheme in promoting the '10 steps to a Healthy Weight'. (Action ID 12507)</p>	✓	<p>Nerys Burton the Lead on the Pre-School Healthy Schools Scheme, delivered a presentation at our Healthy Schools Award Ceremony on the 4th July, 2017 regarding the '10 Steps to a Healthy Weight' Campaign, in order to raise awareness to primary schools. Focus was placed on 'Screen Time' and 'Outdoor Provision'.</p>
<p>We will ensure that Educational resources for practitioners regarding the 7 Healthy schools topics will be placed on the Healthy Schools Network on Hwb. (Action ID 12508)</p>	✓	<p>Educational resources are continuously being placed on the Healthy Schools Network on Hwb throughout the year, including the most recent updates, policies and guidance concerning health issues.</p>
<p>We will continue to promote and raise awareness to campaigns specific to healthy eating, physical activity and mental health such as 'Walk to school Week', the 'Daily Mile', National Obesity Awareness Week and Mental Health Awareness Week and promote the School Health Research Network through the Healthy Schools' Twitter account, Healthy Schools Network on Hwb, cluster meetings and raise awareness with parents and carers via parents evenings. (Action ID 12509)</p>	✓	<p>We continue to promote and inform schools of annual health campaigns. We recently promoted and informed schools of Sustrans' 'Big Pedal' Competition, which aims to increase Active Travel to School. Every school in Carmarthenshire received an e-mail during the end of the Spring Term, informing them of how to enter and complete the competition. Previous campaigns promoted included 'National Anti Bullying Week, which is held annually in November and the 'Daily Mile' and 'Walk to School Week' during the Summer term 2017.</p>
<p>We shall continue to promote and raise awareness on the benefits of healthy eating, regular physical activity and mental health strategies during our annual Healthy Schools Award ceremony by inviting key partners to deliver workshops regarding these health areas. (Action ID 12510)</p>	✓	<p>The Healthy Schools Award Ceremony was held on the 4th of July, 2017 at Parc y Scarlets Llanelli. 22 schools were represented by 45 pupils and 21 teachers. We had 2 workshops, one on healthy eating recipes, where they had the opportunity to make their own healthy snacks such as sushi and the second was a physical activity workshop based on skill development. There were several key partners present at the ceremony with stands promoting healthy eating and physical activity including a Public Health Dietician and School Nurses, Active Young People Officers, Carmarthenshire's School Meals Service, Lisa Fearne- Director of the Pumpkin Patch & Garden as well as Aled Owen - Ynni Da.</p>

Last Year's Commitments	✓ x	Progress Comment
<p>We will undertake a programme of alcohol and cigarette 'test purchases' to ensure that premises decline to sell to underage customers (7.4.3.5) <i>(2017/18 Target - 100% of those tested)</i></p>	x	<p>Intelligence logs from Dyfed Powys Police are being received and monitored with very few incidences of underage purchasing from off-licences have been reported. As a result the test purchases initiative were not undertaken and resources were directed towards other priorities. However during the summer of 2018 we will be undertaking a test purchase exercise from the few premises that have been allegedly identified as having being sold to under-age persons. It should also be appreciated there were no sales when we last undertook this initiative in 15/16.</p>