



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 208/19.

Last Year's Commitments	✓ x	Progress Comment
A - Increase physical activities for children		
<p>We will work with Town & Community Councils and other community organisations to look at ways to invest in upgrading Local leisure provisions <i>(Ref 13105) Part of MF5-71</i></p>	✓	<p>Service continues to work closely with Town and Community Council and community groups to access potential funding for improved community facilities. A number of S106 receipts have been utilised to improve local facilities e.g. new playground at Burry Port Harbour; new playground at Llyn Llech Owain Country Park.</p>
<p>Through the Healthy Schools Scheme we will continue to increase the level of physical activity by developing the Carmarthenshire Outdoor Schools Project, continue to hold our annual Pedometer Challenge and continue to embed the Food & Fitness Health topic within Schools. <i>(Ref 13106)</i></p>	✓	<p>The Carmarthenshire Outdoor Schools Award Ceremony was held on the 27th of June 2018 at the National Botanical Garden of Wales. A further 12 schools are now on board the Carmarthenshire Outdoor Schools Scheme (CODS) for 2018-2019. A CODS Steering Group meeting was held in December and a Presentation regarding CODS was delivered to Key Stage 2 Co-ordinators during a KS2 Co-ordinators training day which was held during the Autumn Term. 25 schools have taken part on the Pedometer Challenge and submitted their results on the 20th of July, 2018. The winning school received 2 physical activity packs, in which the school council must decide how to use the equipment effectively in order to increase Physical Activity levels. The latest Healthy Eating Regulations and exemplar Food and Fitness Policy has been given to schools during Cluster Meetings through the Spring and Summer terms.</p>
<p>We will continue to work towards addressing the gaps identified in our most recent Play Sufficiency Assessment (2016-2019) in order to ensure that local children and young people have access to wide and varied play opportunities and experiences including the potential of utilising school grounds, outside of teaching hours. <i>(Ref 13107)</i></p>	✓	<p>The 3rd Play Sufficiency Assessment was submitted to Welsh Government on 31/3/19. Carmarthenshire has been allocated £162,250 via the All Wales Play Opportunities Grant most of which to be used to address the gaps identified within the last Play Sufficiency Assessment and Action Plan. All new schools are designed to enable access to school outside of teaching hours.</p>
<p>We shall increase the % of children who can swim 25m aged 11 <i>(3.4.2.1)</i> <i>(2017/18 Result 77.3% / 2018/19 Target - 80%)</i></p>	x	<p>2018/19 Result- 63.3% The charge applied to school swimming is having more of a detrimental effect than we anticipated. Schools are finding it difficult to find money within their budget to pay for school swimming so are being more selective in who they are bringing to the pool and for how long. The impact of this is that children have less time during their primary school years attending school swimming lessons. The costs of transporting children from the school to the pool also plays a significant part in affordability of the lessons. We are making a concerted effort to identify children that are not on our after</p>

Last Year's Commitments	✓ ✗	Progress Comment
	✗	school programme and have not met the criteria to contact these parents and offer structured swimming sessions during holidays. We use the free swim funding allocated from Welsh Government via Sport Wales to fund these top up lessons.
We shall maintain the number of young people (0-16) accessing free swim sessions (3.4.2.2) (2017/18 Result 9,351 /2017/18 Target 9,819)	✓	20,373 young people (0-16) accessed free swim sessions during 2018/19. This is mainly due to improved data collection. Which was done by training staff and introducing an awareness programme as to how important it is to collect this data and the implications of better recording.
We shall increase the number of attendances at Sporting Opportunities facilitated by Sport & Leisure Officers (3.4.2.8) (2017/18 Result - 235,457 / 2018/19 Target 247,230)	✗	233,747 attended Sporting Opportunities facilitated by Sport & Leisure Officers during 2018/19. This is below our target and a less than the previous year. This is due to reduction in available officer time due to unplanned long term sick (both now back in post), however there an increase in voluntary delivery via the ambassador programme has shown increased participation in schools.
B – Address mental health		
Through the Healthy School Scheme we will continue to support schools in their implementation of the Mental & Emotional Health and Well-being Health topic including Anti-bullying strategies and healthy coping mechanisms such as mindfulness and Speakr. (Ref 13108)	✓	The scheme continues to update its Network on HWB, where useful resources and exemplar policies regarding issues such as `Bullying` have been placed. Schools are provided with termly Health Calendars informing them of which Mental Health Campaigns will occur during that particular term etc. This is done during termly cluster meetings. A Healthy Schools Co-ordinators Training Day was delivered on the 7.3.19. The focus of the training day was placed on Mental & Emotional Health and Well-being. Several specialist providers within this area delivered workshops during the training day. These specialist included the Samaritans who delivered a workshop regarding the support services they can provide to schools, to staff, pupils and their families regarding issues such as suicide and suicide prevention. Gwylan UK LTD delivered a workshop emphasising the importance and effectiveness of the `Pause Points` programme within schools as well as the `5 Ways of Well-being. Emyr Brown from Browns IT Consultancy also delivered a workshop regarding the `Speakr` tool and its benefits on improving pupil well-being. Schools who are currently implementing effective Well-being practices such as `Speakr` and Pause Points also shared their good practice with other schools. Evaluations regarding the event were very positive.
C – Promote healthy eating		
We will seek to further develop healthy eating in schools, beyond statutory Welsh Government regulations. (Ref 13109)	✓	We continue to work on the menu, to ensure better, more nutritious choices, whilst remaining within budget. We continue to work with Secondary schools to get the balance right, food pupils wish to purchase while remaining healthy and nutritional. With Primary schools

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		we have completely eliminated bought in puddings and all are home-made, except ice cream and yoghurt.
We will seek to increase take-up of school meals (including free school meals). <i>(Ref 13110)</i>	✓	As we continue to implement online payments in schools, we are using this tool to promote school meals along with our current methods. Theme days are promoted, and parents can see an actual photo of the meal we produce for each day. A new menu will be implemented after Summer half term. We use the authority's media wherever possible. The price of a school meal is to remain the same.
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>(Ref 13111)</i>	✓	Schools were reminded of the Healthy Eating Regulations again during the Spring Term Cluster Meetings. The Regulations and Guidance were also addressed during the Hygiene and E-bug Course which was held on the 15.2.19 and the Healthy Schools Co-ordinators Training day which was held on the 7.3.19. The Scheme worked in partnership with the Designed 2 Smile Scheme, School Nursing Team and School Meals Catering Service by monitoring the Food & Drink that is being provided to pupils by the school.
We will increase the % of schools achieving phase 4 of the Healthy Schools Initiative <i>(8.3.1.5)</i> <i>(2017/18 Result - 63%/ 2018/19 Target -65%)</i>	✓	All 111 schools in Carmarthenshire have joined the Healthy Schools Scheme now in its 15th year. Each school is working through phases 1 – 6 with 65% having achieved phase 4 . Peniel and Nantgaredig schools have achieved the National Quality Award which is the highest possible achievement.
We shall increase the percentage of children seen by a registered dentist within 3 months of becoming looked after <i>(SCC/30)</i> <i>(2017/18 Result -69.6%/2018/19 Target - 70.5%)</i>	✓	2018/19 result - 75.8%. This is well above target and showing a good improvement.
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 <i>(SCC/31)</i> <i>(2017/18 Result - 94.6%/ 2018/19Target -94.6%)</i>	✓	2018/19 result - 96.2%. This is well above target and showing a good improvement.
D – Increase awareness		
We shall continue to work in partnership with the Sustainable Pre-School Healthy Schools Scheme in promoting the '10 steps to a Healthy Weight' <i>(Ref 13112)</i>	✓	We have continued 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. The Pre-School Healthy Schools Scheme Officers had a promotional stand at the annual Healthy Schools Award Ceremony in July 2018 raising awareness to the '10 steps to a Healthy Weight'.
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	✓	Schools who attended the Autumn Term Cluster meetings received their National Health Campaigns Calendar for Spring 2019. Emphasis was placed on National Obesity Awareness Week which take place between the 14th & 20th of January, 2019. The Scheme created a playlist of relevant resources for schools as

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Health Awareness Week and promote the School Health Research Network. (Ref 13113)		well as signposting schools to useful websites and resources in order to raise awareness to the effects of Obesity, Healthy Eating and Regular Physical Activity. Schools were again reminded of relevant Health Campaigns during the Spring Term Cluster meetings, the Hygiene and E-bug Course which was delivered on the 15.2.19 and the Healthy Schools Training Day which was delivered on the 7.3.19. The Healthy School Network on HWB was updated to include an education resource regarding the NSPCC's sexual safety 'PANTS' Campaign and Online Safety.