



Well-being Objective 2

Start Well - Help children live healthy lifestyles

How will we do this?

Our action plan to achieve this objective

(Lemon highlight means that this is not the Action or Measure's main objective)

Ref	Actions and Measures	Target
A	Increase physical activities for children	
1	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 also included in Objective 1 & 5)</i>	March 2018
2	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.	March 2018
3	We will review and implement an improved pathway of aquatics provision that enables participants to reach their full potential. <i>(Also in Well-being Objective 8)</i>	March 2018
4	We will continue to develop the Carmarthenshire Outdoor Schools Project through the Healthy Schools Scheme. The aim of the scheme is 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.	March 2020
5	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.	June 2018
6	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	June 2020
7	We shall increase the % of children who can swim 25m aged 11 <i>(3.4.2.1)</i> <i>(Also in Objective 8)</i> <i>(2016/17 Result 66.4%)</i>	68%
8	We shall maintain the number of young people (0-16) accessing free swim sessions <i>(3.4.2.2)</i> <i>(2016/17 Result 18,991)</i>	18,991
9	We shall increase the number of attendances at Sporting Opportunities facilitated by Sport & Leisure Officers <i>(3.4.2.8)</i> <i>(2016/17 Result - 211,701)</i>	222,286
10	We shall increase the number of visits to leisure centres per 1,000 population <i>(PAM/017 was LCS/002b)</i> <i>(Also in Objective 8)</i> <i>(2016/17 Result - 8,289)</i>	8,996
B	Address mental health	
1	We will reduce exposure to adverse childhood experiences - these are addressed in <i>Objective 1- Help to give every child the best start in life.</i>	
2	We will continue to develop the Flying Start programme, promoting early intervention for disadvantaged families with children (0-3) living in specific deprived communities, ensuring good multi agency support to families across the spectrum of need by developing clear pathways with internal and external partners. <i>(Action also included in Objective 1 and 5)</i>	March 2020
3	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.	March 2020
4	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.	March 2018

Ref	Actions and Measures	Target
5	We will co-ordinate and deliver Well-being initiatives: <ul style="list-style-type: none"> a 'Well-being Conference' to teaching practitioners where the practice of Mindfulness and pupil Well-being will be a focus; a 'Well-being Day' package to school pupils which will consist of 5 practical workshops focussing on Mental and Emotional Health and Well-being issues and strategies of how to deal with them. 	December 2017
6	We will attempt to increase the number of Secondary schools who are actively on board the School Health Research Network	December 2017
7	We will re-establish the Carmarthenshire Anti-Bullying Steering Group	December 2017
C	Promote healthy eating	
1	We will seek to further develop healthy eating in schools, beyond statutory Welsh Government regulations, working with dieticians from the health service.	March 2018
2	We will seek to increase take-up of school meals (including free school meals).	March 2020
3	We shall implement the School Holiday Enrichment (Holiday Hunger) Programme (SHEP), supporting families and children during school vacations to cook healthy meals, particularly aimed at pupils eligible for Free School Meals. <i>(Also in Well-being Objective 5)</i>	March 2018
4	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.	March 2020
5	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%)</i>	79%
6	We shall increase the percentage of children seen by a registered dentist within 3 months of becoming looked after <i>(SCC/30)</i> <i>(2016/17 Result - 74.4%)</i>	74.3%
7	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>(2016/17 Result - 94%)</i>	95.2%
D	Increase awareness	
1	We shall continue to work in partnership with the Sustainable Pre-School Healthy Schools Scheme in promoting the '10 steps to a Healthy Weight'	March 2020
2	We will ensure that Educational resources for practitioners regarding the 7 Healthy schools topics will be placed on the Healthy Schools Network on Hwb.	March 2018
3	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.	March 2020
4	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.	March 2020
5	We will continue to undertake a programme of alcohol and cigarette 'test purchases' to ensure that premises decline to sell to underage customers <i>(7.4.3.5)</i>	100%