



Cyngor Castell-nedd Port Talbot
Neath Port Talbot Council

NEATH PORT TALBOT COUNTY BOROUGH COUNCIL

Education Skills and Culture Scrutiny Committee

4th July 2019

Report of the Chair of the Promoting Healthy Living among Pupils at Neath Port Talbot Schools Task and Finish Group

Matter for Decision

Wards Affected: All Wards

Promoting Healthy Living among Pupils at Neath Port Talbot Schools Task and Finish group

Purpose of the Report:

To provide the Education, Skills and Culture Scrutiny Committee and Cabinet Board with the findings of the recent Task and Finish Group on promoting healthy living among pupils within Neath Port Talbot Schools.

Executive Summary:

This report represents the work of the Task and Finish Group undertaken over a period of several months. The Group consisted of a small number of Members which considered a wide range of evidence and insights from internal Council departments as well as external organisations and specialists.

Background:

While developing the Education Skills and Culture Scrutiny Forward Work Programme, Committee Members expressed an interest in the provision of health and physical education for children across the County Borough. This was further developed by considering issues and evidence surrounding the promotion of nutrition and healthy living within Neath Port Talbot Schools.

Members also wanted to support the Council in contributing to the Welsh Government's national wellbeing goals by achieving a healthier Wales and to help the Council reach its wellbeing objective in improving the well-being of children and young people.

Following this the Education Skills and Culture Scrutiny Committee formed a Task and Finish group to help promote Healthy Living amongst Pupils within Neath Port Talbot Schools.

Financial Impacts:

There are no direct financial impacts associated with this report however, if the recommendations are agreed and taken forward there potentially could be financial impacts.

Integrated Impact Assessment:

There are no impacts associated with this report however, if the recommendations are agreed and taken forward then subsequent reports will require a first stage impact assessment to be undertaken in the first instance before deciding whether a full Integrated Impact Assessment is required

Valleys Communities Impacts:

There are no impacts associated with this report however, if the recommendations are agreed and taken forward then subsequent reports may require a re-assessment of the impacts on valley communities.

Workforce Impacts:

There are no direct workforce impacts associated with this report however, if the recommendations are agreed and taken forward there potentially could be workforce impacts.

Legal Impacts:

There are no legal impacts associated with this report however there may be legal impact associated to any recommendations that are implemented.

Risk Management Impacts:

There are no risks associated with this report however, if the recommendations are agreed and taken forward there potentially could be risks.

Consultation:

There is no requirement for external consultation on this item

Recommendations:

That in the first instance the Scrutiny Committee agrees with the recommendations below and they are submitted to Cabinet Board for formal approval:

1. That, building on existing provision, the Council prioritises the development and promotion of health and wellbeing training for school governors, including, in particular, information about the Healthy Schools Scheme and Healthy Eating in Schools Regulations.
2. That all governing bodies are encouraged to appoint a Health and Wellbeing Governor (HWG) to lead, at governing body level, on the Healthy Schools Scheme and other initiatives to promote healthy lifestyles.
3. That the Council encourages and facilitates the creation of Healthy Schools Action Groups (chaired by the HWG and consisting of representatives from the School Council, parents, and teachers) in each school to generate initiatives to promote healthy lifestyles, drawing, in particular, on the views of pupils.
4. That the Council facilitates an annual event to bring together HWGs to share initiatives from their respective schools.
5. That, in a similar manner to the drive to improve attendance, the Council focusses efforts on increasing the percentage of pupils using active travel options to get to and from school where safe and practicable.
6. That, acknowledging the resource constraints they face, schools are encouraged to ensure that the school lunch break provides sufficient opportunity for pupils to make considered food choices, socialise, relax and engage in active play. Where necessary, schools should be encouraged to give serious

consideration to lengthening the lunch break and discouraged from shortening it.

7. That the Council encourages schools to review the delivery and timetabling of Food Technology and PE classes to ensure that they provide as broad a range of pupil experience as possible and that time is allowed for preparation and post-lesson activity.
8. That the Council encourages schools to use all possible opportunities to communicate messages about healthy lifestyles to the wider school community.
9. That the Council encourages secondary and middle schools to use School Nutrition Action Groups, or another appropriate mechanism, to incorporate pupil voice into the design of canteen food menus.
10. That a step by step guide on organising after school clubs and activities is produced and provided to all schools. This should, in particular, include legal advice on the use of third-party providers.
11. That the Council investigates ways to facilitate the sharing of sports resources between schools and collaboration in the provision of after school activities.
12. That the Council works with schools, Celtic Leisure, the PASS team and DANSA Community Transport to investigate ways of reducing the cost of transport to sports facilities and other activities.
13. That the Council ensures that PE and practical food technology are supported and promoted in the implementation of the new Curriculum for Wales.
14. That the Council continues to support and adequately resource the excellent work of the PASS, Project Development and leisure services teams within the Council.

15. That training is provided for all Councillors on the Play Sufficiency Assessments and Healthy Schools Scheme.
16. That in their consideration of the upcoming LDP review the Regeneration and Sustainable Development Scrutiny Committee investigates ways in which new planning policies may further support efforts to increase physical activity and improve the food choices of young people in Neath Port Talbot.
17. That, should sufficient funding become available, the Council gives consideration to creating a part time post for a healthy schools coordinator, to work with schools, and equivalent officers in the Health Board, to support this agenda and coordinate between departments of the Council.
18. That, should sufficient funding become available, the Council gives consideration to piloting an approach based on the Amsterdam Model in a community in Neath Port Talbot. This would involve bringing together schools, private, public and third sector partners, and minor authorities to consider the ways in which each stakeholder can influence the factors affecting physical activity and diet in a particular locality.
19. That data on the following subjects are reported to the Scrutiny Committee at regular intervals:
 - a. progress of schools within the Healthy Schools Scheme
 - b. percentage of pupils in each school using active travel
 - c. the quality and quantity of physical activity engaged in by pupils
 - d. the biannual DECipher survey
 - e. the Sport Wales School Sport Survey
20. That the Council encourages Governing Bodies to receive regular reports on the topics listed in Recommendation 19.

21. That those recommendations accepted by Cabinet are kept under annual review by the Scrutiny Committee.

Reasons for Proposed Decision:

To ensure that Neath Port Talbot Schools continue to maintain and improve health and physical education.

Implementation of Decision:

The decision is proposed for implementation after the three day call in period

Appendices:

Appendix one – Report of the Task and Finish Group (to follow)

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