

Childhood Obesity and Sports Provision for Secondary and Primary Children
Review: Children's Service and Education Scrutiny
Tuesday 16th November 2010

Initial responses to questions from the Scoping Document

1. What programmes of study are followed by primary and secondary pupils on nutrition, cooking, healthy lifestyles? Are they adequate?

- Programmes of Study range from school to school.
- Schools work on Healthy Eating as part of their Science, PSHE and DT lessons. Each school develops this work individually according to their programmes of study and in line with other curriculum commitments. The previous government had stipulated a wish for all secondary schools to have cookery lessons by 2011 and provided free training for Design and Technology teachers on how to integrate cooking into the curriculum. This is currently not the case.
- 86% of schools have provided information about a whole school approach to healthy eating for the Healthy School status, indicating that work is taking place to promote healthy eating with a understanding of nutrition and what constitutes a healthy meal.
- The amount of time allocated to this area of work also varies from school to school. Many schools have an active School Council that are involved in the development of healthy school meals.

2. How are pupils consulted with regard to sport and exercise? Is there sufficient variety and accessibility for different interests?

- The National curriculum for PE provides school staff with an opportunity to work on a range of physical activities. Dance has been introduced to many schools as part of the curriculum and others have piloted a range of activities such as yoga and Tai Kwondo. The latter was initially funded through NRF opportunities and has been successfully financed by schools themselves.
- As part of a whole school approach, the Healthy Schools team advocates strongly that pupils are involved in the decision making process around curriculum and after school activities.
- Unfortunately it is more difficult now to hear what pupils say across the borough as surveys such as the Pupil Voice or SHEU are no longer used.
- Most schools are providing some physical activity after schools with a range of activities but this is dependant upon individual schools also.
- Southwark Community Games provide a range of sporting opportunities inside the school time and additional After School clubs. SCG made a concerted effort to address the range of sports on offer to ensure there was a greater equity and appeal for girls to engage; this was shown to be important and effective as the ratio of girl/boy engagement improved as a result.

3. What facilities are available to young people and their parents if they acknowledge there is a weight problem and want help?

- In the first instance the family GP or school nurse would be most accessible and they will have had access to local training on how to support families on this issue, and informed of the Map of Medicine care pathway to support decision making re treatment.

- A wide range of internet based support and self help is available, and the PCT and Council have both set up links to the government's own Change4Life website which provides useful suggestions for effective behaviour change and links to further support. The Council and PCT have supported schools with several workshops and information to promote use of the campaign with their pupils and parents.
- The National Child Measurement Programme has been running for four years, whereby pupils in reception and Year Six are measured. From this 09/10, school nurses follow up children of very unhealthy weight, providing advice and sign posting to parents.
- Prior to this year, there had been a MEND programme (Mind, Exercise, Nutrition, Do it) whereby a self-referral process was established and parents of obese children could attend, with their child, a twice weekly programme for nine weeks. Funding for this has now ceased. Lessons from the MEND inform the Superstars Challenge and School Sports Partnership programmes.

4. Are we making best use of London Olympics?

- A termly newsletter of sporting and cultural opportunities is being sent to all schools.

All schools are being encouraged to:

- join the Get Set London 2012 network [100% schools by Easter 2011]
- join the Change for life campaign and the WOW campaign [walking to school]
- take part in Dance Challenge 2010 and 2011 [target of at least 40 school and community groups in 2010]
- take part in the Programme of sporting activity for schools related to Olympics values, Led by the Schools sports partnership, this will be a series of Olympic based sporting activities for schools including the Southwark Schools Olympics (July 2012)
- There are currently a series of pilots operating across the country , known as the School Style Olympic Project which bring new sports to young people on school sites. This will involve a series of competitions throughout the terms. This is currently in its early stages, and will develop over the coming months.