

<b>Committee(s)</b>	<b>Dated:</b>
Health and Wellbeing Board	29 January 2016
<b>Subject:</b> Healthy Schools Pilot Project	<b>Public</b>
<b>Report of:</b> Commissioning Manager	<b>For Decision</b>

### Summary

This report provides a summary of the programme of work developed to contribute to Sir John Cass's Foundation primary schools application to the Healthy Schools programme and given its success proposes the work continue and extend to other sites in the City.

### Recommendation

Members are asked to:

- Approve the continuation of the Healthy Schools Project and the extension of the food stall to other sites in the City.

### Main Report

#### Background

1. Over the course of 2014 officers worked with Sir John Cass's Foundation Primary School (SJC) to plan for a programme of work to contribute to the school's application to the Healthy Schools Programme, as well as supporting the aims to improve health and wellbeing both in the school and the local community.
2. In line with these aims, the following work streams were established:
  - a. Fruit and Vegetable stall
  - b. Healthy cooking classes and cookbook
  - c. Additional exercise for parents and children.
3. This paper summarises the work completed and proposals for continuing this work.

#### Fruit and Vegetable Stall

4. From May to December 2015 East London Food Access (ELFA) were commissioned to run a fresh fruit and vegetable stall as a pilot project from the school on Thursday afternoons, in order to encourage healthier eating among

children, families and teachers at the school. The stall is run in conjunction with volunteers, who in turn learn business skills.

5. The full evaluation report for this pilot can be found at Appendix 1, but the key outcomes included a high number of customers at the stall with a high level of customer satisfaction and an increase in children attending the stall, which in turn has contributed to creating healthy eating habits among people using the stall. There has been high engagement from both parents and teachers, with a lot of support from the Parent Teacher Association (PTA).
6. It was identified during the project that there were longer travelling times to and from the school than had been anticipated, making the stall less financially viable. ELFA have worked with the school to try and resolve this issue. One approach could be to hold stalls at multiple sites in the City on the same day, which would result in a better use of resources, and allow any surplus from the school stall to be shared amongst other sites. Potential additional sites have been identified including the Artizan Street library and the City of London Community Education Centre,
7. The stall has been very popular with teachers, parents and children. It is proposed that the stall continue at the school for an additional year, and be expanded to further sites as appropriate in order to make the best use of resources. In order to continue with the progress already made, members are asked to approve a waiver to contract with ELFA to continue this work.

### **Healthy Cooking Classes and Cookbook**

8. The Adult Skills and Learning Team provide cooking classes from the school on Friday evenings, which have proven very popular with parents. In order to build on this success, the recipes used were reviewed to ensure they fit with public health messages, and to link with the use of the fruit and vegetable stall the day before. The review was completed and the classes have continued as healthy cooking classes.
9. It is proposed that these classes continue, and continue to be reviewed on a regular basis in order to ensure that they are up to date with the latest public health guidance, for example in relation to sugar and salt.
10. In addition to this a cookbook was developed by the class in order to showcase their work and enable recipes to be shared across the community. The recipes from the group are now ready, and the Adult Skills and Learning Team are looking to produce this as a book available to the school.

### **Additional exercise for parents and children**

11. At the start of the pilot project at the school, discussions were had around activities available to both parents and children at the school. As Members will be aware there are a wide range of activities available at the school, which take

in physical activity. As such, there was not a large amount to add to this area of work. Nevertheless, alongside the fruit and vegetable stall staff have been providing competitive challenges for children including skipping, hula hoop and obstacle challenges which have got parents and children moving more than they otherwise would. This has proved very popular on dry days and it is proposed that this is continued alongside the stall.

## **Proposals**

12. It is proposed that the healthy schools project be continued, including the fruit and vegetable stall, the healthy cooking classes and additional exercise opportunities.

## **Corporate & Strategic Implications**

13. The proposals within this report support the following aims of the Joint Health and wellbeing Strategy:

- a. Be assured that more people in the City are physically active
- b. More people in the City take advantage of public health preventative interventions.

## **Implications**

14. The cost of running the project is approximately £15,000 per annum. This can be fully funded from the ring-fenced public health budget.

## **Conclusion**

15. Members are asked to support the proposal to continue with the Healthy Schools Project.

## **Appendices**

- Appendix 1 – Healthy School Project Evaluation

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