



# The Healthy Schools London (HSL) Gold Award Reporting Tool



### School Details

Name of School:	Borough:		Key contact and job title:
HL Primary School	London Borough		PE Lead
Date achieved HSL Bronze Award:	6 <sup>th</sup> June 2014	Date achieved HSL Silver Award:	25 <sup>th</sup> November 2014
Health Priority 2 (targeted)	Group	Planned Outcome(s)	
<b>Healthy Lifestyles: Change4Life</b>	Identified children (n=16) who do not engage in any physical activity opportunities outside of PE, and those that have limited opportunities to participate outside of PE lessons.	<ul style="list-style-type: none"> <li>• 50% increase of children who do 30 minutes of physical activity each day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> <li>• 30% reduction in the number of children who watch at least 1 hour of TV after school (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> <li>• 30% increase in the number of pupils who drink a bottle of water instead of a fizzy drink every day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> <li>• 30% increase of pupils who change 1 sugary snack for a piece of fruit every day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> <li>• 25% increase in the number of pupils that have 5 pieces of fruit/vegetables a day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> </ul>	
Project Start Date:	November 2014	Project End Date	October 2015
Consent to share Report and Photographs	We agree that HSL may share this report and photographs. Please delete as appropriate Yes		



Health Priority 2 (Targeted 2)	Planned Outcome/s
<b>Healthy Lifestyles:</b> Change4life	<ul style="list-style-type: none"> <li>• 50% increase of children who report that they do 30 minutes of physical activity each day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> </ul>
<b>Group</b>	<ul style="list-style-type: none"> <li>• 30% reduction in the number of children who report that they watch at least 1 hour of TV after school (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> </ul>
Identified children (n=16) who do not engage in any physical activity opportunities outside of PE and have limited opportunities to participate outside of PE lessons	<ul style="list-style-type: none"> <li>• 30% increase in the number of pupils who report that they drink a bottle of water instead of a fizzy drink every day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> <li>• 30% increase of pupils who report that they have changed 1 sugary snack for a piece of fruit every day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> <li>• 25% increase in the number of pupils that report that they have 5 pieces of fruit/vegetables a day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)</li> </ul>

**Health Priority 2: Record and report impact: Evidence of what has changed as a result of the intervention (planned or unintended outcomes and wider impact)**

**A: Record results and outcomes**

**i) Overview:**

The 2014 Child Health Profile shows that 10.2% of children aged 4-5 years and 18.5% of children aged 10-11 years in the borough are classified as obese. If you also include children who are overweight this increases the percentage to 23.2% of 4-5 year olds and 33.5% of 10-11 years. In addition, the 2014 Topical School Report shows that 53% of children are partaking in 3 hours of physical activity each week in the Borough, which is just below the national average of 55%.

As a school we wanted to focus on improving children's health and wellbeing, by encouraging pupils to be more physically active. During staff meetings various colleagues had raised the issue of a lack of engagement in physical activity from some of the pupils, based on school club registers and monitoring systems. As a result we identified those pupils across the school who weren't engaging in any physical activity outside of PE lessons (via school club registers) and started them in the Change 4 Life programme. Change4Life Sports Clubs are a type of extracurricular sports club, designed to increase physical activity levels in less active children by:

- Using multi sport themes
- Using the inspiration of the Olympic and Paralympic games
- Responding to what children want
- Establishing a habit of regular participation
- Developing a real sense of belonging
- Changing behaviours relating to key health outcomes (Including healthy eating, physical activity and emotional health)



**ii) Planned outcome**

In our HSL Silver award we set ourselves the following planned outcomes for our targeted health priority:

- 50% increase of children who report that they do 30 minutes of physical activity each day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)
- 30% reduction in the number of children who report that they watch at least 1 hour of TV after school (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)
- 30% increase in the number of pupils who report that they drink a bottle of water instead of a fizzy drink every day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)
- 30% increase of pupils who report that they have changed 1 sugary snack for a piece of fruit every day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)
- 25% increase in the number of pupils that report that they have 5 pieces of fruit/vegetables a day. (Baseline data to be collected when pupil's complete the first page of their workbooks and will be included in the HSL Gold Report)

**iii) Outcomes achieved and detailed results:**

We achieved the following in relation to our planned outcomes:

1. *50% increase of children who report that they do 30 minutes of physical activity each day. - Exceeded*
  - We achieved a 233% increase in the number of children who reported doing 30 minutes of physical activity each day from a baseline of 3/16 (19%) pupils in March 2015, to an endline of 10/16 (63%) pupils in July 2015. For analysis of why we think we have exceeded this planned outcomes see Section C page 7.
2. *30% reduction in the number of children who report that they watch at least 1 hour of TV after school - Exceeded*
  - We achieved a 36% decrease in the number of children who reported that they watch 1 hour of TV after school, from a baseline of 11/16 (69%) in March 2015, to an endline of 7/16 (44%) in July 2015. For analysis of why we think we have exceeded this planned outcomes see Section C page 7.
3. *30% increase in the number of pupils who report that they drink a bottle of water instead of a fizzy drink every day.. - Exceeded*
  - We achieved a 50% increase in the number of pupils who report that they drink a bottle of water instead of a fizzy drink every day, from a baseline of 8/16 (50%) in March 2015, to an endline of 12/16 (75%) in July 2015. For analysis of why we think we have exceeded this planned outcomes see Section C page 7.
4. *30% increase of pupils who report that they have changed 1 sugary snack for a piece of fruit every day.. - Exceeded*
  - We achieved a 50% increase in the number of pupils who reported that they changed 1 sugary snack for a piece of fruit every day, from a baseline



of 6/16 (38%) in March 2015, to an endline of 9/16 (56%) in July 2015. For analysis of why we think we have exceeded this planned outcomes see Section C page 7.

5. *25% increase in the number of pupils that report that they have 5 pieces of fruit/vegetables a day. - Exceeded*

- We achieved a 133% increase in the number of pupils that report that they eat 5 fruit and vegetables a day, from a baseline of 6/16 (38%) in March 2015, to an endline of 14/16 (88%) in July 2015. For analysis of why we think we have exceeded this planned outcomes see Section C page 7

**B: Approach**

**i) Describe how you achieved the outcomes:**

**Baseline Data**

We collected our baseline data through the Change4Life sports club 'get going' log book. This is a diary for each pupil to keep a record of all the activity they have done, all the things they have learned and all the things they have tried each week. Collected baseline in March 2015, endline in October 2015. All 16 pupils completed the programme. Key findings in March 2015 were that:

- Only 6 of the 16 pupils were eating the recommended 5 portions of fruit and veg a day
- Only 3 out of the 16 took part in 30mins of physical activity each day

**Staff Training**

One of our staff members went on the Change4life training hosted by our local sport partnership. This was a one half day training event on how to run the programme, practical tips and key health messages for children and parents. The staff member that attended the training provided the following feedback: *"I attended a course on running Change for Life in primary schools. The course was both enlightening and interactive. I found the interactive side of the course to be ever so insightful; it gave me countless ideas to implement when running the program in our school."*

**Change 4 Life Programme**

Pupils took part in lots of different activities over the course of the programme. As part of Change4Life pupils took part in at least (forty-five minutes) each week, and they were also encouraged to join already existing school physical activity clubs. Change4Life activities included Circle Dodgeball, Brush Relay, Ball-Over, Beat the Count, Can You Catch Me, Bean Bag Games. Details of these games have been included below. We also added in extra rewards for pupils to encourage motivation e.g. as well as receiving certificates, stickers and badges, they would be able to share and play these games at break times with their peers and to make additions to the games that enhanced and developed the games even more. They were also excited to also make their own games, which they are making posters for. These posters will be made into a book for others to use. Pupils also attended the Change 4Life festival to celebrate their achievement with other pupils from other schools in the Borough that had also taken part in the Change4Life programme.

- **CIRCLE DODGEBALL:** On signal, the outside circle throws a ball trying to hit the players on the inside circle. If a person is struck by the ball, he/she gets a point. That person must run to a given spot and back to the centre gain. Variations: If the persons are hit by the sponge ball, they must go to the outside of the circle. The last player to be struck by the ball is the champ!
- **BRUSH RELAY:** Players stand in aisles. First person in each row is given a brush. At signal, run and place the brush on the chalk ledge, run back to



your seat and sit down in your own seat. Second person immediately runs forward, secures brush, runs back to place, hands brush to the third person and sits down.

- **BALL –OVER:** Two teams - one on either side of a centre line. Players scatter but cannot cross the line. You put the ball in play. The object of this activity is to keep the ball in the opposing team's territory by passing it. Every time "keeper" is called, the team with the ball scores one point. The team with the lowest total points is the champ!
- **BEAT THE COUNT:** On the signal "Go", the team in the circle start passing the ball around the circle, counting a point for each time it passes "GO". The team in file formation starts running one at a time to a given line and back to tag the next person. When the relay group finish, they yell "Stop". The circle counts the number of times the ball has passed "Go". Players change positions and the other team tries to beat the count.
- **CAN YOU CATCH ME?** The one line, on the signal, runs to touch the fists of the partners and must return to own line without being tagged. The runners lose a point if they are tagged. Variation: Have an object in the centre between the two lines (beanbag,, rope, small ball) The runners must snatch the object and return to their own line without being tagged.
- **BEANBAG Games:** Each player has a bean bag. Put it on the floor and walk away from it. On signal, walk back to your own bean bag. A colour is designated to each corner of the room. Bean bags are red, green, yellow, blue. Players walk, skip, gallop around with their bean bag in hand. On the first signal, they drop their bean bags and continue walking, skipping, hopping... On the next signal, they pick up a bean bag and take it to the designated corner for the colour they now have in their hand. (Red bean bag goes to red corner.) Variations: Each team has a corner. Pick up a bean bag and take it to your team's corner. Carry your bean bag on your head to the corner.
  - **Relay:** Two bean bags are placed on a designated line. The first player runs up and sets them (one at a time) on another designated line and then comes back to tag the next player who runs up and returns them to where they were before
  - **Five Star Toss:** Start with one bean bag and throw it to the second person on the left. Add two, three, four, five bean bags and try to keep them going!

### Parent Engagement

Staff met with parents of all the children taking part in the programme. We went through the log books with them to show them what was involved and so parents could support their children to take part in the programme. One parent gave us the following feedback: *"I was able to see that the Change4Life Sports programme was a new type of extracurricular sports club, designed to increase physical activity levels in my son who is a less active child. There were many different ways including using multi-sport themes as well as additional extra-curricular sports clubs, using the inspiration of the Olympic and Paralympic Games, and responding to what children want. This programme also allowed my son together with the support of the school and my husband to establish a habit of regular participation and practice. The materials were very easy to use, therefore allowing my son to fill out the booklet and want to succeed in the challenges ahead. By all this taking place this helped my son to develop a real sense of belonging and therefore put even more effort in his learning as well as any sporting activities which he found very hard to so before. On top of this although hard at times we can see a change in behaviour overall. We are very excited to now ensure that although changes have been made to the diet and activities since taking part in Change 4 Life, that we continue"*



**C: Analysis of results**

**i) Include details of what worked and why**

**Key successes, and potential reasons for exceeding/meeting planned outcomes**

- Including a mix of children (i.e. those that were reluctant to take part in additional physical activities, with those that wanted to but had less opportunities outside of school) helped to reduce stigma and promote each others strengths. All pupils stayed for the duration of the programme .
- The Change 4Life programme was well structured, had a good mix of resources, kept children engaged, motivated and enthused
- Logbooks were successful by helping demonstrate impact and progression. The log books were big and colourful, filled with positive and motivational language. They helped pupils to reflect on their achievements and also barriers, facilitating discussion points with other pupils and school staff. They also held a week on week record of their progress which helped to encourage and maintain motivation
- Healthy Living week at school in January 2015, reinforced key healthy messages both throughout the curriculum and during extra curricular activities.
- Made links with physical activity clubs, at lunchtimes and after school, breakfast clubs to try and build in ways of sustaining levels of physical activity once the Change4Life clubs came to an end. So for example if a few pupils were particularly enjoying Circle Dodgeball we would suggest cricket games and build them up to joining the clubs by introducing cricket games at lunchtime with small groups of children.

**i) Include details of what did not work and why**

- Not all of the targeted pupils met all of the planned outcomes e.g. 13% (2/16 pupils) still don't report eating 5 portions of fruit/vegetables a day, and 37% (6 pupils) still don't report taking part in 30 minutes of physical activity every day. We think this is based on family habits of sedentary behaviour and poor diet. These factors can take years to change, but we are making positive steps and every pupil that took part in the Chaneg4Life programme improved on an individual level on each of the planned outcomes above. We will be sustaining our key successes listed above and will continue to work with the pupils that attended and their parents/carers to encourage and promote healthy lifestyles. See Section D page 8.

**ii) Unintended outcomes/ wider impact:**

- Children seemed more enthusiastic about PE and less reluctant to participate.
- More children have been taking part in School Games opportunities at Level 1 (intra school) and Level 2 (inter school).
  - 8 / 16 (50%) have participated in school vs school competitions.
  - 2/16 (13%) won a Boccia tournament and are now representing the Borough in the school games later this year.
- More children are taking part in physical activity clubs hosted by the school or local organisations
  - 4/16 (25%) are now regularly attending clubs hosted by local organisations outside of school e.g. rugby, football
  - 6/16 (38%) now participate in extra curricular activity e.g. football, cricket, hockey



**D: How activity is being sustained**

**i) Demonstrate how you intend to share and sustain these activities so they continue beyond the life of this project.**

To continue the success of the programme we will.....

- Run the programme again with a new group of pupils – we will again look at those children who are not necessarily doing as much extra-curricular activities than their peers as well as the NCMP data
- Hold a regular feature in our school newsletter on Healthy Lifestyles including top easy tips for healthy eating and increasing physical activity
- Initial group will join in with new group to support and motivate new group to engage.
- Resources ready to be used for the Change4Life games
- Pupils will be able to attend the Change 4 Life festival again this year.
- Promote community weight management intervention groups for parents, commissioned by the local Public Health team to work with us and our parents/carers.