

CHILDREN AND YOUNG PEOPLE - COLLABORATION ACROSS THE HEALTH AND EDUCATION SYSTEMS WITH A WIDE RANGE OF PARTNERS





Collaboration

- Head Teacher Alliance PE, Sport & Physical Activity
- Holiday Activity and Food Fund
- School Transitions
- Healthy Movers
- Whole School Approaches to Physical Activity – SEND
- MyTime Young Carers and Stormbreak

Sustainability

- Government Spending Review 21
- Integration within Local CYP Strategy and Good Practice
- Enabling Outcomes

Head Teacher Alliance for PE, Sport and Physical Activity

Alliance Vision: To improve the lives and wellbeing of all children and young people in Dorset and BCP through the power of PE, Physical Activity and Sport.

Alliance Purpose: To bring together representatives from different organisations who share the alliance vision, championing, advocating and influencing the power of PE, Physical Activity and Sport.

AMBITIONS

- **HIGH QUALITY PHYSICAL EDUCATION**
- **HEALTH AND WELLBEING** - Physical activity opportunities are embedded into every day. Early years settings and schools place PE and physical activity at the centre of wellbeing and achievement in education.
- **HIGH QUALITY SPORTING ACTIVITIES FOR ALL**
- **LEADERSHIP**





Holiday Activity and Food Fund

School holidays can be particular pressure points for some families because of increased costs (food and childcare) and reduced incomes. For some children that can lead to a holiday experience gap, with children from disadvantaged families. Free holiday club places must be targeted at children who are eligible for and receiving benefits-related free school meals

Free holiday clubs are a response to this issue and evidence suggests that they can have a positive impact on children and young people

- eat more healthily over the school holidays
- be more active during the school holiday
- take part in engaging and enriching activities which support the development of resilience, character and wellbeing along with their wider educational attainment
- be safe and not to be socially isolated
- have a greater knowledge of health and nutrition
- be more engaged with school and other local services

[Holiday activities and food programme 2021 - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

1,403



children and young people attended free holiday clubs

30% of attendees had an EHCP or other identified SEND

Ringfenced budget for SEND inclusivity
Additional training and SEND awareness for providers, co-delivered with Dorset Parent Carer Council

" It was so lovely to have this. As low income households the holidays are normally a very difficult time but this holiday was great "



more than **9,200** healthy hot meals served



92% described the activities as **Good** or **Very Good**

64

delivery partners

58

venues

41

activity providers

Summer in Dorset

" My autistic son has done activities that he could only dream of, he made friends that we are staying in touch with and even more it's something he talks positively about. "

over **41,700** hours of fun and enriching activities



6

Young people from Active Dorset's Leadership Academy Programme helped deliver sessions,

3 gained employment with Action Van Dorset



" It was invaluable. My daughter absolutely loved it "

358 children attended healthy cooking workshops



20



Interactive sessions with Independent Artists organised by Dorset Music Service's "Summer of Arts", with funding from the Arts Council

1,002

attended family fun days



...where children were also given books by Dorset's Library Service and...

42 families joined the library
36 children joined the summer reading challenge



School Transitions

- COVID-19 has had an inevitable impact on some children including their attendance in their early years setting, socialising with others and developing all the skills they need to make a smooth transition to school.
- In Dorset children who were accessing the universal offer of 15 hours per week and going to school in September were able to access additional hours at an early years setting over the summer holidays. We focused on children: with a significant delay in the prime areas of learning; eligible for EYPP or in receipt of Early Years Special Educational Needs Inclusion Funding
- Settings received an hourly rate to offer up to 48 additional hours per child across the summer.
- **161 children attended a setting with almost 7000 additional hours provided.**





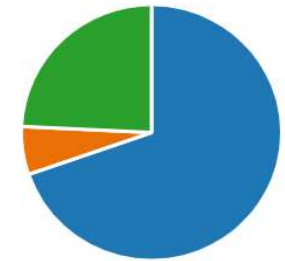
School Transitions

11. Do you think your child has made progress because of the additional hours provided?

[More Details](#)

[Insights](#)

Yes	23
No	2
Maybe	8



confident in conversation
Talking more comfortably
awareness and speech
son is more open
listening and another jump
speech
lot more confident
better
confidence
use
communication skills
Beginning to become more confident
Definitely more confident
Isias become more confident
school advanced in his speech
big school anxious made friends

confident

“He has become even more independent and is wanting to take part in more things I do and try to understand more about the world around him”

“more confident with going up to big school”



Healthy Movers



- Healthy Movers aims to develop physical literacy in two to five-year-olds supports physical literacy, self-esteem and wellbeing, helping them to improve their school readiness and social mobility
- The programme is delivered through resources and training for practitioners in early years settings and families to continue the activities at home
- In Dorset a pilot with up to 12 early years settings will be delivered in Autumn/Spring 21/22

[Healthy Movers - Youth Sport Trust](#)



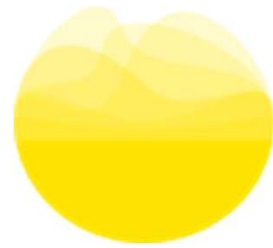
Healthy Movers

Impact

- Positive impact on children's ability to follow instructions, listening, and with their relationships with staff and other children in the setting
- improvements in Speaking
- Managing Relationships
- Significant improvement in key areas of learning, in particular for speaking, health and self-care

Parents felt Healthy Movers

- Had given them ideas to help their child be active of parents
- Had increased their knowledge about why it is good to be active
- Felt more confident in helping their child to be active



stormbreak

- **Stormbreak** aims to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.
- Proof of concept within schools funded through Public Health Whole School Approach in 2018
- Targeted groups
 - My Time Young carers
 - Military Children
 - BCP LACYP
- Digital Prescribing - NIHR
 - PCN's & Social Prescribing
 - Paediatrics & NIHR
 - Health professionals

Sustainability

Government Spending Review 21 commits to:

- Supporting families and children across the country to get the best start in life is a crucial part of the government's ambition to level up
- provide over £200 million per year to continue the holiday activities and food programme, providing healthy food and enriching activities for disadvantaged children in England, delivering the government's Flexible Childcare Fund commitment.



Sustainability

We want to build these examples of evidence-based Programmes into our local systems and good practice:

- *Early Years (Best Start in Life)*
- *School Aged Children (Best Education for All)*
- *Targeted vulnerable groups; Young Carers, SEND, Mental Health, Looked After and Care Leavers (Young and Thriving)*
- *Primary Care through PCN's and the ICS*

Are there any other opportunities, the Health and Wellbeing Board can recommend?

