

LONDON BOROUGH OF HARROW

Meeting:	Joint Meeting of the Lifelong Learning and Health & Social Care Scrutiny Sub-Committees
Date:	17 September 2003
Subject:	Progress on Healthy Lifestyles in Schools Review
Relevant Portfolio Holder:	Portfolio Holder for Education and Lifelong Learning
Status:	Part I
Ward:	All Wards
Enclosure:	Summary of Progress

1. Summary

This report provides an update of progress following a review carried out by the Lifelong Learning Scrutiny Sub-Committee during 2002-03.

2. Recommendations

2.1 That the Sub-Committee notes the progress made since the review

3. Relevance to Corporate Priorities

3.1 The report is particularly relevant to the priorities to:

- Promote Harrow as a centre of lifelong learning
- Improve the quality of health and social care.

4. Background

4.1 At its meeting on 8 April 2003, the Lifelong Learning Sub-Committee received a report of the Review Group on Healthy Lifestyles in Schools. The Sub-Committee endorsed the recommendations in the report, subject to some amendments. Following referral to the Portfolio Holder for Education and Lifelong Learning, a progress report was considered by the Lifelong Learning Sub-Committee at its meeting on 30 June. It was also agreed that the progress would be considered at this joint meeting.

4.2 Appendix 1 lists the recommendations from the report, together with details of the action taken since April.

5. Consultation

- 5.1 The review included consultation with those schools which were visited in order to help inform Members' recommendations.

6. Financial Observation

- 6.1 There are no financial implications.

7. Legal Observation

- 7.1 There are no legal implications.

8. Background Papers

- 8.1 Healthy Lifestyles in Schools Review, Lifelong Learning Scrutiny Sub-Committee, April 2003.

Response to the Sub-Committee Reviews in 2002-03, Lifelong Learning Scrutiny Sub-Committee, June 2003.

9. Author

- 9.1 Michael Hart, Interim Director of Education/Head of Children and Community Services
020 8424 1985
michael.hart@harrow.gov.uk

Lifelong Learning Scrutiny Sub-Committee Review

Healthy Lifestyles in Schools

Recommendation	Response
(i) That the variety and quality of free school meals (packed lunch provision) be urgently addressed.	<ul style="list-style-type: none">• This was referred to the Head of Contract Services. The Tuck Box menu was revised for new menu launch in September 2003.
(ii) That the free school meals (packed lunch provision) be additionally assessed in order to ensure that the quantity of food was appropriate to the age of the child consuming it.	<ul style="list-style-type: none">• The Head of Contract Services reported that, since the implementation of the Tuck Box in 1995, all menus have been subject to review by the Community Dietician to ensure compliance with relevant standards.
(iii) That schools encourage PSHE co-ordinators to attend the termly meetings as well as explore other means for the exchange of ideas.	<ul style="list-style-type: none">• Termly meetings are publicised through the INSET programme and the Curriculum Leader PSHE also send out reminders.• The next issue of Kaleidoscope (for all schools) will be on Healthy Schools – to be published this term.• The PSHE web site will be updated.• Good practice will be shared at the Healthy Schools celebration in September 2003.
(iv) That all schools be encouraged to consider ways in which water can be made freely available to all pupils throughout the school day without incurring extra financial cost to pupils.	<ul style="list-style-type: none">• Providing water in schools will be an article in the next Healthy Schools newsletter – to share successful practice.

Recommendation	Response
<p>(Note that Health and Safety guidelines, in relation to the accessibility of water during certain lessons, eg. science, be adhered to).</p>	<ul style="list-style-type: none"> It is intended that a high school joining the Healthy Schools programme (in the next recruitment phase) should be approached to pilot ways to make water accessible.
<p>(v) That the Health and Social Care Scrutiny Sub-Committee be requested to work with the PCT to examine ways in which resources allocated to school nurses could be increased. Members felt that the role of the school nurse was very important and it was felt that increased involvement and activity of school nurses with pupils, parents and staff would be highly beneficial to schools.</p>	<ul style="list-style-type: none"> A reference was made from the Lifelong Learning Scrutiny Sub-Committee to the Health and Social Care Sub-Committee at its meeting on 18th June 2003, in order that discussion can be considered at this joint meeting of these Sub-Committees. The Head of Children and Community Services has been meeting with the Consultant Paediatrician at Northwick Park Hospital who line manages the School Nursing Service, in order to make most effective use of the available resources and to seek ways of providing locally co-ordinated teams that include health visitors, community nurses and school nurses.
<p>(vi) That ways be explored of explaining the nutritional values of foods served from school canteens: eg. primary schools' canteens could use pictorial examples, eg. a skeleton/bones to show that the food was high in calcium, whereas secondary schools could classify the different food groups, eg. 'low in fat' or 'high in fibre.'</p>	<ul style="list-style-type: none"> The Head of Contract Services has explained that nutritional values will be demonstrated in ways appropriate to the customers' age group at schools' cafeterias, operated by the Council's Catering Service, from September 2003. Schools will be encouraged in the Healthy Schools programme, working on the theme of healthy eating, to look at ways to promote nutritional values and healthy eating. There will be liaison with Food Technology curriculum development.

Recommendation	Response
(vii) That schools be encouraged to actively work with parents in relation to getting the healthy lifestyles message across.	<ul style="list-style-type: none"> Schools will be encouraged to promote healthy lifestyles through the Healthy Schools programme, eg. launch of programme at parents' evenings, information through school newsletters.
	<ul style="list-style-type: none"> Schools will continue to be encouraged to work with parents when sharing policies, eg. drug policy and specific events, eg. Eat 2b Fit campaign and National School Fruit Scheme. Schools involved in the Healthy Schools programme will be advised of the benefits of having a parent representative on the task group. Plans are underway for sessions on health for parents to be piloted through the Family Learning programmes in schools.
(viii) That a copy of the final scoping report on Healthy Lifestyles in Schools be sent to governing bodies in Order for governors to encourage healthy lifestyles With their individual schools.	<ul style="list-style-type: none"> This was sent to all Chairs of Governing Bodies on 7th May.
(ix) That schools be requested to designate a governor to oversee the promotion of healthy lifestyles in schools.	<ul style="list-style-type: none"> Letter was sent in July to Chairs of Governors and they were reminded at the Chairs' Briefing with Director.
(x) That a report be received at the joint meeting of the Lifelong Learning Scrutiny Sub-Committee and Health and Social Care Scrutiny Sub-Committee, which would outline steps taken to implement the findings of the Scrutiny Review Group.	<ul style="list-style-type: none"> This report is being submitted to the joint meeting.
(xi) That specialist colleges be encouraged to share and develop their expertise and facilities with their cluster schools and the wider community.	<ul style="list-style-type: none"> This is being carried forward as part of Harrow's approach to developing specialist colleges.

