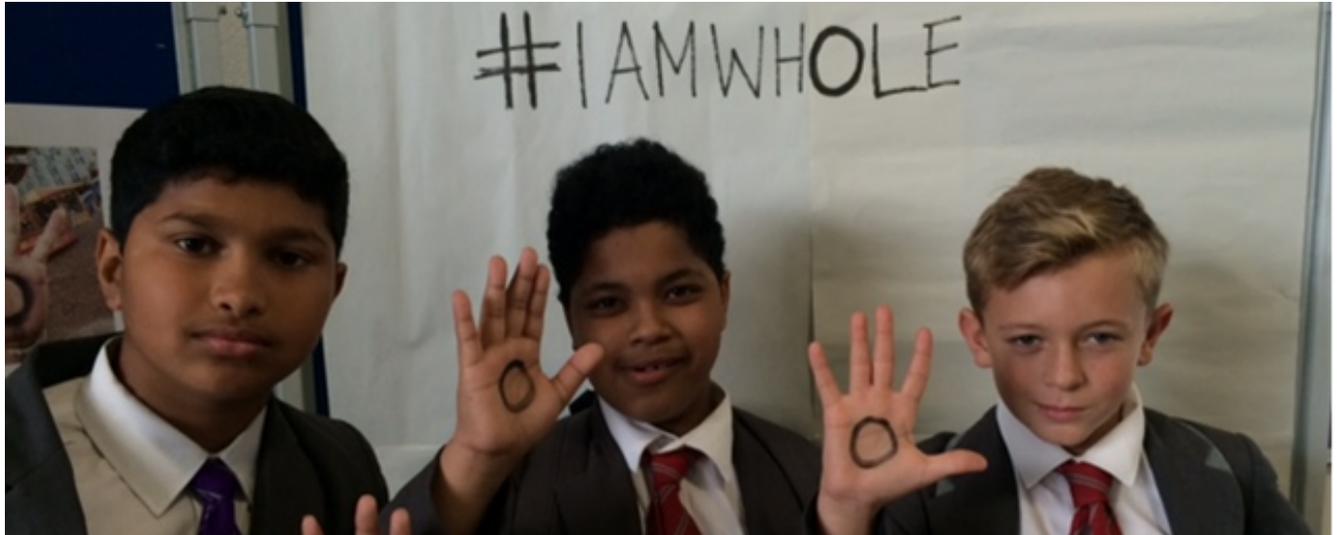




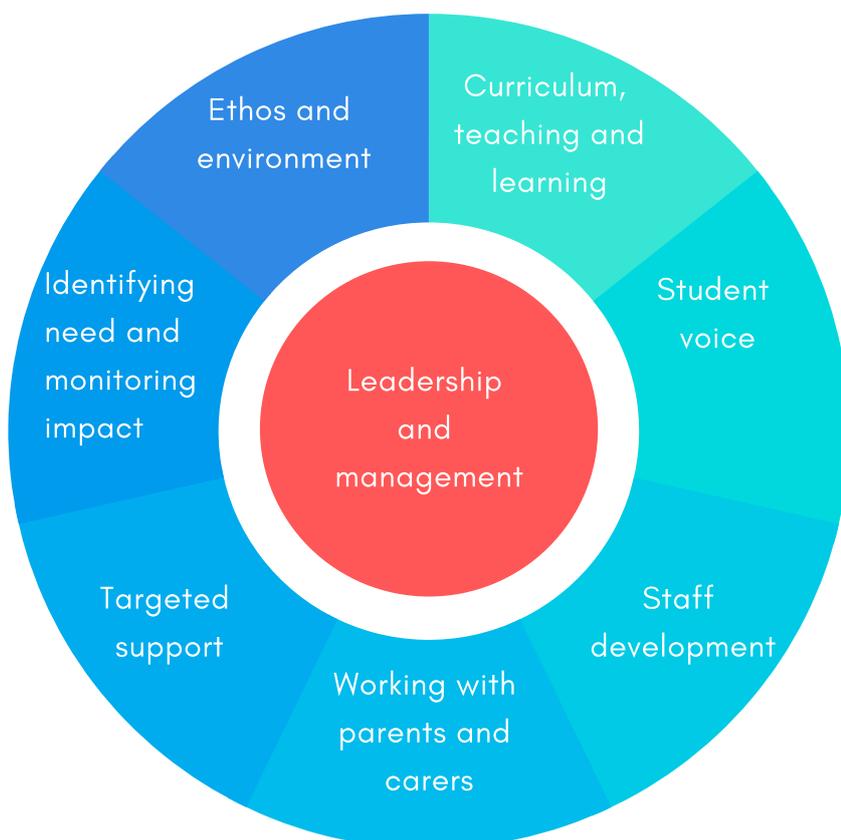
PUBLIC HEALTH SCHOOLS ANNUAL REPORT 2018



The Brighton & Hove Public Health Schools Programme brings together partners in education, public health, the NHS, the third sector and academia to improve the health and wellbeing of whole school communities, with initiatives for pupils, parents, carers and staff.

PARTNERS:

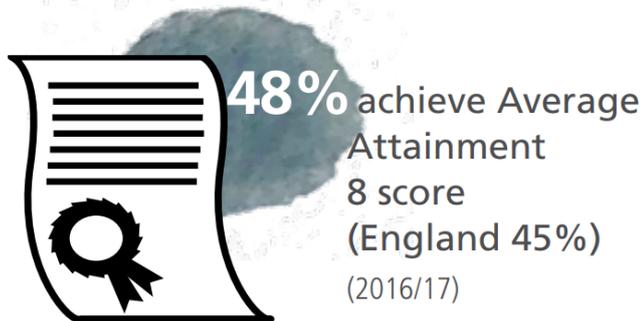
- Albion in the Community
- Bobble Hat Theatre Company
- Healthy Lifestyles Team
- Impact Initiatives
- Mental Health First Aid
- Right Here
- RU-OK
- School Travel
- Sunsense
- Sussex Community Foundation Trust
- Sustrans
- Schools Wellbeing Service
- Standards and Achievements



**Brighton & Hove
City Council**

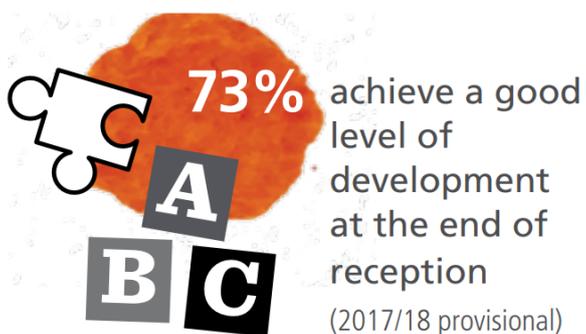
BRIGHTON AND HOVE: OUR UNIQUE CITY

Education



30% of our 8-11 year olds take part in at least 1 hour of physical activity per day.

School readiness

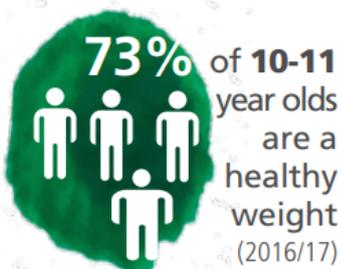


In year 6 there has been a significant increase in the proportion of children who are a healthy weight - from **67.5%** in 2007/08 to **73.0%** in 2017/18



We have the **highest %** of **15 year olds** who are current smokers, who have tried cannabis and the **3rd highest %** drinking weekly in England (2015)

Lifestyles



But, it is estimated **14,000** children & young people aged under 20 are overweight/obese

Emotional wellbeing

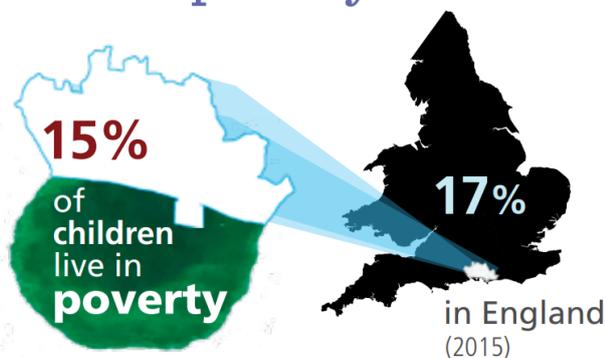
368 10-24 year olds admitted to hospital for self-harm (2016/17)



15% of 14-16 year olds say they often/sometimes have suicidal thoughts and **11%** that they often/sometimes hurt or harm themselves (2016)

17% of our 14-16 year olds take part in at least 1 hour of physical activity per day.

Child poverty



Disabilities and sensory impairments



There are **almost 2,000** children and young people with a disability or impairment and we estimate up to 600 with Autistic Spectrum Conditions

There has been a significant fall in pupils saying they have been bullied - from **26%** in 2005 to **14%** in 2016 for secondary pupils and from **27%** in 2007 to **17%** in 2016 for primary pupils.

89% of children in year 4 and **67%** in year 11 say they enjoy coming to school.

2,428 (95.5%) of eligible year 6 children and **2,452** (94.6%) of reception children participated in the National Child Measurement Programme by Sussex Community Foundation Trust. Reception children also had their hearing and vision tested.



The funding has been so useful for giving the children the opportunity to try new fruits and vegetables and have a go at making healthy food from scratch. – Teacher



4 primary schools used Public Health funding to support pupils and their families with healthy eating and physical activity.



24 schools have been supported to achieve the Healthy Choice Award for their Breakfast Club.

39 schools have been awarded with a School Games Mark



1193 children and young people from **5** primary, **5** secondary, **4** special schools, **2** 6th forms and **2** community settings were supported with smoking prevention and cessation with workshops, information sessions, assemblies, 1:1 and small group stop smoking support.

All Secondary Schools watched the County Lines Theatre in Education production.

The Active for Life Team have supported **93%** of primary, secondary and special schools with the School Games Programme. **5,539** young people participated in local and regional competitions across **42** different sporting competitions. **8** training courses were delivered for school staff and **597** Sport Leaders were supported to officiate the events.

49 schools are supported with bike clubs, well-being sessions, maintenance sessions, learn to ride, nature rides, Cycle Sports Days and incentive schemes from Sustrans.



930 children and **40** staff from **12** primary schools watched the Not Today Celeste! puppet performance and took part in a workshop to learn more about depression.



It was beautiful and poignant and the kids got so much out of it – Teacher



The Schools Wellbeing Team (SWT) delivered direct Interventions for **465** young people of which **65%** of showed significant improvement, and indirectly with **4198** children, young people, parents, carers and staff through training, workshops and triage support.

The School Nursing Service provided weekly health drop-in sessions to all schools and supported young people via CHATHEALTH. All year 7's were provided with health assessments and **40%** received follow up session.

The DASH (Drugs, Alcohol and Sexual Health) team worked with **152** new young people: **80%** reported an improvement in contraception use **20%** reported a decrease in substance use.

130 staff from **37** schools trained in Mental Health First Aid: **98%** rated the course as good /very good

90+ secondary school parents/carers attended a 'talking to your teens' workshop



90 students from **8** secondary schools attended the Mental Health Champions Network Day and **78** students wrote recommendations to their head teachers about how to improve student support.

I was really impressed with the level of maturity and passion which the champions brought to the day! They gave some really insightful thoughts and opinions into young people's emotional well-being and how they feel that it can be supported in their schools - Primary Mental Health Worker

Best training I've been on - so informative and varied - Youth Worker

Audio Active piloted diversionary support for young people identified as 'at risk' of substance misuse via music workshops in 2 secondary schools.

YMCA, Right Here delivered **48** workshops to **1296** young people: **80%** identified improved health outcomes on workshop's themes.



Downs Park School represented B&H in the regional School games award and won:
- **Silver** in Athletics
- **Bronze** in Boccia
- **4th place** in Curling out of 9 areas!

100% of students who attended the 6 yoga sessions at Portslade Aldridge Community Academy agreed yoga made them feel more confident and / or less stressed and anxious.

They make you stress free! - Student

Sustrans and the BHCC School Travel Team piloted a Dragon's Den project at Blatchington Mill School. The winning team used their funding to set up "Cycle to Blatch" and recorded a **5.2%** increase in cycling.

Youth workers supporting lunchtime school health drop ins have helped young people to make positive changes by addressing sexual health, consent, healthy relationships, stress/anxiety, substance misuse, depression, family issues, poverty, irregular periods, exams, stress, bullying, and self-harm.

90% of secondary schools attended some PSHE training and **100%** received consultancy visits. **85%** of primary schools received training and or a consultancy visit. New PSHE resources developed for RSE, transition to secondary, sexual bullying and digital romance.


The school's work to promote pupils' personal development and welfare is outstanding. Pastoral staff and the PSHE coordinator have developed a comprehensive programme.' Dorothy Stringer School Ofsted Report May 2018

 I have nothing but positives to say about the Sustrans project. It has created a culture in which students are able to maintain and use bikes in a respectful way and feel empowered to assist others within their community. Head Teacher



Sustrans has worked regularly with Homewood College, the city's PRUs and the Cedar centre to build self-esteem and resilience through cycling, bike maintenance and forest schools.

Active for Life team delivered a Disability sport festival through the school games programme. The team delivered disability sport training to PACA sport leaders and supported them to deliver Boccia, New Age Curling, and Parallel Athletics. Downs Park then went on to represent Brighton & Hove in the regional School Games final event.

NEXT STEPS:

In this report, we have been able to demonstrate some really exciting health improvement work as a result of working together. The next steps now for 2019 onwards is to continue to work together to improve the health of our children and young people, particularly with a focus of addressing inequality and continuing to putting the child at the centre rather than separating interventions by 'health conditions'. We have some new opportunities attached to identifying and supporting families where children are affected by adult alcohol dependency, improving speech and language approaches with children in reception years, the impact of sleep and expanding the schools mental health support under the national trailblazer opportunities. We look forward to continuing to work with you. **Kerry Clarke, Laura Wood and Louisa Scanlon**

FOR MORE INFORMATION CONTACT:

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