

Healthy Schools Spring Network 2019



Agenda

- Healthy Schools Updates
- What is an Active Mile initiative?
- Active Lives Survey Results
- Importance of Physical Activity
- A Clinical Perspective
- Speakers from Schools
- Group Discussions

Haringey Healthy Schools Programme

- Programme is underpinned by the London Bronze, Silver and Gold awards
- To drive forward the Healthy Schools agenda across all schools, we are specifically focusing on the following initiatives:
 - **Introducing an Active Mile**
 - Getting involved in the SUGAR SMART campaign
 - Preparing for mandatory Relationships and Sex Education
- Schools can choose to achieve their Silver and Gold awards using any of the above initiatives, or can identify other priorities if there are other particular needs in the school

Childhood obesity

- Childhood obesity rates in Haringey are not reducing.
- Latest figures show that over 1 in 5 children in Reception and nearly 2 in 5 children in Year 6 are overweight or obese.
- **This concerning picture for children's health** means that healthy weight is a key priority for the Healthy Schools Programme.
- Head teachers and Healthy Schools Leads recently received the NCMP profiles for their school, and as part of this were invited to participate in an Active Mile initiative (and SUGAR SMART too).



22% of children in Reception are overweight or obese



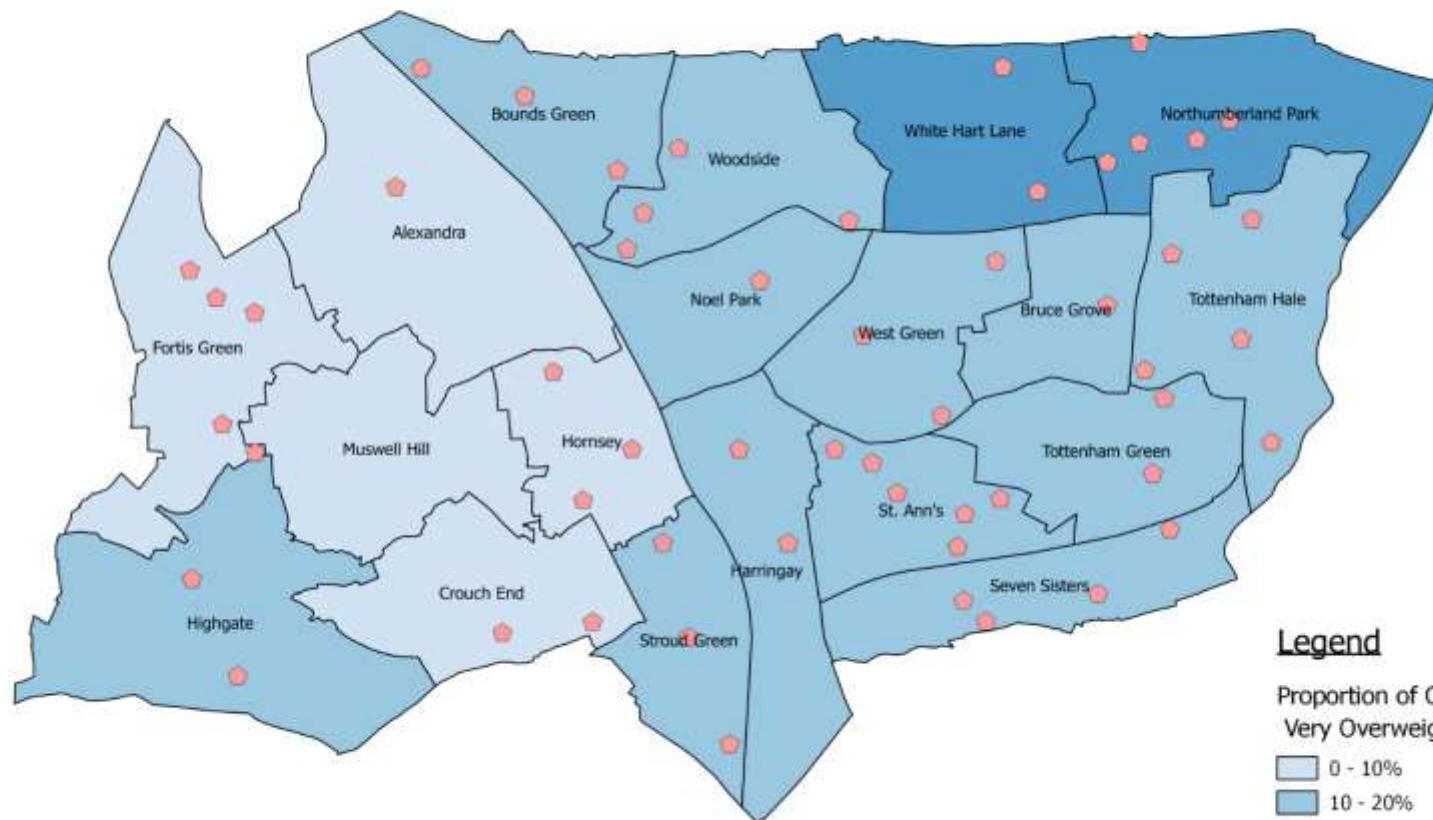
37% of children in Year 6 are overweight or obese

Inequality across the borough

The overall overweight and obesity rates are shocking, **however this doesn't demonstrate the inequality between ethnicities, location, gender and deprivation.**

- The rate of overweight and obesity in Year 6 vary from 15% in some schools to 53% in other schools.
- Children of Black Nigerian, Congolese, Ghanaian, Caribbean, and Turkish ethnicities are significantly more likely to be overweight or obese than the Haringey average.
- Year 6 boys are significantly more likely to be overweight or obese than Year 6 girls.

Proportion of overweight and very overweight children in Reception in Haringey, 2017/18



Legend

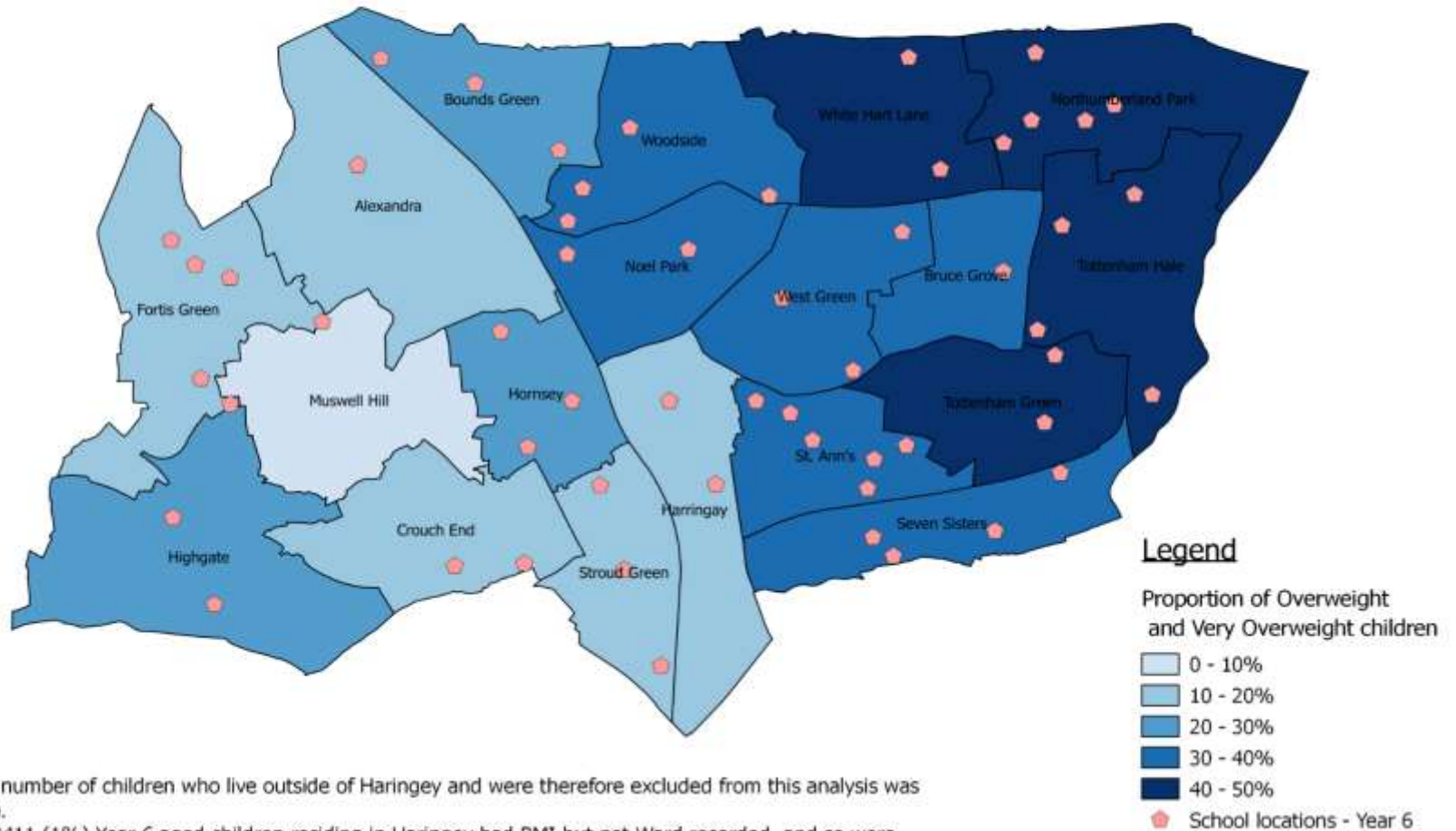
Proportion of Overweight and Very Overweight children

- 0 - 10%
- 10 - 20%
- 20 - 30%
- 30 - 40%
- 40 - 50%

● School locations - Reception

Note: The number of children who live outside of Haringey and were therefore excluded from this analysis was 362 (13%).
 28 of the 2355 (1%) reception aged children residing in Haringey had BMI but not Ward recorded, and so were excluded from this analysis.

Proportion of overweight and very overweight children in Year 6 in Haringey, 2017/18



Note: The number of children who live outside of Haringey and were therefore excluded from this analysis was 496 (17%).
21 of the 2411 (1%) Year-6 aged children residing in Haringey had BMI but not Ward recorded, and so were excluded from this analysis.

Childhood obesity strategy

The government has a national ambition to halve childhood obesity and significantly reduce the gap in obesity between children from the most and least deprived areas by 2030

Funding opportunity for health and wellbeing in schools

- Healthy Pupils Capital Fund (HPCF).
- The HPCF has been distributed to maintained and voluntary aided schools to improve facilities for physical activity, healthy eating, mental health and wellbeing, and medical conditions in schools.
- Guidance has been sent to Head Teachers and Healthy Schools Leads.
- This provides a valuable opportunity for schools to fund sustainable interventions for health, and could even support your Active Mile initiative.



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What is an Active Mile?

- An easy and simple initiative to get children active in schools
- Jog or run round the playground or local park for around 15 minutes, ideally daily
- Placed into the day when it suits you
- No new resources, training, or kit required!

Video of Active Mile



Why is an Active Mile important?

- Obesity crisis in schools
- The National Child Measurement Programme results
- Although many children lead active lives, many others do not

Where have they come from?



- The Daily Mile
- The UK government wants all schools to adopt an Active Mile initiative, as part of the Childhood Obesity plan
- The Mayor of London Daily Mile campaign

Do Active Miles work?

- Researchers at University of Stirling followed two schools: one that introduced **The Daily Mile** and one that didn't
- They measured activity in many ways:
 - Accelerometer
 - **Shuttle run or 'bleep test'**
 - Skinfold measures

Do Active Miles work?

- The children at the school that did The Daily Mile:
 - Had 9 minutes more physical activity per day
 - Had 20 minutes less sedentary time
 - Could run an extra 2 metres in the shuttle run
 - Had 1.4mm fewer ‘skinfolts’ in the caliper

Do Active Miles work?

- The “Coppermile”
- Daily physical activity has a number of other benefits:
 - Improves concentration
 - Better behaviour
 - Higher emotional wellbeing
 - Makes regular physical activity a habit
 - Raises attainment

Linking with Healthy Schools

- Planning an Active Mile - Silver Award
- Starting and sustaining the Active Mile – Gold Award
- **Great way to support pupil's health and wellbeing, even if already have both awards**

Our resources

What is physical activity?

- 'Movement that uses energy'



haringey.gov.uk

Healthy Schools Haringey



Public Health have invited Primary Schools to the health and wellbeing of all pupils in the borough of Haringey.

of primary school or setting, we are going to be part of our routine. The aim of an Active Mile is simply logging or running for 15 minutes a day.

ally excited about this new initiative and we hope you will be too.

How long?

of children outside into the fresh air for around 15 minutes in the school playground or nearby park. It includes walking or running. It is not PE, and it is not a competition as the children will not



TOP TIPS FOR YOUR HARINGEY ACTIVE MILE

FIT IT INTO YOUR TIMETABLE

Some schools have found it useful to schedule a regular time for their Active Miles, such as straight after assembly or at the end of a particular lesson. Other schools have the teachers decide when to take their classes out - it can be useful to have concentration lessons in the afternoon to reflect the weather.

MAKE IT A SOCIAL AND FUN ACTIVITY BY ALLOWING CHILDREN TO RUN TOGETHER AND CHAT

Children enjoy regular physical activity but talking helps make it more fun and inclusive.

HAVE A WHOLE SCHOOL ASSEMBLY TO TELL EVERYONE WHY YOU ARE DOING IT

START WITH A 'PILOT' IF YOU OR YOUR PUPILS ARE UNSURE

Haringey LONDON

CERTIFICATE of ACHIEVEMENT

THIS CERTIFICATE RECOGNISES THAT

HAD RUN A GRAND TOTAL OF 10 MILES AT THEIR SCHOOL:

WHICH IS APPROXIMATELY THE DISTANCE FROM HARINGEY TO ROYAL OBSERVATORY GREENWICH



Active Lives Children and Young People Results 2017/18

Overview of the Survey

Sports England's annual Active Lives

- Children and Young People survey was first published in December 2018
- How many children are meeting the medical guidance for children of 60 minutes of daily physical activity
- How does children's backgrounds affects their level of activity
- Random selection of pupils from a random selection of schools across the country selected to take part



CMO Physical Activity Guidelines

Spread activity throughout the day

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

PLAY

RUN/WALK

BIKE

ACTIVE TRAVEL

SWIM

SKATE

SPORT

PE

SKIP

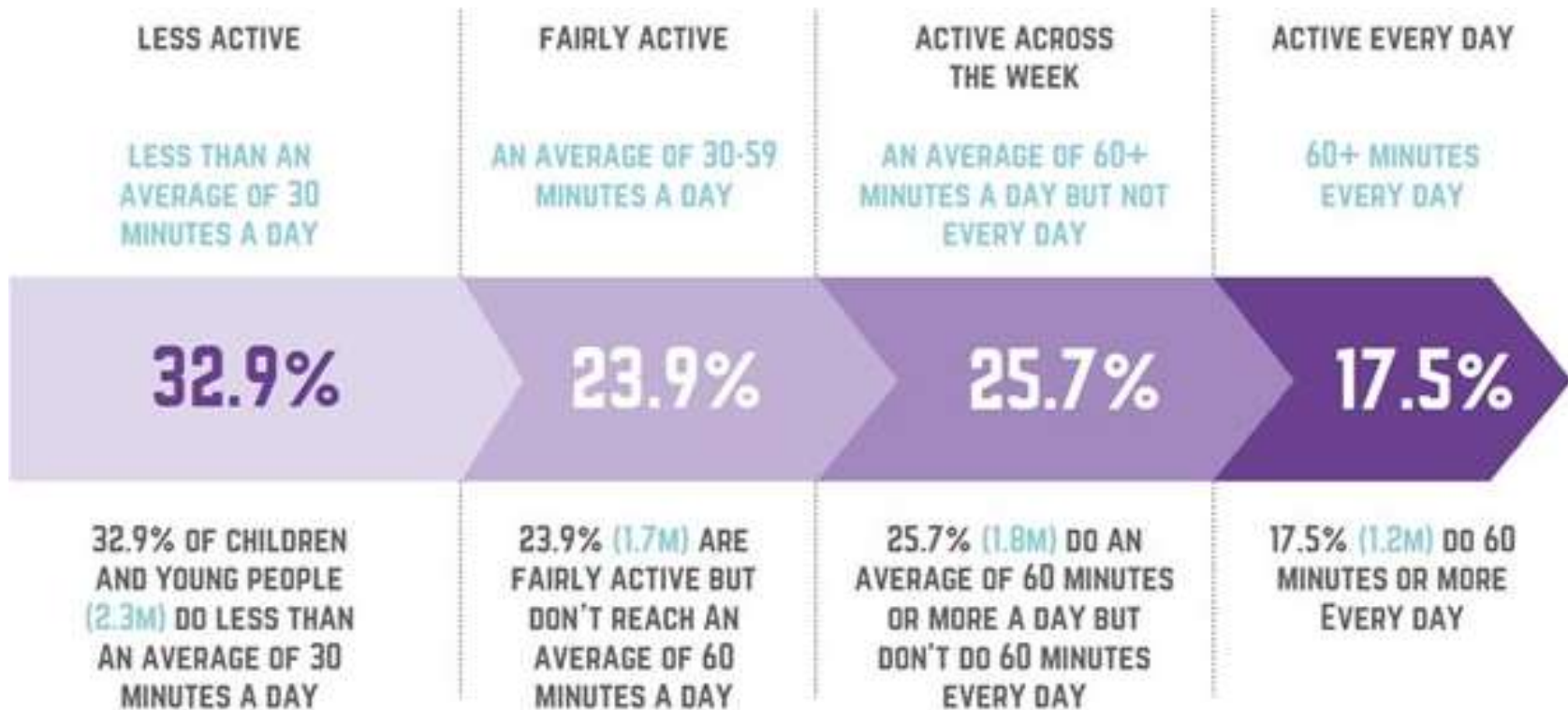
CLIMB

WORKOUT

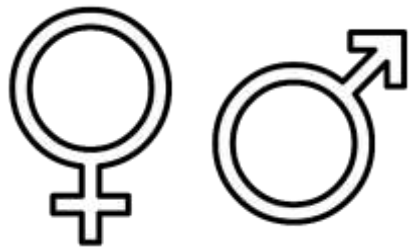
DANCE

Include muscle and bone strengthening activities 3 TIMES PER WEEK

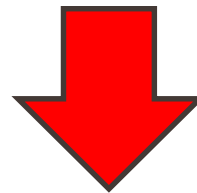
National Picture



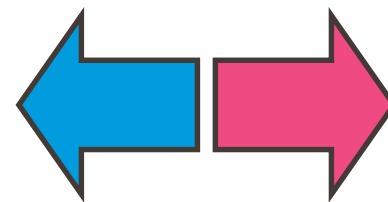
Key Demographics – National



Boys (20%) are more likely to be active every day than girls (14%)



Activity levels are highest at the end of primary school and start of secondary, but then begin to drop



The gap between boys and girls widens as they grow older

Comparison

	National	London	Haringey	Hackney and City of London	Southwark
Active every day: 60 minutes or more every day	17.5 %	16.8 %	18.9 %	20.7 %	15.8 %
Active across the week: Average of 60 minutes or more a day but not every day	25.7 %	26.5 %	22.6 %	21.5%	24.5 %
Fairly active: Average of 30-59 minutes a day	23.9 %	23.3 %	20.1 %	20.1 %	26.9 %
Less active: Less than an average of 30 minutes a day	32.9 %	33.4 %	38.1%	38.4 %	32.9 %

Activity at school

Sport England also analysed how many children meet 30 minutes of activity a day at home and at school

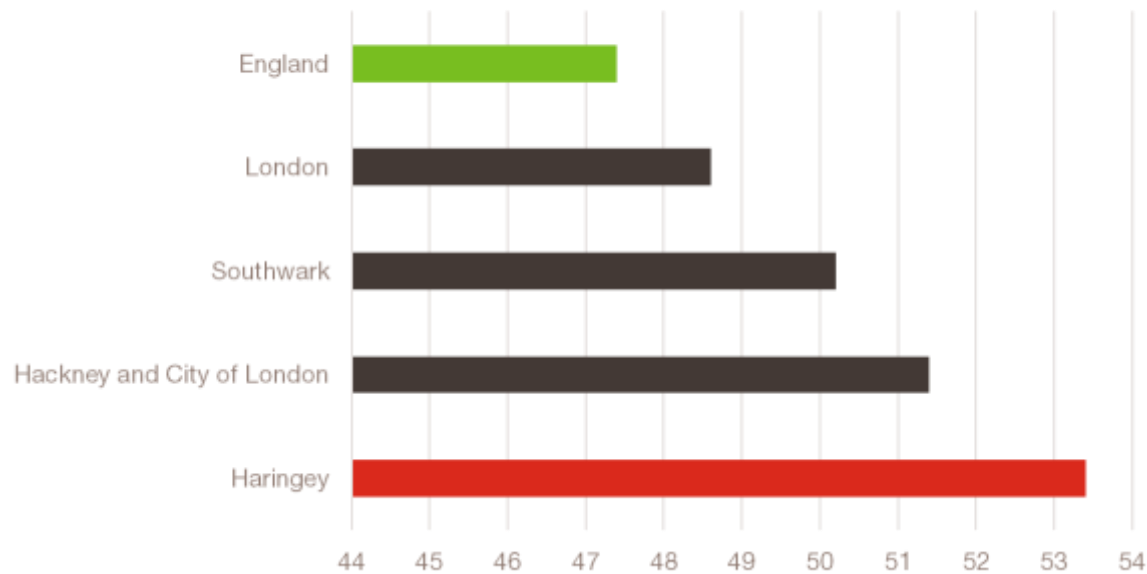


34.1% of children in Haringey are active for 30 minutes or more every day in school time – better than the England average of **27.7%**

55.5% of children in Haringey are active for less than 30 minutes a day in school time

Activity outside of schools

% of Children estimated to be active for less than 30 minutes a day outside of school



Benefits of an Active Mile

Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



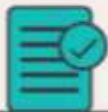
DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

The importance of physical activity

Lucy Peirce and Daniel Mitchell from The Tottenham Hotspur Foundation



Dr Elinor Sefi

A clinical perspective from Whittington
Hospital Paediatrics



Insight and Experience from Haringey Schools



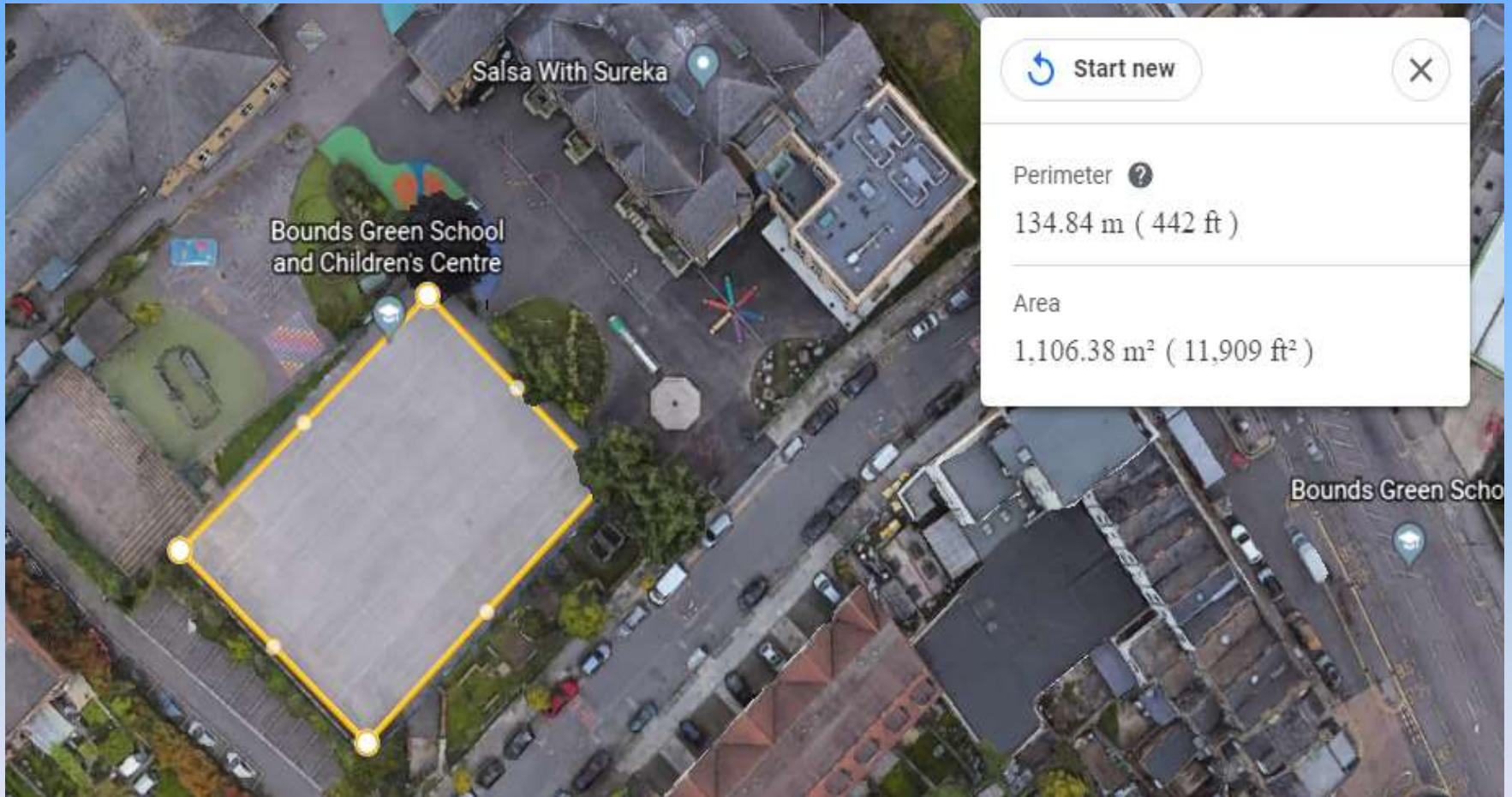
Thomas Smith

Bounds Green School

Introduction of the **DAILY MILE**



12 laps of the ball court = 1 mile

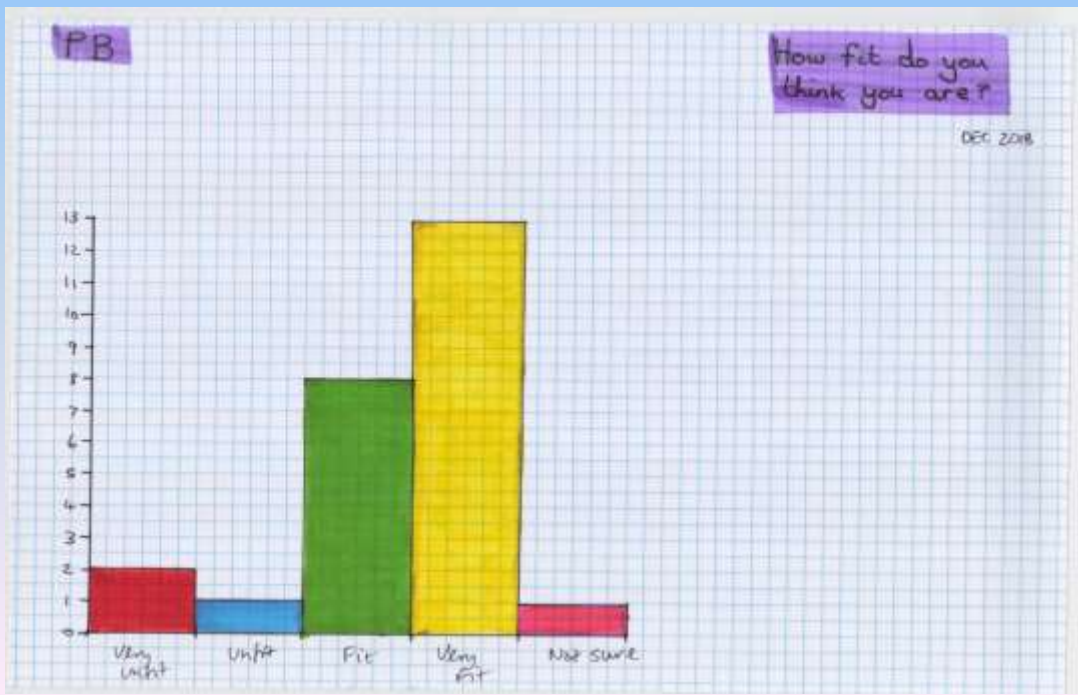
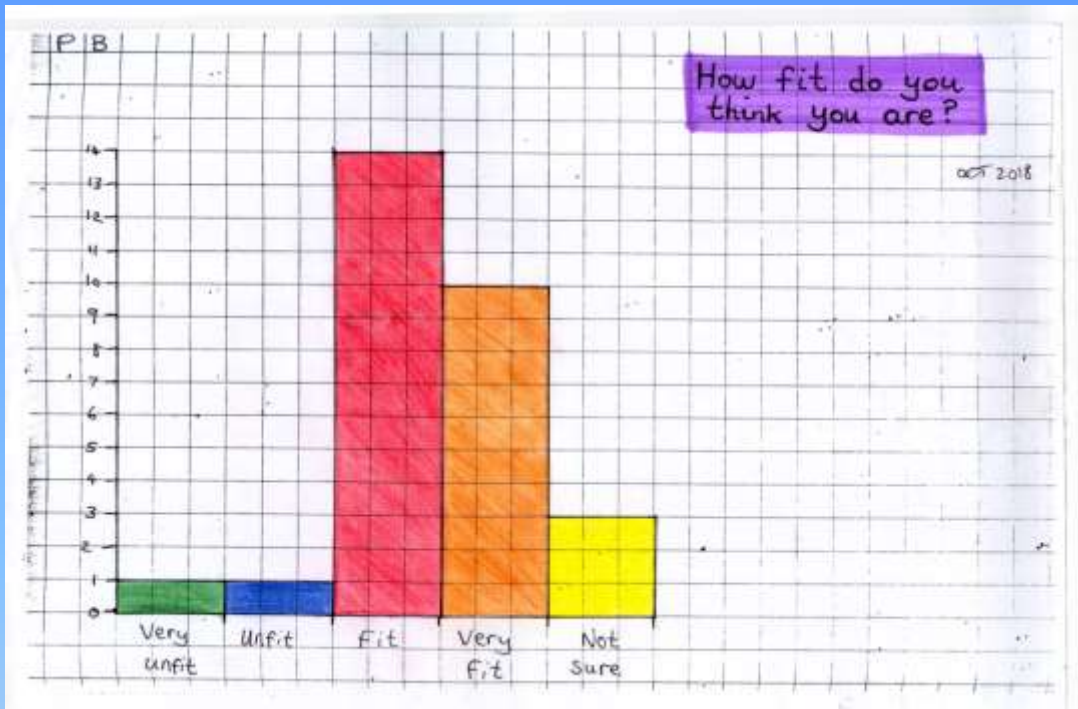


The DM at BG

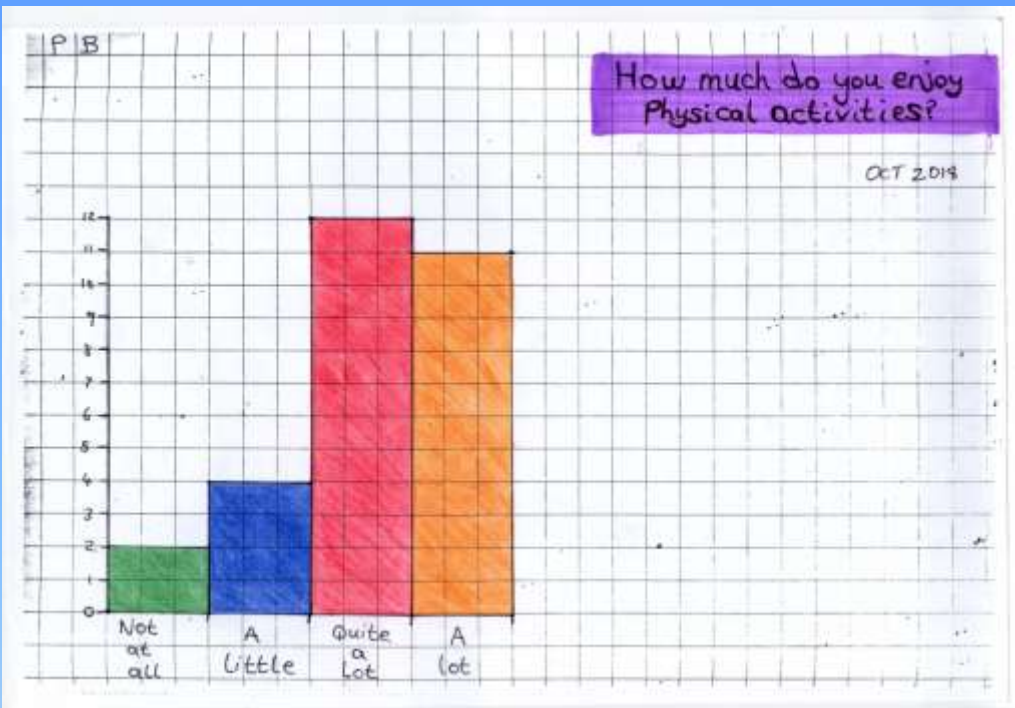


- Introduced start of Autumn 2
- Have run over 60 miles together
- Celebrate and praise consistency and resilience
- Choose 2 runners of the day
- Pre-questionnaire and at end of each term

October 2018



December 2018



October
2018

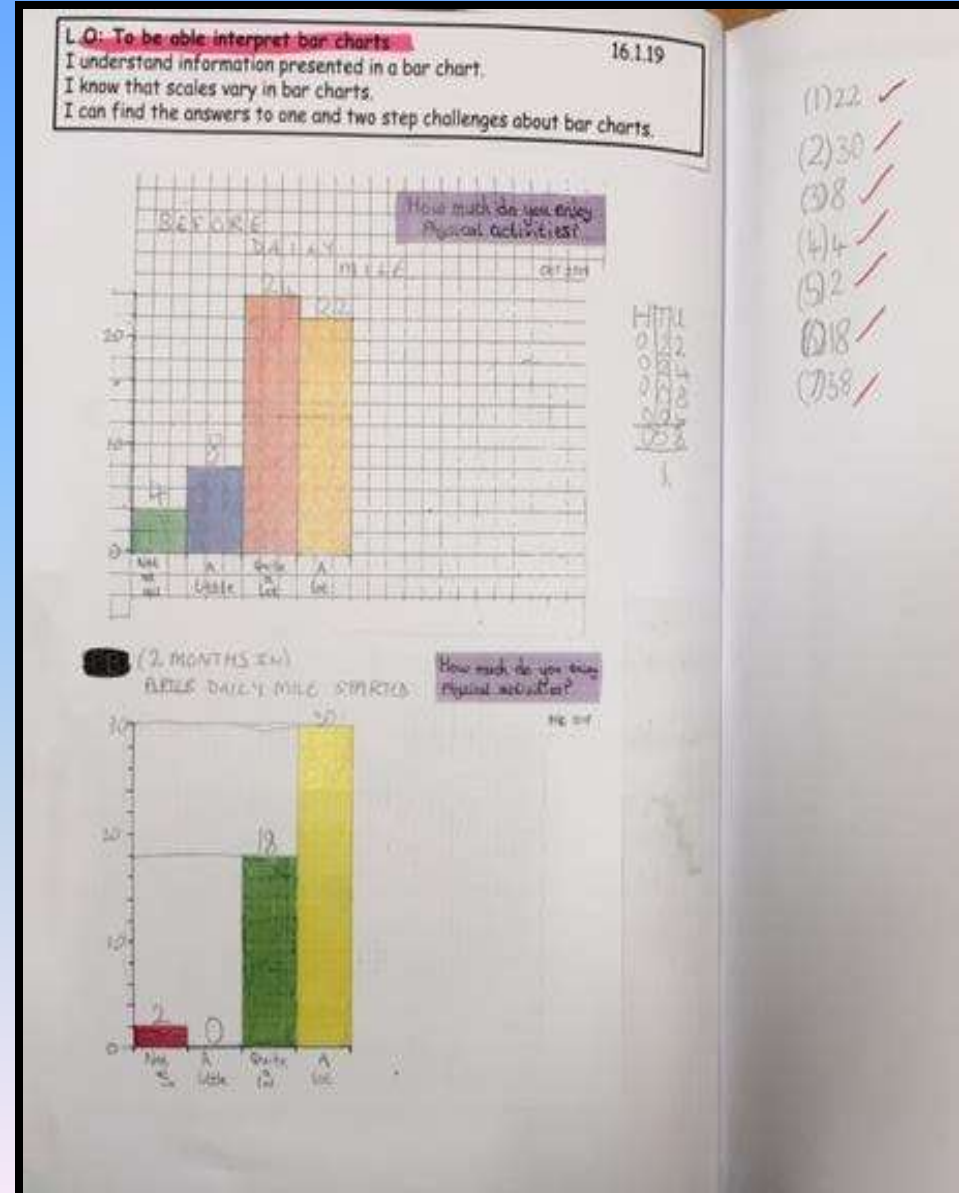
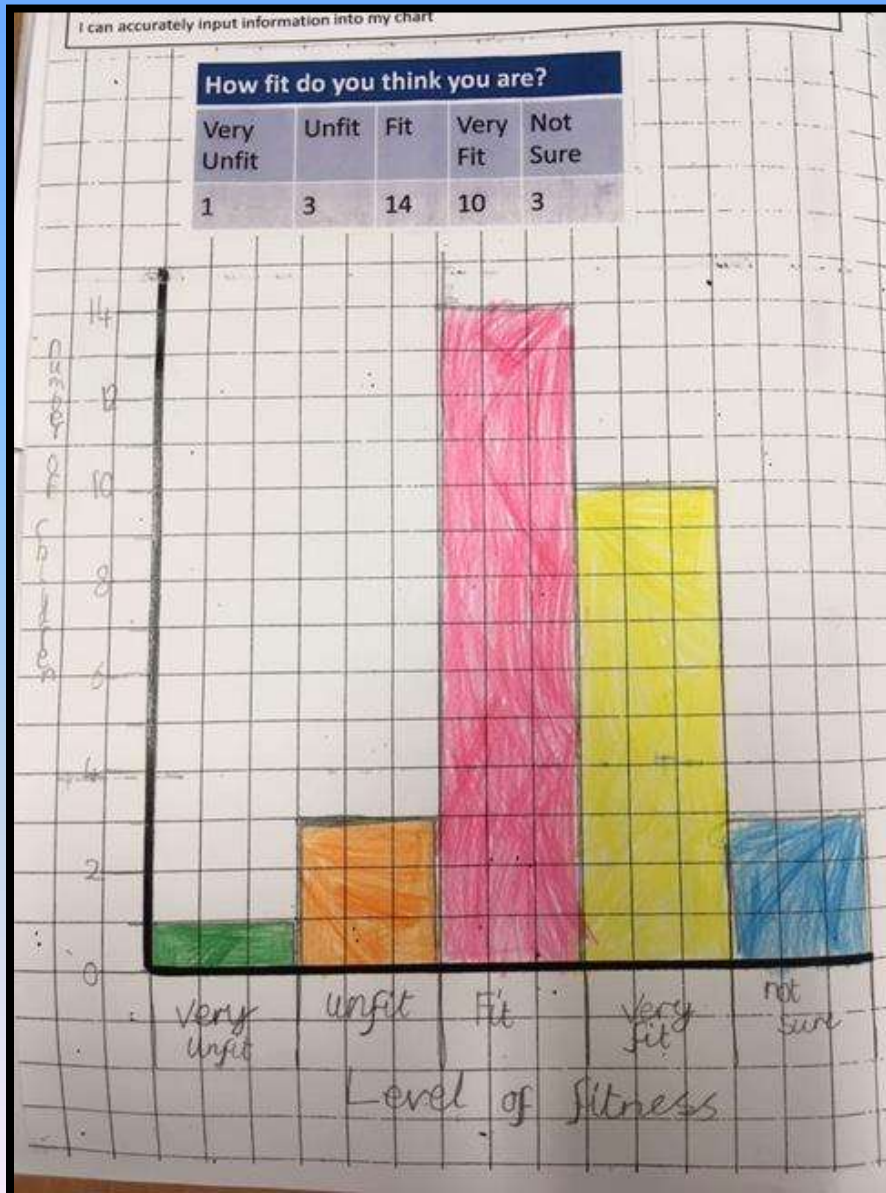


December
2018

Benefits of DM

- Fitter
- Enjoyment! (of DM and physical activity)
- Profile of physical activity
- Improved concentration and focus
- Improved behaviour
- Positive parental feedback
- Increase in extra-curricular running

Curricular opportunities e.g. maths



NEXT STEPS

New years are participating term by term

- Year 6 Spring 1
- Year 5 Spring 2
- Year 4 Summer 1
- Year 2 Summer 2

NEXT STEPS

Installing a running track





Debby Crooks

Ferry Lane Primary School



Louise Fleming

St. Martin of Porres Catholic Primary School

The Daily Mile at St. Martin de Porres Catholic Primary School



Our Daily Mile Journey



Figure 1: Percentage of pupils overweight or very overweight, 2014/15 - 2016/17 (pooled)



This graph shows the percentage of the school's children who were overweight or very overweight in Reception and Year 6 compared to the Haringey, London, and England averages.

Total number of children at the school who were overweight or very overweight between 2014/15 and 2016/17

Reception	41
Year 6	35

Our Daily Mile Journey



Discussed with all the staff

Decided to:

- Implement the Daily Mile;
- Work with parents;
- Review of school dinners.



Our Daily Mile Journey



Signed up on the Daily Mile Website

<https://thedailymile.co.uk/>



Presentation to parents, governors and children



Timetabled the daily mile for each class



We got walking / running



Our Daily Mile Journey



Challenges along the way:

- Timetabling
- Implementation
- Pupils' stamina
- Clothing
- The weather!



Our Daily Mile Journey



What would you need to do to run a mile in our school grounds?

This is the question that Mrs Proietti posed to Year 5. Below is Aidan, Adam and Kyles's answer.

WALT: to work out a strategy and choose appropriate tools to measure the perimeter of the KS2 playground.

How many laps would we have to walk/run around the KS2 playground for a mile?

Tools needed per group: metre sticks, pencil, clip board, paper.

Steps:

1. We split into four teams, each to measure one side of the playground
2. We measured the side with 2 metre sticks
3. We used a tally chart to record the metres.
4. Some teams measured the width and some the length.
5. We came back into the ICT suite to share our findings
6. We added the lengths to find the perimeter of the playground.
7. We found out how many metres in one mile and did maths to work out how many laps were needed for one mile



Our Workings Out

1 Mile=1609.34m

Width= 17.80m x 2 =35.60 m

Length=42.20m x 2 =84.40 m

The perimeter = 35.60+84.40=120.00m

Laps per mile = 1609m divided by 120m = 13.408

Number of laps = 14 rounded up because of corner cutting.

Average time taken to walk 1 mile: 16 minutes.

Average time to run 1 mile = 7 minutes



Our Daily Mile Journey



When we started the Daily Mile I couldn't keep going but now I can run for the whole 15 minutes and I'm getting really fast!

The Daily Mile helps children to get fresh air and helps their fitness. It also keeps them active. I love it!"

It's a good way to improve your muscles and get them working.



Our Daily Mile Journey



I love the Daily Mile, as you can race your friends. You get fresh air to help your lungs work better.

After the Daily Mile I always feel refreshed and ready to do more work.

It's good for your health to do exercise every day.



Our Daily Mile Journey



Next steps:

- January 2019 data
- Running off site
- Parental involvement
- What does the Daily Mile look like during the holidays
- Brain gym
- Continuing work with parents
- Developing the 'fitness for life' attitude



Insight from Lordship Lane

Example time table	9.20am to 10.20am	10.45am to 11.15am	1.15pm to 2.15pm	2.15pm to 3.15pm
	KS1 PG			
MONDAY	Y5 9.20am (KS2 PG)	9.30am Y1 (KS1 PG)	Y3 11.45am (KS2 Back PG) Y4 11.45am (KS2 Front PG)	Y6 1.30pm (KS2 Back PG) Y2 1.45pm (KS2 Back PG)
TUESDAY	Y5 9.20am (KS2 PG)	9.30am Y1 (KS1 PG)	Y3 11.45am (KS2 Back PG) Y4 11.45am (KS2 Front PG)	Y6 1.30pm (KS2 Back PG) Y2 1.45pm (KS2 Back PG)
WEDNESDAY	Y5 9.20am (KS2 PG)	9.30am Y1 (KS1 PG)	Y3 11.45am (KS2 Back PG) Y4 11.45am (KS2 Front PG)	Y6 1.30pm (KS2 Back PG) Y2 1.45pm (KS2 Back PG)
THURSDAY	Y5 9.20am (KS2 PG)	9.30am Y1 (KS1 PG)	Y3 11.45am (KS2 Back PG) Y4 11.45am (KS2 Front PG)	Y6 1.30pm (KS2 Back PG) Y2 1.45pm (KS2 Back PG)
FRIDAY	Y5 9.20am (KS2 PG)	9.30am Y1 (KS1 PG)	Y3 11.45am (KS2 Back PG) Y4 11.45am (KS2 Front PG)	Y6 1.30pm (KS2 Back PG) Y2 1.45pm (KS2 Back PG)

- Did a trial of their Active mile with year 6 in Spring 2018
- Success of this led to every class taking part in 18/19 school year
 - Children awake in the mornings
 - Big difference in fitness
 - Opportunity to socialise and keep fit

Insight from Lordship Lane

- Explain to the children why an Active Mile is beneficial
- Try and do it in all weather conditions
- Try and do it every day



Q&A with today's speakers

Discussion Questions

- What actions do you want to take away from today to start an Active Mile at your school?
- How can we engage children who are less active or reluctant to enjoy an Active Mile (including girls, who are less active than boys)?
- How can we sustain Active Miles and keep them exciting so that they continue in our schools?

Next Steps

- Get in touch if you are participating or thinking of participating
- Start to carry out the actions that you have identified
- Consider whether you would like to work towards an Active Mile as part of your Healthy Schools silver award
- We will continue to develop resources, and keep communicating how this is a key priority for Healthy Schools