



Shropshire's  
**GREAT  
OUTDOORS**

## Healthy Outdoors for Schools



## Service Level Agreement 2017 / 18



## Healthy Outdoors for Schools

### Introduction from Service Lead

**Dear Head Teacher, Chair of Governors and School Business Manager**

Welcome to the Service Schedule for **Healthy Outdoors for Schools**.

We would like to support schools across Shropshire to help children and staff get fitter and healthier through the introduction of school-based Daily Miles and /or Walking Clubs. The Daily Mile is a regular 15 min walk, run, dance or hop on or around the school grounds aimed at including the whole school. Walking Clubs can encourage before, during or after school walking, potentially involving families and others in the community.

Both initiatives will help achieve the government guidelines which recommend *“that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school”*

Healthy Outdoors for Schools is provided by the Outdoor Partnerships Service, we are the Shropshire Council lead on Rights of Way, Parks, Sites and Walking for Health.

The Outdoor Partnerships Service maintain and develop countryside access, conserve and enhance important wildlife and heritage sites and promote enjoyment of the outdoors.

Our service is responsible for maintaining the extensive network of Public Rights of Way across Shropshire ( over 5,600 km ), two Country Parks and twenty two Countryside

Heritage Sites. We have active volunteering groups working on the Rights of Way, Parks and Sites, and leading walks to help people to get more active.

We want to encourage people to get out and about in Shropshire’s Great Outdoors and we’re keen to start young!

We have several packages of support within the Healthy Outdoors for Schools offer, which are detailed in this document.

We look forward to working with you.

*Clare Fildes*

**Outdoor Partnerships Enterprise Manager**

## Healthy Outdoors for Schools

### Our obligation and requirements

What we will do for you:

**Daily Mile** - Service provided

#### **Bronze** package

Initial meeting with School lead (establish wishes and resources.)

Start - up meeting (set action plan and start date)

Provide paperwork resources for initial set up phase ( Parental letter, Physical activity level fact-sheet, information sheets)

Identify suitable routes within school grounds- preliminary planning and on site. Measure routes on the ground (+/- children involvement).

Provide Risk Assessments

Provide information sheets of fun things to do on the Daily Mile

Provide electronic information sheet of seasonally fun things to do on walks for parents to encourage family walking in leisure time

Follow up meetings with Daily Mile Lead x 2

Provide template evaluation sheet for data collection

Termly summary report

Input data on a termly basis

On site evaluation visit to school to gather feedback from sample group of staff and pupils following term one since commenced HOS initiative.

Provide a final end of year evaluation report, which the school can then use to showcase achievement to Ofsted, on website, to parent's and governors, as well as demonstrate effective use of Sports and PE premium funding.

Total cost for Bronze package: **£975**

## Healthy Outdoors for Schools

What we will do for you:

**Daily Mile** - Service provided

### Silver package

Attendance at / provision of materials including posters and leaflets for display at one Parent's evening during term one / Governors meeting

Provide short feedback questionnaire - half to two thirds through the initiative for School lead to complete, as evaluation and feedback from the initiative at the end of year 1

More comprehensive evaluation report based on results of questionnaire

Total cost for Bronze plus Silver: **£1,285**

### Gold package

Identify a suitable mile route in local community for families to complete a Daily Mile out of school and provide map

Provide Risk Assessments for community route

Establish links with local community green spaces and countryside parks and sites where possible, and signpost to local walking and outdoor opportunities in the area

Total cost for Bronze plus Silver plus Gold : **£1,754**

## Healthy Outdoors for Schools

What we will do for you:

<b>Walking Clubs - Service provided</b>
<b>Bronze package</b>
Initial meeting with School lead (establish wishes and resources.)
Start-up meeting (set action plan and start date)
Provide paperwork resources for initial set up phase (parental letter, physical activity level fact-sheet, information sheets)
Identify suitable routes
Liaise with Area Rights of Way Officer regarding community routes and any necessary work to improve access where possible
Measure routes on the ground (+/- children involvement)
Provide Risk Assessments for community routes for Walking Clubs (up to maximum of 3 routes)
Provide template evaluation sheet for data collection
Input data on a termly basis
First term summary report
Provide on-site walk leaders training session (for parents, staff, other volunteers who wish to help school run lunchtime +/- after school walking clubs)
Provide information sheets of fun things to do when out on walks
<b>Total cost for Bronze package: £949</b>

## Healthy Outdoors for Schools

What we will do for you:

### Walking Clubs - Service provided

#### Silver package

Provide short feedback questionnaire - half to two thirds through the initiative for School lead to complete, as evaluation and feedback from the initiative

Provide physical support -leading and assisting on lunchtime / after school walking club walks in initial set up period ( on the first 4 walking club sessions as required)

Provide maps for walking routes within local community for walking club use.

On site evaluation visit to school to gather feedback from sample group of staff and pupils following term one since commenced Healthy Outdoors for Schools initiative.

Attendance at/ provision of materials including posters and leaflets for display at one parent's evening during term one / Governors meeting

Total cost for Bronze plus Silver: **£1,571**

#### Gold package

Establish links with local community green spaces and countryside parks and sites where possible, and signpost to local walking and outdoor opportunities in the area

Make links with the local Walking for Health volunteers where a local group is in place, to potentially help with walk leading to aid lunchtime or after school walking clubs

Provide a final end of year evaluation report, which the school can then use to showcase achievement to Ofsted, on website, to parent's and governors, as well as demonstrate effective use of Sports and PE premium funding.

Total cost for Bronze plus Silver plus Gold: **£1,910**

## Healthy Outdoors for Schools

### What we require from you.....

#### Daily Mile

1. School to provide a named link person - such as Senior Leader, Pastoral Manager, Business Manager, or PE Coordinator. This person will act as the school link for the Walking Coordinator and will:

##### Bronze, Silver and Gold packages

- a.) Help arrange the term one start up and action meeting and follow up meetings.
- b.) Liaise with school staff / children regarding arranging the feedback evaluation session for term one.
- c.) Act as a link with the staff and volunteers at the school and disseminate any information sent through by the Walking Coordinator to aid the school in developing the walking initiative.
- d.) Distribute and collect the termly data collection forms each half term and send in to the Walking Coordinator at the start of the next term for the Walking Coordinator to input and collate.
- e.) Promote the walking initiative within their school and to parents.

##### Silver Package:

- a.) Liaise with the Walking Coordinator regarding the date and details if they are required to attend a parents evening.
  - b.) Fill out a short questionnaire approximately halfway /two thirds through the initiative and provide to the Walking Coordinator (to inform them of the progress of the initiative to add into the final evaluation report.)
2. The school will arrange and ensure that all staff, parents or other volunteers who are to help with the Daily Mile have been appropriately vetted against current safeguarding policy.
  3. The school is responsible for the staff, parents/volunteers and children's safety and wellbeing whilst they are participating or assisting with the Daily Mile activities.

## Healthy Outdoors for Schools

### What we require from you.....

#### Walking Clubs

1. School to provide a named link person - such as Senior Leader, Pastoral Manager, Business Manager, or PE Coordinator. This person will act as the link for the Walking Coordinator at the school and will:

##### Bronze, Silver and Gold packages

- a.) Help arrange the term one start up, action meeting and follow up meetings.
- b.) Liaise with Parents / helpers regarding Walk Leader training session, and disseminate training information provided by the Walking Coordinator.
- c.) Act as a link with the staff and volunteers at the school and disseminate any information sent through by the Walking Coordinator to aid the school in developing the walking initiative.
- d.) Distribute and collect the termly data collection forms each half term and send in to the Walking Coordinator at the start of the next term for the Walking Coordinator to input and collate.
- e.) Promote the walking initiative within their school and to parents.

##### Silver Package:

- a.) Liaise with the Walking Coordinator regarding the date and details if they are required to attend a parents evening.
  - b.) Liaise with school staff / children regarding arranging the feedback evaluation session for term one
  - c.) Fill out a short questionnaire approximately halfway /two thirds through the initiative – and provide to the Walking Coordinator (to inform them of the progress of the initiative to add into the final evaluation report.)
2. The school will arrange and ensure that all staff, parents or other volunteers who are to help with Walking Clubs have been appropriately vetted against current safeguarding policy.
  3. The school is responsible for the staff, parents/volunteers and children's safety and wellbeing whilst they are participating or assisting with the Walking Clubs activities.



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## Healthy Outdoors for Schools

### Days / times during which Services are to be available

Full service during working week days

Normal service operating hours are Monday—Friday 09.00– 17.00

Evening and weekend sessions can be arranged

### Contact Information

**Helen Foxall** Walking Coordinator or **Clare Fildes** Outdoor Partnerships Enterprise Manager

**email:** [helen.foxall@shropshire.gov.uk](mailto:helen.foxall@shropshire.gov.uk)

**phone:** 01743 255059

**email:** [clare.fildes@shropshire.gov.uk](mailto:clare.fildes@shropshire.gov.uk)

**phone:** 01743 255067

Outdoor Partnerships

Shropshire Council

Shirehall

Abbey Foregate

Shrewsbury

SY2 6ND

We would be happy to discuss your requirements and provide a free initial consultation.

## Healthy Outdoors for Schools

### Pilot project summary :

'Healthy Outdoors for Schools' pilot project was launched during autumn 2016, to support schools to get children walking to increase their activity levels and aid a healthier lifestyle.

Helen Foxall, Walking Coordinator took time out from her usual role with Walking for Health to undertake the pilot project. Two schools: St. Leonard's School Bridgnorth and St. George's School Clun, took part in the pilot. Both schools decided to start the Daily Mile (DM) with Helen's support.

The schools embraced the initiative. Now running for a year, it is fully embedded into the school day and culture. Both schools adopted a whole school approach; meaning over 400 pupils are now walking or running a mile a day within the school day. Each school has given the DM their own individual stamp.

As part of the offer, links with schools and their local environment / community were encouraged, including promoting local walking opportunities for families to adopt in their leisure time.

Evaluation results from the pilot are very positive, with most staff saying they would recommend it to other schools, "Just try it!" a teacher commented.

Schools Participating	Size and location of school	Number of classes	Number of pupils	Number of <b>children attendances for Daily Mile</b> during Spring Term 2017	Number of adults <b>(staff and helpers) attendances for Daily Mile</b> during Spring Term 2017
<b>St. George's School, Clun</b>	Small, rural school	4	95	<b>3068</b>	<b>195</b>
<b>St. Leonard's School, Bridgnorth</b>	Large, urban school	10	329	<b>12763</b>	<b>733</b>

*"Initially a lot of classes were going out at the same time, which caused problems. Now we stagger it and that is fine. More flexible now."*

*"They really love doing it...all join in", they "do it every day. Great as refocuses them and they are ready to learn"*

*"I've got one little girl who always spends her playtimes in the cloakroom area, so this is an opportunity to ensure she is outside and is walking"*

**To hear more from the schools about their experiences**

**please enjoy watching the video on**

<https://www.shropshirelg.net/services/healthy-outdoors-for-schools-initiative/>

## Healthy Outdoors for Schools

Background information, further details and Daily Mile research

**Shropshire Learning Gateway** <https://www.shropshirelg.net/>

<https://www.shropshirelg.net/services/healthy-outdoors-for-schools-initiative/>

**Shropshire's Great Outdoors** <http://www.shropshiresgreatoutdoors.co.uk/>

**Daily mile** <https://thedailymile.co.uk/>

There are various research projects in the pipeline around the country looking at the effects and benefits of the Daily Mile.

The 'Coppermile project' ( report summarized below) has already shown the difference the Daily Mile made not only to the children's health but also their behaviour and attainment.

### Summary of the 'Coppermile project' report:

**The Coppermile project** is a partnership initiative between Coppermill Primary School based in Walthamstow, which has 300 pupils on roll aged 3 – 11 years old; and a playing field charity.

It came about as a response to the childhood obesity crisis and builds on the pioneering work of Elaine Wylie and the Daily Mile project at St Ninians Primary School in Stirling.

The three-month pilot project demonstrated how a simple low cost physical activity initiative can significantly improve the physical health and well-being of primary school pupils.

The school marked out a 340m grass track on the playing field and selected two classes from Year 5 and the Year 6 class for the pilot. The classes walked, jogged or ran the course for fifteen minutes three times per week.

#### **Results:**

Children performed up to **25% better** than their predicted grades in their SATS exams, and their average fitness percentile increased from 37% to **64%**, teachers reported that children appeared **more focused** in class and **more resilient** when completing tasks.

## Healthy Outdoors for Schools

### Pupil behaviour and classroom attentiveness:

Staff reported that throughout the Coppermile project the children appeared more focused in class and more resilient when completing tasks. This was particularly noticeable in some of the children who in the past, tended to show less resilience and motivation when faced with a challenge. Overall, there was a positive impact on the children's behaviour and improved energy levels and general well-being. The school believes that the Coppermile also contributed to excellent academic outcomes; overall the majority of pupils in both year groups made better than expected progress.

During SATs week all Year 6 pupils completed the Coppermile every day before sitting each test. The results they achieved, in meeting the end of key stage 2 expectations in all areas of English and maths, was **significantly above** the estimated Waltham Forest and national standards.

Expected standard - end of KS2 ( Year 6)	Coppermill School	Waltham Forest	National
Reading	92%	65%	66%
Writing	88%	81%	74%
Maths	96%	76%	70%
Grammar/ Punctuation/ Spelling	96%	75%	73%

The Government's Childhood Obesity strategy (2016) recommends that all children should engage in moderate to vigorous intensity activity for at least 60 minutes every day.

At least 30 minutes should be delivered in school every day through active break times, PE lessons, extra-curricular clubs or other sport and physical activity events. The daily mile is one such initiative cited in the document as a way to achieve this target. The remaining 30 minutes should be supported by parents and carers outside of school time.

Given the extra funding for schools' sports that the recent levy on the soft drinks industry will create, the Government is keen that schools are supported as much as possible in how they spend the available funds for maximum impact.

During inspections, Ofsted assess how effectively leaders use the Primary PE and Sport Premium and measure its impact on outcomes for pupils, and how effectively governors hold them to account for this. Physical activity will be a key part of the new healthy schools rating scheme, and so schools will have an opportunity to demonstrate what they are doing to make their pupils more physically active.

In order to address this childhood obesity crisis there is a clear need to be innovative, provide safe places where this physical activity can take place and to work with schools: and this was the motivation behind LPFF (playing field charity) approaching Coppermill School to try something different.

## Healthy Outdoors for Schools

### **CONCLUSIONS**

This three-month pilot project has demonstrated how a simple low cost physical activity initiative can significantly improve the physical health and well-being of primary school pupils.

Looking further forward it was envisaged that in the long term the project could emerge as an effective means of maintaining a healthy weight, improving well-being and of having positive impact on academic achievement.

The introduction of a daily period of exercise, where pupils can perform at their own level and with no special clothing or equipment requirements, shows how easy it is to overcome the traditional barriers to participation in physical activity.

With encouragement from staff and peers, a significant number of children improved their fitness levels and the school reported improved behaviour and levels of academic attainment.

HF January 2018

## Healthy Outdoors for Schools



We look forward to hearing from you and helping you to get your school out walking.

*Helen Foxall*

Walking Coordinator