



yourchoice

implementation plan 2010/11
plana-gnìomh 2010/11

Your Choice Partnership Message

Strengthening the Health and Wellbeing of all in Highland communities

We both welcome you to this latest edition of the Your Choice Implementation Plan for 2010/11. The Health and Wellbeing of all in our schools and communities is a responsibility we both share and only through successful partnership working can we make a difference. The 'Your Choice to Healthy Living' initiative was established to provide the very framework vital for effective partnership working and joint planning to take place.

We have welcomed the duties placed upon us under the Schools (Health Promotion and Nutrition) (Scotland) Act 2007 and through Curriculum for Excellence believe that the hard work of all those involved in delivering on previous Your Choice initiatives has provided us with a unique opportunity to not only meet but *exceed* the standards set in Scotland to ensure that Health and Wellbeing becomes 'core business' for all in our schools and communities.

Previous Your Choice initiatives have shown that our approach is not just about encouraging children and young people to eat well and to exercise; it encompasses a much broader holistic approach. This approach includes promoting the physical, social, mental and emotional wellbeing of all Highlanders.



Bill Fernie
Chairman
The Highland Council
Education, Culture and Sport Committee



Garry Coutts
Chairman
NHS Highland

Introduction Ro-ràdh

'Working together to inspire learning and achievement in Highland communities'

NHS Highland and The Highland Council, Education, Culture and Sport Service have in partnership developed this implementation plan that covers a wide range of health improvement activities for Young People and the wider community in Highland.

The original Your Choice Implementation Plan was developed in February 2003 and has been regularly updated since. This latest edition for 2010 / 11 builds on the implementation of the Schools (Health Promotion and Nutrition) (Scotland) Act 2007, Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008, NHS Highland's HEAT Targets, Curriculum for Excellence and the new Scottish Schools digital Intranet - GLOW.

'Your Choice to Healthy Living', features many of the key outcome targets for children and young people that have been set in the multi-agency plan For Highland Children 3 and The Highland Council Corporate Plan 2009-11.

Strengthening the Highlands, The Programme of The Highland Council' outlines the Service's agenda for the whole of the Highland population and has the following vision themes which underpin the Your Choice initiative and the implementation of this plan:

To enable the people of the Highlands to achieve their potential as

- Effective contributors
- Confident, healthy and safe individuals and communities
- Active and successful learners
- Respected and responsible citizens.
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The title and logo for 'Your Choice' is an important branding for Education, Culture and Sport Service's partnership based health improvement initiatives. It originated through consultation with young people from three Highland Schools who felt that healthy living should be 'Your Choice'. Thus the logo was adopted and is featured on school menus, leisure centres, museums, websites and newsletters that contribute in some way to implementation of the plan.

NB. The term 'SNAG' or (School Nutrition Action Group) is used throughout this document. This can be taken to mean a mechanism or group that ensures a whole school community approach to nutrition is adopted.

Your Choice – Key Contacts List

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Fiona Clarke	Senior HP Specialist Food & Nutrition	NHS Highland	01463 704905
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Hugh Fraser	Director of Education, Culture and Sport	The Highland Council	01463 702000
Ian Murray	Head of Community, Learning and Leisure	The Highland Council	01463 702048
Jane Groves	Local Public Health Network Co-ordinator	NHS Highland	01463 704945
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John O'Kane	Principal Facilities Officer	The Highland Council	01397 707354
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Jonathan Warde	Active Schools Manager	The Highland Council	01349 860989
Joyce Watson	Library Information Service Co-ordinator	The Highland Council	01463 251250
Julia Nelson	Health Development Officer – Early Years	The Highland Council	01463 711176
Keith Walker	Policy Officer – Health Improvement	The Highland Council	01463 702247
Lisa MacKellaich	Road Safety Officer	The Highland Council	01463 702690
Lorraine Mann	Senior HP Specialist Sexual Health & Young People	NHS Highland/THC	01463 704937
Mike Jones	Senior Youth Development Officer – Engagement	The Highland Council	01463 702067
Miranda Moodie	Oral Health Improvement Co-ordinator	NHS Highland	01349 817122
Norma Murray	Catering and Cleaning Manager	The Highland Council	01463 663307
Rebecca Raynes	CLD Strategy Officer (Youth)	The Highland Council	01463 702053
Sally Amor	Child Health Commissioner / Public Health Specialist	NHS Highland	01463 704819
Sally Nowell	Lead Professional for PMHW Service	NHS Highland	01463 705597
Sam Brogan	Senior Childcare & Family Resource Officer	The Highland Council	01463 711176
Sharon Cameron	Food Services Co-ordinator	The Highland Council	01463 663307
Shirley Buchanan	Project Worker – Substance Misuse – Gael Og	Action for Children	01463 709781
Sue Neild	Catering Services Manager	The Highland Council	01463 663307
Suzu Calder	Substance Misuse Strategy & Implementation Manager	HADP	01463 704608
Tom Ogilvie	Inspector (Link for Substance Misuse & Choices for Life)	Northern Constabulary	01463 723370

Glossary Clar-mineachaidh

ASC	Active Schools Co-ordinator
ASG	Associated School Group (a Secondary School and its associated primaries).
ASD	Autistic Spectrum Disorders
ASN	Additional Support Needs
CfE	Curriculum for Excellence
CHP	Community Health Partnership
Children and Young People	Variously defined by age depending on target audience – can range from (pre) Pregnancy to Young Adult. 0 to 24 years.
DMFT	Decayed, missing and/or filled teeth.
ECS	Education, Culture & Sport service of The Highland Council
Hall 4	Evidence-based guide re Child Health screening and surveillance.
HEAT Target	Targets used in the NHS Highland Local delivery Plan. Health, Efficiency, Access & Treatment
HAG	Health Action Group
HADP	Highland Alcohol and Drug Partnership
HPS	Health Promoting Schools
HWB	Health and Wellbeing
JCCYP	Joint Committee on Children & Young People.
Key Outcomes	The performance measures agreed for the integrated Children's Plan (FCH3).
LAC	Looked After Child - A child who is accommodated; or subject to a supervision requirement while living at home; or subject to a child protection order; or subject to a parental responsibilities order.
PMHW	Primary Mental Health Worker
Pupil Council	School pupil body to contribute to decision making within the school, and the wider community.
Pupil Support Service	A network of additional services across Highland, aimed at reducing school exclusions and supporting vulnerable pupils.
PSE	Personal and Social Education
QIS	NHS Quality Improvement Scotland.
SCDEA	Scottish Crime and Drug Enforcement Agency
SIMD	Scottish Index of Multiple Deprivation – now mapped to smaller populations (data zones) below council ward area.
SNAG	School Nutrition Action Group
SHARE	Sexual Health and Relationships Education or Safe Happy and Responsible
YAT	Youth Action Team: Area based Social Work Service Teams, addressing youth crime and substance misuse as part of Youth Action.

Your Choice Implementation Plan 2010/11 – Plana-gníomh 2010/11

Action	Standard/Target	Who must take action	Strategy
	<i>How many/how often/by when. Links to key outcome targets.</i>	<i>Identify the key people in schools and centres to make this happen</i>	<i>What is our strategy for achieving this? Is this adequate – what boost might it need?</i>
<p>1. Improve the oral health of children and young people.</p>	<p>FHC3, Healthy THC Corporate Plan – 1.29 HEAT 9</p> <p>CfE HWB - Safe and Hygienic Practices</p> <p>Maintain 60% of 5 year olds (Primary 1) with no signs of dental disease.</p> <p>60% of 11 year olds (Primary 7) with no signs of dental disease in permanent teeth.</p> <p>60% of 5 year olds (Primary 1) with no signs of dental disease in permanent teeth.</p> <p>Increase % of under 18's under the care of an NHS Dentist</p>	<p>Lead Officer: Miranda Moodie</p> <p>HPS Manager (Service Level Agreement)</p> <p>Senior Dental Officer</p> <p>HPS Officers</p> <p>HAG members</p> <p>Oral Health Improvement Co-ordinators and educators</p> <p>Public Health Nurses</p> <p>Specialist Dietician Health Promoting Schools and ASD</p>	<p>The Childsmile Nursery and Childsmile School programmes deliver a range of preventive care interventions for children who are at increased risk of dental disease from nursery age three until they leave primary school.</p> <p>Targeting Oral Health Inequalities</p> <p>Nurseries and schools participating in fluoride varnish and P1/2 Toothbrushing are targeted as areas of greatest need. They will be selected on the basis of the proportion of children attending the establishment who live in areas of relative disadvantage.</p> <p>What happens in nurseries and schools</p> <ul style="list-style-type: none"> • Supervised daily Toothbrushing programmes in all nurseries and priority schools. • Oral Health Education for children in nurseries and schools. • Advice for Parents and Carers to help them care for their child's teeth. • Free dental packs, with toothbrush and toothpaste • Fluoride varnish is applied twice yearly in priority nurseries and schools. <p>HWB sessions 'Fit as a Fiddle' to incorporate oral health. Training sessions targeting professionals in 0-5 childcare providers and pre-school groups.</p> <p>Continue to work with secondary schools through PE departments and Active Schools Coordinators to raise awareness via 'Teen Smile' presentation and provision of Tooth Trauma kits with advice on preventing dental trauma and protecting teeth from injury.</p>

Action	Standard/Target	Who must take action	Strategy
<p>2. Decrease the number of young people aged 12-15 engaging in drug, alcohol and substance misuse.</p>	<p>FHC3, Healthy</p> <p>THC Corporate Plan – 1.29</p> <p>THC Corporate Plan – 2.17</p> <p>THC Corporate Plan – 2.19</p> <p>HEAT 4</p> <p>CfE HWB Substance Misuse.</p> <p>Reduce the proportion of 13 - 15 year olds self-reporting using alcohol in the last week.</p> <p>Reduce the proportion of 13 - 15 year olds self-reporting smoking regularly each week.</p> <p>Reduce the proportion of 13 - 15 year olds self-reporting using drugs in the last month.</p>	<p>Lead Officer: Louise Jones</p> <p>Substance Misuse Strategy & Implementation Manager</p> <p>Youth Action Team</p> <p>Inspector – Northern Constabulary</p> <p>Guidance/PSE staff</p> <p>Youth Workers</p> <p>Quality Improvement Officer</p> <p>HPS Officers</p>	<p>Substance Misuse Prevention and Education training opportunities delivered in partnership with Youth Action Team for workforce development and future delivery of education in a sustainable way.</p> <p>Pilot prevention and education work ‘Shared Responsibility’, with Dornoch Academy trialling the CfE HWB Outcomes developed with Scottish Crime and Drug Enforcement Agency (SCDEA) and Learning and Teaching Scotland.</p> <p>Health Education (Outside Agencies) Policy updated and disseminated to ensure that any agencies delivering substance misuse prevention and education work comply with agreed P & E strategy.</p> <p>Highland Lifestyle Survey to be repeated in April 2011 existing SALSUS data. Lifestyle to be repeated with P7, S2 & S4 pupils on a bi-annual basis</p> <p>Continue to identify new resources and sharing of practice through the Health and wellbeing GLOW group.</p> <p>Support Northern Constabulary with ‘Choices for Life’ event June 2011 and explore options for additional events that can be run locally.</p> <p>The Highland wide P7 event focussing on various aspects of risk and safety ‘Safe Highlanders’ to continue with support from Education, Culture and Sport.</p>

Action	Standard/Target	Who must take action	Strategy
<p>3. Reduce the pregnancy rates of 13-15 year olds</p>	<p>FHC3 Healthy THC Corporate Plan 1.29 Single Outcome Agreement</p> <p>11. Health life expectancy is improved for the most disadvantaged</p> <p>14. The impact of poverty and disadvantage is reduced.</p> <p>CfE HWB Sexual Health, Relationships and Parenthood Experiences and Outcomes.</p> <p>Successful delivery of 'Respect and Responsibility'.</p> <p>Sustain a downward trend in the number and rate/1000 of teenage pregnancies</p> <p>All schools will deliver an evidence based programme of sex and relationships education through trained staff.</p> <p>Implementation of Sexual Health Strategy</p>	<p>Lead Officers: Lorraine Mann</p> <p>HPS Manager</p> <p>Health Education Co-ordinators</p> <p>Primary School Staff</p> <p>PSE/Guidance staff</p> <p>Public Health Nurses</p> <p>Youth Workers</p> <p>Highland Brook Advisory Centre</p> <p>Terrence Higgins Trust</p> <p>HPS Officers</p>	<p>The 10/11 ECS training calendar to include multi-agency targeted Sex and Relationships Education Training the Trainers programmes to ensure a sustainable approach to future workforce development.</p> <p>Sex and Relationships Education training provided for professionals working with young people with additional support needs. SHARE Special Resource for all Secondary Schools, ASN schools and Intensive Support Units</p> <p>Sex and Relationships Education training provided for professionals working with primary age children.</p> <p>Sex and Relationships Education Awareness training session devised for non-school community staff.</p> <p>Sex and Relationships Education training for all professionals working in secondary schools with a focus on NHS Health Scotland's SHARE resource.</p> <p>All secondary schools to have within the school grounds or within reasonable walking distance a drop-in facility for young people. Development of quality assurance monitoring of drop-in facilities</p> <p>FPA Speakeasy pilot involving projects with parents/carers to be completed & evaluated in 10/11</p> <p>Development of cross-curricular approaches to enhance delivery of SRE.</p> <p>All approved sexual health and sexuality websites to have appropriate levels of access through both administration and curriculum networked equipment.</p> <p>LGBT Youth Scotland, Stonewall and Hate Free Highland resources for anti-homophobic bullying and reporting of incidents promoted through education training and delivery.</p>

Action	Standard/Target	Who must take action	Strategy
<p>4. Health and Wellbeing curriculum in schools to include education on infant feeding.</p>	<p>FHC3 Healthy THC Corporate Plan – 1.29 HEAT 3 & 7 CfE HWB Food and Health CfE Relationships, Sexual Health and Parenthood</p>	<p>Lead Officer: Cathy Steer Infant Feeding Co-ordinators HPS Manager</p>	<p>Breast Feeding Awareness Week Poster Competition winning posters to be distributed. NHS Highland Breast Feeding Strategic Framework 2010-2013 to incorporate specific points for Children & Young People and education. Infant Feeding Co-ordinators to identify list of resources that can be used in both Primary / Secondary sectors and to discuss further with the relevant groups. All schools & Highland Libraries to display 'Baby Welcome' stickers.</p>
<p>5. All Health Promoting Schools in Highland to ensure continuous improvement.</p>	<p>FHC3 Healthy THC Corporate Plan – 1.29 THC Corporate Plan – 1.27 HEAT 3 Compliance with Schools (Health Promotion and Nutrition) (Scotland) Act. Curriculum for Excellence Health and Wellbeing – Experiences and Opportunities provided for young people to achieve outcomes. All schools in Highland to retain HPS status and ensure this is mainstreamed as Health and Wellbeing.</p>	<p>Lead Officer: Louise Jones HPS Officers Head Teacher & school community staff Public Health Nurses Quality Improvement Officers Health Improvement Lead Public Health Practitioners Subject Supporters HWB</p>	<p>The CfE Health and Wellbeing Group to build on the results of the earlier PSE Review Group and develop training opportunities, guidance and support to schools. A review of Health Promoting Schools to be undertaken for remodelling of service provision Each NHS Highland Community Health Partnership area to have a dedicated Health Promoting Schools Officer to provide local support to allocated schools and Specialist Dietician working Highland wide. Schools to ensure Standards and Quality Reports include HPS / School Act statements in 1.2 and 5.8 Health and Wellbeing training opportunities to be devised and delivered through the ECS CPD Calendar Highland Lifestyle Survey completed on a bi-annual basis, results analysed to provide local data on Health and Wellbeing of P7, S2 and S4 pupils. The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 local guidance produced and accessible on Highland Council website and GLOW. E-Safety Group established as part of Child Protection Delivery Plan. E-Safety strategy produced, HPS to ensure all schools deliver education on using the internet safely and responsibly.</p>

Action	Standard/Target	Who must take action	Strategy
<p>6. Increase participation in Physical Education, Physical Activity and Sport</p>	<p>FHC3, Active THC Corporate Plan – 1.27 HEAT 3 CfE HWB Outcomes, Physical Activity and Sport.</p> <p>Increase the numbers taking part in sports and physical activity by 3% maintaining the balance of participation across the population.</p> <p>Increase the proportion of 13–17 year olds taking part in sport in addition to the school curriculum more than once a week.</p> <p>Training for all 29 secondary schools P.E departments and ASCs to provide better physical activity and sport opportunities that will engage girls.</p>	<p>Lead Officer: Jonathan Warde</p> <p>HPS Manager</p> <p>Leisure and Learning Manager</p> <p>Quality Improvement Officers</p> <p>Health Development Officer – Early Years.</p> <p>HPS Officers</p> <p>Head Teachers</p> <p>Specialist Teachers of P.E.</p> <p>Class Teachers</p> <p>Active schools Co-ordinators</p> <p>Sport Development Officers</p> <p>Outdoor Education Officer</p>	<p>Active Schools Co-ordinators in each Integrated Learning Community will co-ordinate and support opportunities for volunteering and provide physical activity and sporting opportunities for all pupils while targeting specific sections of the school population with physical activity. The targeted work will receive additional funding from SportScotland.</p> <p>Development of a Secondary based primary focussed model of P.E delivery in each integrated learning community to provide 120 minutes of P.E for all pupils and a relevant programme of study within CfE.</p> <p>Quality Improvement Officer (HWB) and Teachers to develop activities that give pupils more choice in P.E and that link to leisure centres, sports clubs and community groups.</p> <p>In partnership with Glasgow University provide a formal post-graduate training opportunity for Primary School teachers to develop specialist skills in the delivery of Primary School P.E that also meets the requirements of CfE.</p> <p>Active schools annual plan for 2010/11 includes coverage of all integrated learning communities. This includes volunteering and increased activity levels in young people</p> <p>Ensure that a programme is in place to support training and assessment at a national level for a variety of adventure activities for professionals. This majority will take place at Glenmore Lodge, the national outdoor training centre.</p> <p>To continue to enhance the Highland accreditation system for low level walking and camping.</p> <p>To provide guidance and support to Head Teachers and partner professionals in learning communities for the successful delivery of outdoor learning opportunities.</p>

Action	Standard/Target	Who must take action	Strategy
<p>7. The year on year increase in Highlife Card membership</p>	<p>FHC2, Active CfE HWB Outcomes – Physical Activity and Sport THC Corporate Plan – 1.27 Increase upward trend in the number of visits to The Highland Council’s managed and owned Leisure Centres, including High Life card holders and Budget Cards for National Entitlements.</p>	<p>Lead officer: John O’Kane Community Development Manager. Principal Youth Development Officer Development Officer – Dialogue Youth Youth Development Officer - Information</p>	<p>Bring in additional community leisure facilities to the High Life Leisure Scheme, increasing the number of participating facilities.</p>
<p>8. Ensure High Life Young Scot National Entitlement Cards are now available to 100% of school pupils aged 12+.</p>	<p>FHC3 Active THC Corporate Plan 1.27, 1.37 & 2.22 HEAT 3 Achieve year on year increase in number of visits to Highland Youth Voice and Young Scot websites.</p>	<p>Lead Officer: Mike Jones Health Promoting Schools Manager</p>	<p>Ensure that all school’s and education sites include a link to the Highland Youth Voice website.</p> <p>The High Life Young Scot card is made available through all secondary schools to every pupil, with an average uptake of above 85%</p> <p>Continue to promote card availability to home taught, looked after and accommodated, travelling children and young people who have left school via the various support officers and agencies.</p>
<p>9. Work in collaboration with Highland Libraries to ensure access to appropriate, recommended supporting resources and information on health improvement.</p>	<p>FHC3, Achieving THC Corporate Plan 1.27 HEAT 3 CfE Health and Wellbeing Supporting material available in all Highland Libraries</p>	<p>Lead Officer: Ian Murray Library Information Service Co-ordinator Health Improvement Lead</p>	<p>Promotion of the use of Highland Library stock and suggestions for purchase of/acquirement of health improvement literature agreed.</p> <p>Continue promotional events on healthy living including Well Read and Books on Prescription in 2010/2011.</p> <p>Access to training on Health Improvement and E-Safety made available to library staff.</p> <p>Providing services and resources in all libraries which support community care, Health and Wellbeing as per Libraries Operations Plan.</p>

Action	Standard/Target	Who must take action	Strategy
<p>10. Active School Co-ordinators to introduce health and fitness checks for young people with advice about appropriate activity and sporting opportunities</p>	<p>FHC3, Healthy & Active THC Corporate Plan 1.28 HEAT 3</p> <p>All primary schools to have introduced health/fitness checks with appropriate advice/activity with signposting to local leisure centre and community activities.</p>	<p>Lead Officer: Jonathan Warde</p> <p>Active School Co-ordinators Leisure Centre Managers Specialist P.E Staff Head Teachers</p>	<p>Pilot the introduction of health and fitness checks in Secondary Schools with a focus on teenage girls.</p> <p>All primary schools to have introduced health/fitness checks.</p> <p>To continue to contribute to the joint NHS Healthy Weight Strategy to implement programmes based on Childhood Healthy Weight Interventions, including the involvement of Active School Co-ordinators in the "X and Mini-X Programme" in schools.</p>
<p>11. Learning communities to develop innovative approaches to support outdoor learning and outdoor play.</p>	<p>FHC3 Healthy & Active THC Corporate Plan 1.30 HEAT 3</p> <p>CfE HWB Outcomes – Mental, Emotional, Social and physical wellbeing.</p>	<p>Lead Officer: George Reid</p> <p>HPS Manager Quality Improvement Officer Active Schools Co-ordinators Active Schools Manager Outdoor Education Officer</p>	<p>The Your Choice Health Action Group to explore approaches to involve pre-school partner centres in the Health and Wellbeing agenda.</p> <p>To ensure that all providers receive the Outdoor Learning Framework (was distributed to schools by LTS in April 2010)</p> <p>Evaluation of the all weather play suits to establish the impact on increased physical activity.</p> <p>Successful delivery of the 'Grounds for Learning' newsletters to all providers.</p> <p>The Highland Outdoor Learning Group to continue to explore actions/support arising from the Outdoor Learning Framework. Including Outdoor Learning and Nutrition Guidance.</p> <p>To support greater use of the National Parks by providing CPD for professionals which are founded on the principles of risk benefits analysis.</p>
<p>12. Continue to promote Safer Routes to School,</p>	<p>FHC3 Healthy & Safe THC Corporate Plan 1.29 1.39 & 1.40</p>	<p>Lead officer: Lisa Mackellaich</p> <p>Road Safety Officer</p>	<p>Increase the number of schools with 20mph restrictions and increase the proportion of schools with agreed travel plans and incentives.</p> <p>Continue to support the 'Walk to Schools Week', 'Park Smart' and 'Go For It' walking incentive card initiative.</p>

Action	Standard/Target	Who must take action	Strategy
encouraging children to walk or cycle both on the road and off-road.	HEAT 3 CfE HWB Mental, Emotional and Physical Wellbeing. Reduce child injuries and fatalities relative to total population for all accidents and specifically for road traffic accidents and home accidents.	Outdoor Education Officer HPS Manager HPS Officers	Increase the proportion of schools participating in accredited "risk reduction" programmes – including cycling proficiency, driving ambition etc,
			Pilot transition projects on active travel as children move on to Secondary School
			Each school to have their own School Travel Plan and School Travel Team (<i>Safer Routes to School Committee</i>)
			To raise awareness and promote the 'Go Mountain Bike Achievement Scheme' and continue to support professionals to achieve appropriate National Governing Body (NGB) awards.
13. Continue to develop arts and cultural opportunities that contribute to health and wellbeing.	FHC3 Safe THC Corporate Plan – 1.29 CfE HWB Increased access to arts and cultural activities that include a focus on issues relating to mental, emotional, social and physical wellbeing.	Lead Officer: Lynn Johnson Arts Links Officer Principal Arts Education and Cultural Officer Specialist Dietician Health Promoting Schools and ASD	Roll Out the All Systems Go, Early Moves, Eat Your Words and Cyber Room Resource packs to Highland Schools.
			Deliver CPD for Teaching and other relevant staff in the use of the Early Moves resource pack.
14. Emphasise healthy lifestyles in parenting programmes	FHC3 Healthy THC Corporate Plan – 1.29 HEAT 3	Lead Officer: Julia Nelson Child Health Commissioner	Increase skills and confidence of parents through providing empowering and evidence based parenting support, including information and advice on healthy choices
			'Play at Home' programme maintained by; <ul style="list-style-type: none"> • Delivery of books to parents of 0-5 year olds. • Awareness-raising among practitioners • Promotion to parents
			A parenting support framework is to be devised as agreed by the Joint Committee for Children and Young People.

Action	Standard/Target	Who must take action	Strategy
<p>15. Extend peer support and education models for particular groups in schools.</p>	<p>FHC3 Healthy THC Corporate Plan – 1.29 CfE HWB</p>	<p>Lead Officer: Louise Jones Quality Improvement Officer Health Improvement Lead HPS Officers</p>	<p>Working in partnership with Youth Mentor UK, plan and coordinate two future events for peer education. 1) Peer Led alcohol awareness event 2) Training for peer education.</p> <p>To use peer education as a vehicle for successful delivery of HWB resources such as Hector the Protector – E-Safety.</p> <p>To provide a list of resources to support training for peer education methods.</p>
<p>16. Promoting the Health and Wellbeing of all staff within integrated learning communities.</p>	<p>FHC3 Healthy THC Corporate Plan – 1.29 THC Corporate Plan - 2.21 All schools can demonstrate a coherent strategy for the promotion of the health and wellbeing of all staff.</p>	<p>Lead Officer: Keith Walker Policy Officer HPS Manager HPS Officers Healthy Working Lives Co-ordinators based with CHPs.</p>	<p>Involve Teacher Support Scotland in Highland schools and new email alert scheme.</p> <p>'Getting it Right For Children in Distress' delivered to 50% of staff working children and young people.</p> <p>ECS policies regarding Cyberbullying in cover support for staff and specific guidance on managing incidents of Cyberbullying.</p> <p>The Highland Council Corporate Plan includes a commitment for continuation of support for the Healthy Working Lives programme.</p> <p>NHSH CHP Health Promoting Schools Officers in partnership with Healthy Working Lives Advisers to support school communities in advancing Staff Health and Wellbeing.</p> <p>Promotion of the Work Positive (HSE and Health Scotland Resource)</p> <p>Creation of a resource guidance to support schools for staff Health and wellbeing to be located in HPS Toolkit and GLOW.</p> <p>Corporate commitment for the whole Council to achieve Silver Award.</p>
<p>17. Introduce programmes to reduce number of accidents by improving risk</p>	<p>FHC3 Healthy & Safe THC Corporate Plan 1.29 1.42 2.41 2.42</p>	<p>Lead Officer: Barry Northedge HPS Manager Road Safety Officer</p>	<p>Development of work in Primary School projects including; 'Streetsense' (Road Safety Education Resource) Traffic Trails, Cyclist Training (P6/7), Junior Road Safety Officers (P6/7), 'Go For It' Walking/Cycling Incentive Scheme Walking Bus', The Journey' P6 Play, Safe Highlander (P7) and Choice for Life (P7)</p>

Action	Standard/Target	Who must take action	Strategy
benefit analysis/assessment skills.	CfE HWB, mental, emotional and physical wellbeing. Reduce child injuries and fatalities relative to total population for all accidents and specifically for road traffic accidents and home accidents.	Outdoor Education Officer Integrated risk management plan co-ordinator	Development of Secondary School projects including: S1/S2 Secondary School Play, S3 – S6 Crash Magnets and S5/6 Driving Ambition. Continue to increase the number of schools with 20 mph restrictions To develop work with British waterways for education children and young people about canal safety. To explore ways with the Outdoor Learning Steering Group to ensure professionals promote a model risk benefit analysis in their daily teaching practice and with participants.
18. Promotion of healthy lifestyles of children and young people who are looked after.	FHC3 Healthy THC Corporate Plan – 1.16 THC Corporate Plan – 1.17 THC Corporate Plan – 1.18 THC Corporate Plan – 1.20	Lead Office: Louise Jones Head of Integrated Children's Services Specialist Dietician Health Promoting Schools and ASD Oral health Improvement Co-ordinator	To work with each residential establishment to develop a health improvement plan, detailing goals and actions to promote healthy diets, lifestyles and oral care in accordance with key national health improvement messages, and support attendance at health appointments. Multi-agency health improvement related training offered to Non-HC run establishments. I.e. E-Safety events, Food and Health and Oral Health for all professionals.
19. Promote self-esteem and positive mental health in children and young people	FHC3 Healthy THC Corporate Plan – 1.17 THC Corporate Plan - 1.29 CfE HWB Mental, emotional, social and physical wellbeing	Lead Officer: Louise Jones Child Health Commissioner Quality Improvement Officer HPS Officers Primary Mental Health Services Clinical Nurse Specialist Specialist Dietician Health Promoting Schools and ASD	Mental Health of Children and Young People Promotion, Prevention and Care framework implemented. Specific links between food, mood, behaviour and learning are made explicit in the training and support provided to schools. This approach helps to ensure that the needs of the most vulnerable children are met. Training developed by Mental Health training Steering Group and delivered to professionals working with children and young people via the ECS CPD Calendar

Schools (Health Promotion and Nutrition) (Scotland) Act 2007 and Nutritional Requirements 2008 The Highland Council Corporate Plan

- At least maintain 95% of schools inspected receive 'satisfactory' or better HMIE Report.
- 1.29 100% of Schools Maintain Health Promoting Schools Status
- 2.5 At least maintain uptake of free school meals at 77% of eligibility

Action	Standard/Target	Who must take action	Strategy
20. The Your Choice Health Action Group to monitor implementation and compliance with the School Act and continuous improvement thereafter.	Compliance with the School Act and demonstration of activities that exceed expectations of children,, young people and families within our learning communities.	Lead Officer: Ian Murray HPS Manager Catering & Cleaning Manager Catering Manager Catering Providers HP Specialist Food & Nutrition Specialist Dietician Health Promoting Schools and ASD	To continue to ensure the Your Choice Implementation Plan to be a regular agenda item at HAG meetings. HAG meetings to be chaired jointly with NHS Highland.
			Ensure funding to give support to HAG developments and ensure implementation plan is updated.
21. Provide appropriate guidance for 'Special Diets' in schools for children with allergies, intolerances or relevant additional support needs.	All schools, where feasible, are operating within the School Food, Nutrition and Health Policy. The policy to be part of the Health and Wellbeing priority areas within A Curriculum For Excellence.	Lead Officer: Norma Murray Specialist Dietician Health Promoting Schools and ASD Food Services Co-ordinator HP Specialist Food and Nutrition. HPS Manager Catering Officers School Cooks	Information to be continually developed to ensure products for different dietary needs is available for school cooks with training and support.

Action	Standard/Target	Who must take action	Strategy
<p>22. Compliance with Schools (Health Promotion and Nutrition) (Scotland) Act.</p>	<p>To ensure compliance with the Nutritional Requirements 2008.</p> <p>School communities should not advertise nor promote food and drink with high fat or sugar content</p> <p>NB: This action has been embedded in all Highland school communities and will be extended to all community learning and leisure venues.</p>	<p>Lead Officer: Norma Murray</p> <p>Catering Services Team</p> <p>Food service Co-ordinator</p> <p>CLL Staff</p> <p>Head Teachers</p> <p>HPS Officers</p>	<p>Continue with dedicated consultant dietician to explore healthier alternatives within menus and snacks.</p> <p>Continual dialogue with suppliers and manufactures in the extension of choice for menu development snacks and drinks.</p> <p>Continue to develop the SAFFRON nutritional package in order to provide nutritional analysis of menus and nutrient specifications.</p> <p>The 'Your Choice' branding to continue to be synonymous with healthy food choices in all education and leisure venues</p> <p>Food and Behaviour training to incorporate advertising and the links between healthy eating and wellbeing. This will also be demonstrated in context of Curriculum for Excellence.</p>

Action	Standard/Target	Who must take action	Strategy
<p>23. Schools should consult with pupils on a regular basis on the provision of school meals, snacks and drinks.</p>	<p>All schools have a mechanism for consultation with the community.</p> <p>Each school must demonstrate effective consultation through the Health Promoting Schools portfolio of evidence.</p>	<p>Lead Officer: Norma Murray</p> <p>Head Teachers</p> <p>Catering Providers</p> <p>HPS Manager</p> <p>Youth Workers</p>	<p>Parent and Catering representatives will be included in each mechanism.</p> <p>Customer surveys to be designed and implemented with pupils, parents and staff.</p> <p>HPS Officers to target secondary sector SNAGs to re-launch and develop a renewed focus on increasing the uptake of school meals.</p> <p>Catering service to look at options for healthy vending and self-serve kiosk for pre-order meal deals.</p>
<p>24. ECS senior management, school management and service providers to encourage the uptake of school meals and free school meals.</p>	<p>All Head Teachers and school staff will ensure that the school lunch experience is seen as a vital part of the day and contributes towards health and wellbeing.</p> <p>All Parents / Carers are aware of eligibility for free school meals.</p>	<p>Lead Officer: Louise Jones</p> <p>Catering and Cleaning Manager</p> <p>Head Teachers</p> <p>Integration Managers</p> <p>Catering Providers</p> <p>HPS Officers</p> <p>Quality Improvement Officer</p>	<p>Schools to demonstrate ethos through HPS, quality assurance, School Standards and Quality Reports and HMIE Health and Nutrition Inspections.</p> <p>Schools to develop a revised strategy to ensure that school meals are promoted, this will include:</p> <ul style="list-style-type: none"> • Transition events inviting parents. • School Pupil diaries. • Lunchtime arrangements. • Information provided to school communities through different media. • Primary school welcome pack to be updated annually by The Highland Council / HPS and distributed to all P1s. • Customer surveys • Healthy Weight Strategy • Curriculum for Excellence • Welcome week involvement • P7 – S1 Transition Pack.

Action	Standard/Target	Who must take action	Strategy
<p>25. Caterers should consider appropriate means of labelling food and methods of conveying information on content to pupils and parents. Through existing school communication channels, menus should be forwarded to parents at least once a term. Schools and caterers should consider presentation, marketing and pricing structures to incentivise healthier choices.</p>	<p>Standardised menus for all are advertised and displayed.</p> <p>Continue to develop the corporate branding and SMART LIFESTYLE package.</p>	<p>Lead Officer: Norma Murray</p> <p>Catering Providers</p> <p>Specialist Dietician Health Promoting Schools and ASD</p> <p>HPS Manager</p> <p>Food Services Co-ordinator</p> <p>Head Teachers</p>	<p>Create menus in an appropriate way to ensure distribution, inclusion by electronic means, website and school newsletters.</p>
			<p>Continuous updating of seasonal menus for primary schools to ensure they compliant and meet the Food For Life Catering Charter.</p>
			<p>Continue to develop the provision of visual, Gaelic medium and Polish resources including menus and introductory P1 packs for schools.</p>
			<p>Secondary schools promote the Smart Lifestyle and meal deal options.</p>
			<p>Continue to support catering staff through training and updates on the presentation and marketing of healthier options, information pack to be provided.</p>
<p>26. Introduction of schemes to recognise innovation, celebrate success and ensure continuous improvement.</p>	<p>To celebrate and disseminate good practice across Highland.</p> <p>Achievement of the Food For Life Catering Charter Bronze Level by 2010.</p>	<p>Lead Officer: Norma Murray</p> <p>Whole school community</p> <p>Head Teachers</p> <p>ECS Management Team</p> <p>School Cooks</p> <p>HPS Manager</p>	<p>Schools currently accredited will ensure a high standard is maintained in HPS criteria regarding Staff Health and Wellbeing that includes school catering staff.</p>
			<p>Work towards the next stage of the FFL award criteria and successful inspection visit.</p>
			<p>Inclusion of good news stories in ECS Newsletter.</p>

Action	Standard/Target	Who must take action	Strategy
<p>27. All school catering and dining room supervisory staff should undertake appropriate training, for example, the Royal Environmental Health Institute of Scotland Food and Health training course as part of their programme of development.</p>	<p>All whole school community participants trained to an appropriate level to comply with the food and health training.</p>	<p>Lead Officer: Norma Murray Food Safety Co-ordinator FSA Scotland Whole school community Healthy Weight Development Officer HPS Manager</p>	<p>Training provided for catering staff including 'Foundation Certificate in Nutrition' delivered by training company 'Royal Society for the Promotion of Health'.</p> <p>Child Protection Training opportunities to be explored for all catering staff with Area Child Protection Committee and ECS.</p> <p>Interested parents, carers and teachers should also be encouraged to undertake training in food and health.</p> <p>All catering staff to be trained to the elementary level for food safety and to work towards to all cooks/chefs to be trained to immediate.</p> <p>An in-house refresher course has been designed and all staff who should attend within three years of completing the elementary food hygiene course.</p>
<p>28. All schools to consider the links between learning about 'Food and Health' and food provision in the school.</p>	<p>HEAT 3</p> <p>Implementation of Curriculum for Excellence - Food and Health: Nutrition, Food and the Consumer,</p> <p>The 'School Food and Health Group' (sub group of the Your Choice Health Action Group) to examine particular issues on school food and health.</p>	<p>Lead Officer: David Rex Head Teachers HPS Manager HPS Officers Quality Improvement Officers</p>	<p>Schools to work in partnership with catering staff and HE departments where appropriate for health / food themed events.</p> <p>HE Based Subject Supporter to ensure curriculum materials and resources are available and emerging national guidance sought to be reported to HWB/PSE Review Group.</p> <p>Schools to be supported by HPS Officers to develop effective approaches to enable pupil participation in Food and Health initiatives. Effective approaches to be shared via website and GLOW group.</p> <p>A Food and Health webpage developed to promote Rising Stars and links with curriculum resources.</p>

Action	Standard/Target	Who must take action	Strategy
<p>29. All schools to comply with Nutritional Requirements 2008 for food and drink provision <i>outwith</i> the school lunch.</p>	<p>All schools have received and are implementing 3 keys sets of guidance on</p> <ul style="list-style-type: none"> • School Snacks / Tuck Shops • Food for Celebrations • Healthier Home Baking • Outdoor Learning 	<p>Lead Officer: David Rex</p> <p>Head Teacher Catering Providers SNAGs HPS Manager HPS Officers</p>	<p>Ensure seasonality is maximised by ensuring goods are as fresh as possible at point of delivery.</p> <p>School/Youth Service/Social Services workers to be encouraged to look at healthy eating options for children and young people in transit i.e. packed lunches or healthier eating venues, rather than chips and burgers at fast food outlets.</p> <p>Revised guidance to be disseminated to schools with nutritional standards via THC website and Glow Groups</p> <p>To develop a Highland Guidance sheet on food during outdoor learning.</p>
<p>30. Free fruit for Primary 1,2 and 3 year groups.</p>	<p>All primary 1-3s to receive free fruit as part of the school day.</p>	<p>Lead Officer: Norma Murray</p> <p>Catering Manager Head Teacher and Staff</p>	<p>Ensure menus are reviewed and that a variety of choices and seasonality is taken into consideration and where there is no catering facility ensure arrangements are put in place.</p>

Action	Standard/Target	Who must take action	Strategy
<p>31. Ensure all steps are taken to protect the identity of those receiving free school lunches.</p>	<p>All secondary schools by 2011 to have adopted National Entitlement Cards / cashless catering systems as per Customer 1st and corporate approach</p> <p>Young people who are entitled to free school meals will remain anonymous and stigma reduced that may be associated with FSM.</p>	<p>Lead Officer: Norma Murray</p> <p>Head Teachers</p> <p>HPS Officers</p> <p>Youth Development Officer – Participation</p> <p>Catering Service</p> <p>Youth Convener</p>	<p>Carry out audit within schools currently issuing tickets/FSM and in non-smartcard schools.</p> <p>Pupil Councils and SNAGs to ensure that FSM is an item on their agenda along with increasing uptake of school meals generally.</p> <p>Increase links with Benefits Agency and departments to ensure that eligible applicants are informed about FSM.</p> <p>New guidance for procedures, roles and responsibilities for the collection of payments.</p> <p>As part of 'Customer Relations Management' new guidance and proforma to be designed to ensure consistency between procedures for obtaining free school meals, clothing and footwear.</p> <p>Ensure corrective actions are taken which will have be guided by young people through feedback at the annual Senior Pupils Interactive Consultation Event (SPICE).</p>

Action	Standard/Target	Who must take action	Strategy
<p>32. As part of the introduction of card systems, education authorities should ensure there are sufficient validators in easily accessed areas within the school not only in the dining room, and that they are easy to use.</p>	<p>The Highland Council to have accessible validators.</p> <p>Points of access to ensure electronic top-up of cards for the whole school community</p>	<p>Lead Officer: Norma Murray Catering Service Team Head Teachers</p>	<p>Ensure consultation with whole school community, particularly pupils to identify suitable venues for validators or access for top-up cards.</p> <p>Internet mechanism to be explored to top-up cards.</p> <p>As part of the Customer 1st agenda National Entitlement Cards to be available to all secondary pupils for catering, transport, libraries and leisure.</p>
<p>33. Consider the introduction of incentive schemes to promote healthier choices and increase the take-up of school meals</p>	<p>To ensure innovative schemes are devised in collaboration with the range of services within Highland Council and outside bodies.</p>	<p>Lead Officer: Norma Murray HPS Manager Youth Forums Specialist Dietician Health Promoting Schools and ASD</p>	<p>Consultation with young people as to appropriateness of incentive scheme and what rewards would be attractive and most suitable. To take place through the SPICE event.</p> <p>SNAG groups to consult with local businesses and communities to encourage a whole school community approach in examining school nutrition.</p> <p>SNAG groups to examine enterprise initiatives that involve suppliers of food to the school community encouraging uptake of fruit.</p> <p>Continue to work with suppliers to explore options for incentive schemes that can take a whole school approach.</p>

Action	Standard/Target	Who must take action	Strategy
<p>34. All schools should examine their seating and queuing arrangements to ensure that the school lunch social experience is maximised.</p>	<p>School dining arrangements facilitate a climate conducive to the health and wellbeing.</p> <p>Equal opportunities policies are implemented.</p> <p>Improvements to the dining room to enhance its atmosphere and ambience, and encourage its use as a social area should be considered as a priority, and should be taken into account in their wider school estate planning. It is desirable, wherever possible, that a separate dining area should be provided.</p>	<p>Lead Officer: Norma Murray</p> <p>Catering Service Team</p> <p>HPS Manager</p> <p>Estates Strategy Manager</p> <p>Head Teachers</p> <p>Youth Convener</p>	<p>SNAGs to carry out surveys into the eating experiences of the whole school community within the school dining areas. A blueprint for the survey will be developed and circulated to SNAGs, pupil councils, and Public Health Practitioners.</p> <p>Any school estate renovations and new builds should have full consultation and support for inclusion of the School Act.</p> <p>Queue management systems to be introduced where benefits have been identified</p> <p>Pay / display / menu boards / signage to be introduced to ensure customer awareness of choices, charges and points of sale.</p>
<p>35. Reduce the average waiting time in queues for both pupils and staff.</p>	<p>Each school will be compliant with the Disability Discrimination Act and school equal opportunities policies are implemented.</p> <p>School dining arrangements facilitate a climate conducive to the HPS ethos.</p> <p>Appropriate supervision of the pupils at lunchtime.</p>	<p>Lead Officer: Norma Murray</p> <p>Catering Services Team</p> <p>HPS Manager</p> <p>Quality Improvement Officer</p>	<p>A pilot school to be sought to explore the introduction, where possible, of staggered lunch breaks and extension of the lunch period. Actions/Issued raised will be supported by HAG.</p> <p>To promote the pre-order service and encourage uptake of this facility.</p> <p>Head Teachers to ensure appropriate staff are deployed to supervise the lunch break and facilitate a social lunch experience.</p>

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<p>36. Furniture design, layout and usage, along with other factors such as décor and background music, should be considered by all schools, with significant pupil input and programmes for change drawn up.</p>	<p>A whole school approach is adopted to ensure the social experience of lunchtime is maximised.</p>	<p>Lead Officer: Norma Murray Catering Service Team HPS Manager Head Teachers</p>	<p>Any school estate renovations and new builds should have full consultation and support for inclusion of the School Act.</p> <p>SNAG/Pupil Council to assist in surveys and development of programmes of change.</p> <p>The catering service to incorporate this point within the customer surveys.</p> <p>Existing good practice disseminated and suggested actions added to the Health and Wellbeing GLOW group to support schools developments.</p> <p>Ongoing capital investment to replace dining room furniture and other fixtures to enhance the ambience of the dining room.</p>
<p>37. Introduce Healthy Vending in schools, Swimming Pools and Leisure Centres.</p>	<p>All The Highland Council leisure centres are consistent with the ethos of Schools (Health Promotion and Nutrition) (Scotland) Act 2007 for the sale of food and drinks.</p> <p>‘Your Choice to Healthy Living’ stickers have been produced and distributed to venues that can demonstrate consistency with school standards.</p>	<p>Lead Officer: John O’Kane HPS Manager Catering Service Team Quality Improvement Officer Specialist Dietician Health Promoting Schools and ASD</p>	<p>All advertising, branding and sponsorships comply with products consistent with Schools (Health Promotion and Nutrition) (Scotland) Act 2007. Advertising compliant with Consumer Focus Scotland Guidelines on Commercial Sponsorship in Schools (March 2009)</p> <p>Continue dialogue with suppliers to source additional options for healthy snacks which are compliant with the Nutritional Requirements 2008.</p>

Action	Standard/Target/Status	Who must take action	Strategy
<p>38. Access to fruit, milk and water available to all schools where free and as part of the main meal provision and compliance with the Act.</p>	<p>All Highland Schools will be able to provide fruit, milk and water to pupils as part of the school meal.</p>	<p>Lead Officer: Norma Murray Catering Services Team HPS Team Oral Health Improvement Co-ordinators</p>	<p>School catering staff to continue to encourage pupils to try fruit, milk and water and a variety of breads at lunchtime.</p>
<p>39. Ensure that principles of sustainable development are applied through provision of catering services in compliance with the Act.</p> <p>(See also Implementation Plan point 42)</p>	<p>Implementation of the guidance issued by Scottish Ministers for including sustainable development in procurement.</p>	<p>Lead Officer: Norma Murray HPS Manager Catering Services Team Deer Commission Scotland Project Officer Specialist Dietician Health Promoting Schools and ASD</p>	<p>Explore with Deer Commission Scotland the possibility for educating pupils on the benefits of venison for health and the local economy.</p> <ul style="list-style-type: none"> • Good Practice Case Study Produced in Highland primary school, highlighting links with CfE • Celebrate National Venison Day (4th September) All schools to have a venison option. • Create healthy venison recipe cards with children and young people. • 'Where your meat comes from' poster to include venison. • Provision of school meals venison consumption to DCS. • Support DCS in their creation of web resource • Attendance of DCS Project Officer to school, food and health group. • Ensure links are developed with the Food for Life awards. <p>Catering providers should ensure sustainable development in considered in procurement processes</p>

Action	Standard/Target/Status	Who must take action	Strategy
40. Promote water consumption in schools	100% of Highland schools and education establishments have access to fresh drinking water for pupils and whole school staff.	Lead Officer: Louise Jones HC Maintenance/Catering services Head Teacher/School Health Co-ordinator HPS Manager Oral Health Improvement Co-ordinators	Each school to develop a health promotion policy incorporating availability of drinking water, hygiene and guidelines for allowing water in classrooms. Oral Health Improvement Co-ordinators in collaboration with THC maintenance/catering services ensure the provision of fresh water to schools. Continuation of project work supplying water bottles to pupils as part of Child/Teen Smile
41. Food provision and learning in schools considers the environmental, economic and social impact of food choices	Adverse impact on the environment is minimised. The Highland economy benefits. Food is as fresh as possible at point of delivery. Food For Life targets are met. Implementation of Curriculum for Excellence Experiences and Outcomes, Health and Wellbeing – Food and Health, Nutrition, Food and the Consumer lines of development.	Lead Officer: David Rex Cleaning and Catering Manager HPS Manager HPS Officers	Increased use and awareness of local produce within school meals. The supply of organic produce to be investigated by catering and cleaning services to examine feasibility of supplying to schools. Work with 'Highland One World Group' to encourage the promotion of ethical models of global food trade e.g. 'Fair Trade'. Cross-curricular links developed with Social Sciences Experiences and Outcomes.
42. Dissemination of Your Choice Implementation Plan	The Your Choice Implementation plan and guidance are freely available through FHC website and HPS team. The Your Choice to Healthy Living initiative is a key component of the Highland Council Education, Culture and Sport Service Plan and contributor to Strengthening the Highlands, The Highland Council Corporate Plan.	Lead Officer: Ian Murray All Heads of Service within Education, Culture and Sport Service. All lead professionals	The 10/11 plan is to be available to all stakeholders via The Highland Council website, For Highlands Children and the new GLOW Health and Wellbeing Group Opportunity created for display of the breadth of Health and Wellbeing Improvement work at future Highland Council and NHS Board meetings



**To request this information in an alternative format
e.g., large print, Braille, computer disk, audio tape or
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yourchoice

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