



yourchoice

implementation plan 2008/09
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Introduction

'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. This latest edition incorporates the implementation of the Schools (Health Promotion and Nutrition) (Scotland) Act and Curriculum for Excellence, thus building on the work of Active Schools, Health Promoting Schools and Hungry for Success and previous plans.

'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 2, NHS Highland's Local Delivery Plan and the Single Outcome Agreement. The Education, Culture and Sport Service Plan (Revised 08) 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.

The title and logo for 'yourchoice' is an important branding for Education, Culture and Sport Service's health improvement initiatives. It originated through consultation with young people from three Highland Schools who felt that healthy living should be 'yourchoice'. 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.

This plan is monitored by the yourchoice Steering Group and implemented by the multi-agency group, Your Choice – Health Action Group (HAG). Both groups meet quarterly. The Your Choice Implementation Plan utilises the 'traffic light, 'Red, Amber & Green' system to monitor the progress of each action. A wider focus group meets bi-annually to ensure consultation with all stakeholders and partner agencies.

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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If you have any suggestions or comments on the implementation plan please contact:

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National Website www.healthpromotingschools.co.uk

Glossary Clar-mineachaidh

ASC	Active Schools Co-ordinator
ASCF	Area Children's Service Forum
ASG	Associated School Group (a Secondary School and its associated primaries).
ASN	Additional Support Needs
BBS	'Building a Better Scotland'. Intent of Scottish Executive's spending review.
CAMHS	Child and Adolescent Mental Health Services
CfE	Curriculum for Excellence
CCSF	Changing Children's Services Fund
COG Chief Officers Group	Directors of the Lead Services (NHS; SW and ECS).
CHSG	Child Health Support Group
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.
Common Performance Management Group	Key research, statistical and planning personnel spanning NHS, SW and ECS.
CPN	Community Psychiatric Nurse
DCFP	Department of Child & Adolescent Psychiatry
DDA	Disability Discrimination Act
DMFT	Decayed, missing and/or filled teeth.
ECS	Education, Culture & Sport service of The Highland Council
FHC1	Integrated Children's Services Plan: "For Highlands Children 2001-2004".
FHC2	Integrated Children's Services Plan: "For Highlands Children 2005-2008".
H4S	Hungry For Success
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
Highland Wellbeing Alliance (HWBA)	Community Planning Partnership of pan-Highland organisations.
HAG	Health Action Group
HDAAT	Highland Drug & Alcohol Action Team
HPS	Health Promoting Schools
HWB	Health and Wellbeing
Integrated (Common) Assessment Framework (IAF)	A bringing together (from all perspectives) of information and its analysis to guide appropriate action around a child.
Intervention Plan	An integrated package of appropriate health care and education support for a child or young person – that is agreed as a consequence of the integrated assessment process.
ISS and ISMS	Implementation of an Intensive Support Service (ISS) and associated Monitoring Services (ISMS).
JCCYP	Joint Committee on Children & Young People.

Key Outcomes	The performance measures agreed for the integrated Children's Plan (FCH2).
Lead Officer Group	Key authoring group for this Children's Plan.
LOA	Local Outcome agreement. The performance measures agreed for FHC1.
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.
MCN	Managed Clinical Network
NCSA	New Community School approach, increasingly referred to as Integrated Community School Approach(es).
Out of School (Child) Care (OOSC)	Care arrangements organised to cover before and after school, or in school holidays. The Executive have set targets for an OOSC place for all children whose parents want them to go to clubs, including suitable OOSC provision to meet the needs of children in early secondary school.
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 Social Education
QA	Quality Assurance
QIF	Quality Improvement Framework for Integrated Children's Services.
QIS	NHS Quality Improvement Scotland.
RAG	Red, Amber & Green, traffic light system used to monitor the implementation of the plan.
SCDEA	Scottish Crime and Drug Enforcement Agency
SCQF	Scottish Credit and Qualifications Framework – the main programmes and qualifications that make up Scottish Education.
SCRA	The Scottish Children's Reporter Administration (the independent agency, accountable to Scottish Ministers – and responsible for the Children's Reporters service).
SIMD	Scottish Index of Multiple Deprivation – now mapped to smaller populations (data zones) below council ward area.
SIP	Social Inclusion Partnership. Reduced Scottish Executive funding will be available to Highland from 2005-06 from the Community Regeneration Fund – detailed within the Regeneration Outcome Agreement.
SNAG	School Nutrition Action Group
SHARE	Sexual Health and Relationships Education or Safe Happy and Responsible
Transition	A range of possible stages: including early years provision; school entry; primary to secondary; hospital to community care; leaving school etc.
Wrap-around Provision	Maximising opportunities for services to be provided to children and families in a joined-up way as part of co-ordinated arrangements accessible to all communities.
YAT	Youth Action Team: Area based Social Work Service Teams, addressing youth crime and substance misuse as part of Youth Action.

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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>
1. Improve the oral health of children and young people.	<p>FHC2, Healthy, 16.</p> <p>CfE HWB outcomes - Safe and Hygienic Practices</p> <p>80% of all three to five year old children to be registered with a NHS dentist by 2010/11.</p> <p>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>Increase the percentage of under 18's under the care of an NHS dentist</p> <p>Childsmile 20% of Primary School with the highest need committed supervised tooth brushing programmes in P1 & P2.</p> <p>The importance of providing young people with appropriate advice on preventing dental trauma and protecting teeth from injury.</p>	<p>Lead Officer: Miranda Moodie</p> <p>Head Teachers</p> <p>HPS Manager</p> <p>HPS Officers</p> <p>HAG members</p> <p>Oral Health Improvement Co-ordinators and educators</p> <p>Public Health Nurses</p>	<p>Work with schools to raise awareness of Oral Health and how it can be achieved through training and simple practice such as healthy food choices, regular dental attendance and daily tooth brushing with fluoride toothpaste.</p> <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>During Healthy Highland week 2008, include an awareness campaign to raise profile of the Childsmile programme.</p> <p>Three Food and Behaviour courses delivered as part of the ECS training calendar. All training will incorporate oral hygiene and CfE. This training will be made available to school communities at their request, i.e. delivered to SNAG groups.</p> <p>Maintain supervised Tooth brushing programmes in Primary Schools and Intensive Support and Vocational Centres. Childsmile School - phased rollout of integrated programme in 2008. Pan Highland by 2012. www.child-smile.org. A aide-memoir (FAQ) sheet produced to support schools and professional responding to enquiries about Childsmile</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.</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>FHC2, Healthy, 17, 18 & 19</p> <p>Cross-curricular substance misuse prevention and education project work devised. 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 Justice Resource Manager</p> <p>Guidance/PSE staff</p> <p>Youth Workers</p> <p>Quality Improvement Officer</p> <p>HPS Officers</p>	<p>The Prevention and Education Sub-group formalised with the remit to support the implementation of the agreed recommendations from the 07 consultation. The Your Choice IP to reflect the HDAAT Corporate Action Plan.</p> <p>Pilot prevention and education work, trialling the CfE HWB Outcomes developed with SCDEA and LTS.</p> <p>Health Education (Outside Agencies) Policy agreed and implemented to ensure that any agencies delivering substance misuse prevention and education work comply with agreed P & E strategy.</p> <p>Undertake Lifestyle Survey with P7, S2 & S4 pupils on a bi-annual basis, survey to include agreed questions relating to substance misuse.</p> <p>Undertake PSE Review in Highland including resources and curriculum based work in Highland schools. Participating in national NHS Health Scotland led review of resources</p> <p>Identify resources to continue with 'Choices for Life' event 08/09 and explore options for additional events that can be run locally.</p> <p>Youth Action Teams to roll out group work initiative with young people over the next 2 years to all teams in Highland</p>

Action	Standard/Target	Who must take action	Strategy
<p>3. Reduce the pregnancy rates of 13-15 year olds</p>	<p>FHC2, Healthy, 20</p> <p>CfE HWB Relationships, Sexual Health experiences and outcomes.</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>Lead Officer: 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>HPS Officers</p>	<p>The programme to be used in Highland secondary schools is SHARE, (Sexual Health and Relationships Education) developed by NHS Health Scotland. This programme has been disseminated in Highland since 2000 and will continue to be disseminated through 2008 – 2009. Guidance included in HPS Toolkit (2nd Edition)</p> <p>ECS training calendar to include:</p> <p>2 SHARE regional courses.</p> <p>1 SHARE ‘Refresher’ event.</p> <p>Sex and Relationships training for professionals working with young people with additional support needs.</p> <p>Sex and Relationships training for professionals working with primary age children.</p> <p>All secondary schools to provide a drop-in facility. Development of quality assurance monitoring of drop-in facilities.</p> <p>Implementation of Sexual Health Strategy</p> <p>Development of cross-curricular approaches to enhance delivery of SRE.</p>
<p>4. PSE provision in schools to include education on infant feeding.</p>	<p>FHC2 Healthy, 16, 20 & 24.</p> <p>CfE HWB Relationships, Sexual Health and Parenthood.</p>	<p>Lead Officer: Cathy Steer</p> <p>Quality Improvement Officer</p> <p>HPS Manager</p>	<p>Implementation of the NHS Highland Infant Feeding Strategy</p> <p>Implementation of the Healthy Weight Strategy</p>

Action	Standard/Target	Who must take action	Strategy
<p>5. All Health Promoting Schools to ensure continuous improvement and successful second accreditation.</p>	<p>FHC2, Healthy, 22</p> <p>Compliance with Schools (Health Promotion and Nutrition) (Scotland) Act.</p> <p>Curriculum for Excellence Health and Wellbeing - Opportunities and experiences provided for young people to achieve outcomes.</p> <p>All schools in Highland to retain HPS status and ensure this is mainstreamed as Health and Wellbeing.</p> <p>Building on Health Promoting Schools' status by ensuring all schools, by 2011 achieve Eco-Schools status.</p>	<p>Lead Officer: Louise Jones</p> <p>HPS Officers</p> <p>Sustainability Development Officer</p> <p>Head Teacher & school community staff</p> <p>Public Health Nurses</p> <p>Quality Improvement Officers</p> <p>Health Improvement Lead</p> <p>Public Health Practitioners</p> <p>Subject Supporters HWB</p>	<p>Subject Supporters group convened to support trialling process and continuous support for schools as the new Act and CfE HWB outcomes are introduced.</p> <p>Each NHS Highland Community Health partnership area to have a dedicated Health Promoting Schools Officer to provide local support to allocated schools</p> <p>Sustainable development events and support for schools provided to achieve Eco-Schools status. Updates to be sent to GreenInverness.</p> <p>(Health Promotion and Nutrition) Act training event to be devised and delivered through the ECS CPD Calendar</p> <p>Revised scheme for retaining HPS status is implemented throughout Highland in partnership with Quality Improvement Officers.</p> <p>Highland is participating in trialling the Health and Wellbeing outcomes and experiences for Learning and Teaching Scotland. Co-ordination of trialling process in Highland and development of website.</p> <p>The Schools (Health Promotion and Nutrition) (Scotland) Act local guidance produced and displayed on HWB section of HVLC. ECS Committee report produced.</p> <p>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.</p> <p>E-Safety Steering Group established as part of Child Protection work plan. E-Safety strategy produced, HPS to ensure all schools deliver training on using the internet safely and responsibly.</p>

Action	Standard/Target	Who must take action	Strategy
<p>6. Increase participation in sports, arts and cultural activities</p>	<p>FHC2, Active, 31 & 32</p> <p>CfE HWB Outcomes, Physical Activity and Sport.</p> <p>Increase the numbers taking part in sports and cultural 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>Increase the time spent on physical education for all pupils aged 3 -18 and provide more choice within P.E. programmes in schools.</p> <p>Training for all 29 secondary schools P.E departments and ASC to provide better physical activity and sport opportunities that will engage girls.</p> <p>Active schools annual plan for 2008/9 Coverage of all schools. This includes volunteering and increased activity levels in young people.</p>	<p>Lead Officer: Alan Clark</p> <p>HPS Manager</p> <p>Community Development Manager</p> <p>Cultural Co-ordinators</p> <p>Health Development Officer – Early Years.</p> <p>HPS Officers</p> <p>Careers Scotland Senior Manager</p> <p>Head Teachers</p> <p>Specialist Teachers of P.E.</p> <p>Class Teachers</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 cluster to provide 120 minutes of P.E for all pupils and a relevant programme of study within CfE.</p> <p>The Youth Sport Trust have appointed a ‘Fit for Girls’ training officer to deliver training to schools in 10 training sessions across Highland over the next 3 years</p> <p>Schools receiving training and developing an action plan to engage girls will receive £700 assistance to support the development of opportunity for sport and physical activity.</p> <p>P.E Subject Supporters 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>Through Glasgow University and THC programme, Primary class teachers to access a PGCE in Primary P.E</p> <p>The P.E Advisory Group and Twilight P.E groups to share and disseminate good practice so that P.E is more enjoyable for children and young people.</p>

Action	Standard/Target	Who must take action	Strategy
<p>7. The year on year increase in Highlife Club membership with a particular focus in 2006/7 on young people</p>	<p>FHC2, Active, 35 & 36</p> <p>CfE HWB Outcomes – Physical Activity and Sport</p> <p>Achieve over 1,850,000 visits to The Highland Council’s managed and owned Leisure Centres, including over 25,000 High Life card holders of which 3,500 are Budget Cards for National Entitlements.</p> <p>Ensure High Life Young Scot National Entitlement Cards are now available to 100% of school pupils aged 12+.</p> <p>Achieve year on year increase in number of visits to Highland Youth Voice and Young Scot websites.</p>	<p>Lead officer: Jonathan Warde</p> <p>Community Development Manager.</p> <p>Principal Youth Development Officer</p> <p>Development Officer – Dialogue Youth</p> <p>Youth Development Officer - Information</p>	<p>High Life / Young Scot Leisure Scheme</p> <p>The High Life Young Scot card is made available through all secondary schools to every pupil, with an average uptake of 75%.</p> <p>During 2008 add an additional community leisure facility to the High Life Leisure Scheme, bringing the number of participating facilities to 21.</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>8. Healthy Living Centre approach to Health Improvement throughout Highland.</p>	<p>FHC2 Healthy, 17, 18 & 19</p>	<p>Lead Officer: Ian Murray</p> <p>Healthways Co-ordinators</p> <p>Highland Council (Community Learning and Leisure team, Leisure and Community Facilities Managers</p> <p>Youth Service Teams</p> <p>Active Schools Co-ordinators</p> <p>Arts and Heritage Team, Libraries</p> <p>Countryside Rangers</p> <p>Health Visitors</p>	<p>Based on community development model Healthy Eating: developing community food and growing groups; training and engaging cooking demonstrators; working with retailers; establishing weight management groups; promotional events at numerous local events; a GP referral (veggie box prescription) project -1 to 1 advice on healthy eating</p> <p>Physical Activity: developing led walking, led cycling and led jogging groups; exercise to music classes; promoting a range of dance activities; come and try events; swimming groups; lining with the leisure centres and promoting High Life; Green Gym (in partnership with BCTV)</p>

Action	Standard/Target	Who must take action	Strategy
		Doctors Nurses Public Health Practitioners Childcare Partnership Community Volunteers	Parenting: facilitating parenting courses (in partnership with other HC and NHS Highland employees and NCH etc); establishing and supporting parenting groups Positive Mental Health: offering courses in personal development and personal interest courses
9. Work in collaboration with Highland Libraries to ensure access to appropriate, recommended supporting resources and information on health improvement.	FHC2, Achieving, 28, 43, 45 & 46 Supporting material available in all Highland Libraries	Lead Officer: Ian Murray Library Information Service Co-ordinator Health Improvement Lead	Providing services and resources in all libraries which support community care, health and wellbeing as per Libraries Operations Plan. Promotion of the use of Highland Library stock and suggestions for purchase of/acquirement of health improvement literature agreed. Three promotional events on healthy living including Well Read and Books on Prescription by 2010. Access to training on Health Improvement and E-Safety made available to library staff.
10. Active School Co-ordinators to introduce health and fitness checks for young people with advice about appropriate activity and sporting opportunities	FHC2, Active, 34 All schools to have introduced health/fitness checks with appropriate advice/activity and sporting opportunities in conjunction with local leisure centres	Lead Officer: Alan Clark Schools sports co-ordinator and named officer from local Leisure centre. Active Schools Manager Specialist P.E. staff	All primary schools to have introduced health/fitness checks with appropriate advice/activity and sporting opportunities as part of the out-of-hours physical activity and sport programmes and where appropriate in conjunction with local leisure centres – focus on P7s All secondary schools to have introduced health/fitness checks with appropriate advice/activity and sporting opportunities in conjunction with local leisure centres – focus on teenage girls Exploration with partners in NESH Healthy Weight Strategy to link the health and fitness checks to Childhood Healthy Weight Interventions.

Action	Standard/Target	Who must take action	Strategy
<p>11. Increase participation in play, including outdoor and unstructured play</p>	<p>FHC2, Active 33</p> <p>CfE HWB Outcomes – Mental, emotional, social and physical wellbeing.</p> <p>Audit and increase by 20% the number of communities with play areas shared with nurseries/schools – 31% of Highland pre-schools frequently use a local community play area or allow the public to access their outdoor play area.</p> <p>Audit and increase by 30% the number of Highland Primary Schools with Playground Supervisors and/or Play Monitors trained in promoting positive play in the playground. 30% of Highland's 180 primaries have had playground supervisors & pupil monitors trained in positive play.</p>	<p>Lead Officer: Julia Nelson</p> <p>All services which develop spaces and provide opportunities for children and young people.</p> <p>Active Schools Co-ordinators</p> <p>Play Development Officer</p> <p>Community Development Manager</p> <p>Play Highland</p> <p>Active Schools Manager</p>	<p>Active Schools Co-ordinators to audit and increase by 30% the number of Highland Primaries with Playground Supervisors to develop playground games as part of the Active Schools programme.</p> <p>10 Pupil Monitors per school/cluster</p> <p>Recruit 5 Playground Assistants per cluster in 2008/9</p> <p>Playground games training for 5 Playground Assistants per year. Playground games training for 10 Monitors</p> <p>15% of Highland primary schools to receive Playground Leadership Programmes in 2008.</p> <p>Play Strategy and 'Play at Home'.</p> <p>Cascading Topstart/Toptots training to pre school providers in their geographical area.</p>
<p>12. Continue to promote safer routes to school, encouraging children to walk or cycle</p>	<p>FHC2, Safe, 3, 4 & 5</p> <p>Implementation of CfE HWB outcomes, mental, emotional and physical wellbeing.</p> <p>Reduce child injuries and fatalities relative to total population for all accidents and specifically for road traffic accidents and home accidents.</p> <p>Increase the proportion of schools participating in</p>	<p>Lead officer: Lisa Mackellaich</p> <p>Road Safety Officer</p> <p>HPS Manager</p> <p>HPS Officers</p>	<p>Each school to have their own School Travel Plan and School Travel Team (<i>Safer Routes to School Committee</i>)</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
	<p>accredited “risk reduction” programmes – including cycling proficiency, driving ambition etc,</p> <p>Increase the number of schools with 20mph restrictions and increase the proportion of schools with agreed travel plans and incentives.</p>		Pilot transition projects on active travel as children move on to Secondary School
<p>13. Continue to develop the Out-of-Eden drama activities in schools</p>	<p>Implementation of Curriculum for Excellence Experiences and Outcomes, Health and Wellbeing</p> <p>Increased access to drama activities that include a focus on issues relating to self-esteem and health promotion.</p>	<p>Lead Officer: Graham Watson</p> <p>Community Development Manager</p> <p>Principal Cultural Officer</p>	<p>Build in element of self-esteem and health promotion into the continuous programme of drama activities.</p> <p>6 drama projects, including touring performances which a health specific to be delivered.</p>
<p>14. Emphasise healthy lifestyles in parenting programmes</p>	<p>FHC2 All Key Outcome Targets</p> <p>HEAT Target H.01T</p> <p>Increase skills and confidence of parents through providing empowering and evidence based parenting programmes.</p>	<p>Lead Officer: Jane Groves</p> <p>Head of Children’s Services</p> <p>Parent Programme Development Officer</p> <p>Ross and Cromarty Area CLL Officer</p> <p>Child Health Commissioner</p>	<p>Webster Stratton programme</p> <p>Parent Programme</p> <p>Janny’s Hoose Project</p> <p>Ross and Cromarty Healthways Project</p> <p>A short life working group established to examine suitable parenting programmes that can be delivered in schools.</p>

Action	Standard/Target	Who must take action	Strategy
15. Extend peer support working for particular groups in schools.	FHC2, Healthy , 21 Ensure all schools maintain Health Promoting Status. All schools to have peer support in place by 2009.	Lead Officer: Louise Jones Quality Improvement Officer Health Education Worker Health Improvement Lead HPS Officers	Peer support resources to be disseminated to all secondary schools to promote the peer support programme.
			HPS Officers to support schools to either set up or maintain their peer support projects for smoking cessation.
16. Introduce programmes under the auspices of Healthy Working Lives to develop staff health and well-being	Health screening and advice clinics and drop in sessions are available to all staff. Health at work programmes in place.	Lead Officer: Keith Walker Policy Officer HPS Manager HPS Officers Healthy Working Lives Co-ordinators based with CHPs.	Corporate commitment for the whole Council to improve from the current Bronze award.
			Involve Teacher Support Scotland in Highland schools.
			Influence content of Highland JHIP on approach to health of workforce
			Health Promoting Schools Officers in partnership with Healthy Working Lives Advisers to support school communities in advancing Staff Health and Wellbeing.
17. Introduce programmes to reduce number of accidents by improving risk assessment skills of young people	FHC2, Safe, 3 Implementation of CfE HWB outcomes, 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. 2010 Government Casualty Reduction Targets of: - 50% reduction in the number of children killed or seriously injured. 40% reduction in the	Lead Officer: Barry Northedge Quality Improvement Officer Road Safety Officer HPS Manager	Development of projects in Pre-school education groups including; In-Car Safety Campaigns and Children's Traffic Club.
			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 and Safe Highlander (P7)
			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

Action	Standard/Target	Who must take action	Strategy
	number of people killed or seriously injured. 10% reduction in the slight casualty rate		
18. Promote self-esteem and positive mental health in children and young people	FHC2, All Key Outcomes Implementation of Curriculum for Excellence Experiences and Outcomes, Health and Wellbeing – Mental, emotional, social and physical wellbeing.	Lead Officer: Louise Jones Child Health Commissioner Quality Improvement Officer HPS Officers Primary Mental Health Services Head of Children’s Services Clinical Nurse Specialist HAG Members Child Health Lead Dietician Children’s Planning Officer	<p>A report for children and young people produced with support services and what is happening in Highland to ensure young people are Safe, Happy, Achieving, Respected, Responsible and Included.</p> <p>Mental Health of Children and Young People Promotion, Prevention and Care framework implemented. Training developed by Mental Health training Steering Group.</p> <p>Specific links between food and 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.</p>

Schools (Health Promotion and Nutrition) (Scotland) Act and Hungry for Success (H4S) related activities

Action	Standard/Target	Who must take action	Strategy
19. The Your Choice Health Action Group to monitor implementation and compliance with the School Act and continuous improvement.	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 Child Health Lead Dietician	Your Choice Implementation Plan to be a regular agenda item at HAG meetings. HAG meetings to be chaired jointly with NHS Highland.
			Ensure funding is available to support HAG developments and bi-annual forums to ensure implementation plan is updated.
20. H4S2. Develop a policy for delivering, in partnership with parents and carers, medically prescribed diets and appropriate provision for children with special educational needs.	All schools 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 Child Health Lead Dietician HP Specialist Food and Nutrition. HPS Manager	Develop and implement a joint policy between the Council and NHS Highland.
			Policy to be available on website and a key component of SNAG and food and behaviour training and a key feature of the HPS Toolkit Second Edition
			An evaluation of policy to be undertaken by the end of 2008. The final evaluation report to be presented to the Joint Committee for children and Young People (JCCYP).

Action	Standard/Target	Who must take action	Strategy
<p>21. H4S3. The Scottish Nutrient Standards for School Lunches should be adopted and education authorities and schools should have them in place in all special schools and primary schools by December 2004 and in all secondary schools by December 2006</p>	<p>Compliance with Schools (Health Promotion and Nutrition) (Scotland) Act.</p>	<p>Lead Officer: Norma Murray Catering providers Food Service Co-ordinator</p>	<p>Continue with dedicated consultant dietician to explore healthier alternatives within menus.</p> <p>Continually review and develop menus</p> <p>Consultation with schools, cooks and suppliers</p> <p>Implement the SAFFRON nutritional package. Develop nutritional analysis of menus and nutrient specification for certain foods.</p>
<p>22. H4S4. School meal facilities should not advertise nor promote food or drink with a high fat or high sugar content</p>	<p>Compliance with Schools (Health Promotion and Nutrition) (Scotland) Act.</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 Head Teachers Catering Providers HPS Manager HPS Officers CLL Staff</p>	<p>The new HPS Toolkit 2 specifies all schools implement the food and nutrition policy in criteria 10.</p> <p>Consultation with food and beverage suppliers</p> <p>The 'Your Choice' branding to become 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 A Curriculum for Excellence.</p>

Action	Standard/Target	Who must take action	Strategy
<p>23. H4S8. Schools should consult with pupils on a regular basis on provision of school meals.</p>	<p>All Highland schools have a mechanism for consultation. All Health Promoting Schools to ensure continuous improvement and successful second accreditation by the end of 2008. Each school will demonstrate how they have a 'made a difference'.</p>	<p>Lead Officer: Norma Murray Head Teachers Catering Providers HPS Manager Youth Workers</p>	<p>Each school must demonstrate effective consultation through HPS Accreditation. Training provided to each school by the HPS team.</p> <p>To include the SNAG, Pupil Council, Dialogue Youth, Ambitious Excellent Schools / Eco-schools.</p> <p>Parent and Catering representatives should be included in each mechanism.</p>
<p>24. H4S15. Senior management within schools should strongly support and endorse their school meal provision as part of the whole child approach.</p>	<p>All head teachers and school staff will ensure that the school meal is seen as a vital part of the day and contributes towards health and wellbeing.</p>	<p>Lead Officer: Louise Jones Head Teachers Integration Managers Catering Providers HPS Officers Quality Improvement Officer</p>	<p>Schools to demonstrate ethos through HPS, quality assurance and school development plans.</p> <p>Schools to develop a 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 revised by The Highland Council / HPS. • Healthy Weight Strategy • Curriculum for Excellence

Action	Standard/Target	Who must take action	Strategy
<p>25. H4S16. 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>Create menus in an appropriate way to ensure distribution, inclusion by electronic means, website and school newsletters.</p> <p>Continue the corporate branding of SMART LIFESTYLE.</p> <p>A user friendly menu has been designed and distributed to all secondary school pupils.</p>	<p>Lead Officer: Norma Murray</p> <p>Catering Providers Child Health Lead Dietician HPS Manager Food Services Co-ordinator Head Teachers</p>	<p>SMART LIFESTYLE package</p> <p>School snack guidance within HPS toolkit (2nd Edition) Increased support to implement guidance by HPS officers. Policy to be developed prior to the school nutrition and health promotion (Scotland) bill.</p> <p>Promotion of healthy choices and marketing. Create an innovative way of advertising the Catering Service</p> <p>Continue and develop the provision of visual and Gaelic medium resources including menus and introductory P1 packs for schools.</p> <p>Catering staff to receive training and updates on the presentation and marketing of healthier options.</p>
<p>26. H4S20. Consider the introduction of staff incentive schemes to recognise innovation and celebrate success.</p>	<p>Celebrating HPS success and achievement</p> <p>To continue, develop and create new ideas</p> <p>To celebrate and disseminate good practice across Highlands.</p>	<p>Lead Officer: Norma Murray</p> <p>Whole school community Head Teachers ECS Management Team Catering Providers HPS Manager</p>	<p>Schools currently accredited will ensure high standard is maintained in HPS criteria regarding Staff Health and Wellbeing. Ensure good practice is shared and development of the HPS toolkit.</p> <p>Catering staff to be invited to appropriate award ceremonies to ensure an integrated school approach and the inclusion of catering staff.</p>

Action	Standard/Target	Strategy	Who must take action
<p>27. H4S22. 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 (currently under development) as part of their programme of development. Interested parents, carers and teachers should also be encouraged to undertake training in food and health.</p>	<p>The standard to link with caterers, HPS, SNAGs and whole school community.</p> <p>All whole school community participants trained to an appropriate level to comply with food and health training.</p>	<p>Lead Officer: Norma Murray</p> <p>FSA Scotland</p> <p>Whole school community</p> <p>Healthy Weight Development Officer</p> <p>HPS Manager</p>	<p>Catering Providers Ensure training opportunities are provided through ECS CPD calendar and direct to school communities by HPS Team.</p> <p>Child Protection Training opportunities to be explored for all catering staff with Area Child Protection Committee and ECS.</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>28. H4S5. All schools to review their current practice in establishing links between learning and teaching on healthy eating in the curriculum and food provision in the school.</p>	<p>All schools SNAG to take a whole school approach to nutrition by examining the formal and informal curriculum.</p> <p>Implementation of Curriculum for Excellence Experiences and Outcomes, Health and Wellbeing – Food and Health, Nutrition, Food and the Consumer lines of development.</p> <p>An active sub-group of the Your Choice group to examine particular issues on school food and health.</p>	<p>Lead Officer: Dave Rex</p> <p>Head Teachers</p> <p>HPS Manager</p> <p>HPS Officers</p> <p>Quality Improvement Officers</p>	<p>Schools to work in partnership with catering staff and HE departments where appropriate for health / food themed events. E.g Healthy Highland Weeks</p> <p>QI Team to ensure curriculum materials and resources are available and emerging national guidance sought. Training delivered by HPS Team for development of SNAG's and increased awareness of links between food and behaviour.</p>

Action	Standard/Target	Who must take action	Strategy
<p>29. Provide fruit and vegetables at break times in schools; the removal of 'tuck items' from tuck-shops.</p>	<p>All schools in Highland to be H4S compliant.</p> <p>Implementation of the nutritional standards Schools (Health Promotion and Nutrition) (Scotland) Act.</p> <p>Schools have also received 'Sports Snacks' guidance to encourage healthy snacks on off site visits.</p> <p>A 'first steps to evaluating the free fruit scheme' has been produced.</p>	<p>Lead Officer: Dave Rex</p> <p>Head Teacher</p> <p>Catering Providers</p> <p>SNAGs</p> <p>HPS Manager</p> <p>Child Health Lead Dietician</p> <p>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.</p> <p>Separate 'home baking guidance produced'.</p>
<p>30. H4S9. Processes maximising anonymity for free meals recipients should be explored as a priority in all schools. Primary schools should review their ticket allocation practices to ensure anonymity for free school meals is maximised and education authorities should adopt early introduction of a school meal application for multiple use cards, in secondary schools.</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>ECS to maximise the use of smartcards in line with the Modernising Government Agenda and corporate approach.</p> <p>A website debate for Young Scot Dialogue Youth to participate in school meal topics has been introduced.</p>	<p>Lead Officer: Norma Murray</p> <p>Head Teachers</p> <p>HPS Officers</p> <p>Youth Development Officer - Participation</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.</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>

Action	Standard/Target	Who must take action	Strategy
<p>31. H4S10. 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</p> <p>The Highland Council</p> <p>WSC</p>	<p>Ensure consultation with whole school community to identify suitable venues for validators or access to top-up cards.</p> <p>Internet mechanism to be explored to top-up cards.</p> <p>As part of the modernising government customer first agenda national entitlement cards to be introduced that will include services such as catering, transport, libraries and leisure.</p>
<p>32. H4S19. 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</p> <p>HPS Manager</p> <p>Youth Forums</p> <p>Catering Providers</p> <p>Child Health Lead Dietician</p>	<p>Youth Voice in collaboration with catering services are undertaking a pupil survey of SMART cards and appropriate incentive schemes for pupils. Expected completion with recommendations May 2006.</p> <p>Existing good practice is disseminated though HPS network.</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>

Action	Standard/Target	Who must take action	Strategy
<p>33. H4S11. All schools should examine their seating and queuing arrangements to ensure that the social experience of school meals is maximised.</p>	<p>School dining arrangements facilitate a climate conducive to the HPS ethos.</p> <p>Equal opportunities policies are implemented.</p> <p>31.1 HFS17. 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 and Cleaning Manager</p> <p>HPS Manager</p> <p>Estates Strategy Manager</p> <p>Head Teachers</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>Public Private Partnership (PPP) have full consultation and support for inclusion of Hungry For Success and Health Promoting Schools in new school builds.</p> <p>Existing good practice is disseminated through HPS network.</p> <p>SMART lifestyle branding to continue.</p>

Action	Standard/Target/Status	Who must take action	Strategy
<p>34. H4S12. To address queuing difficulties and in any review of the length of the lunch break, the following factors should be considered: multiple service points, more cash points in cash cafeterias, staggered arrivals of diners/separate counter for collecting pre-ordered meals delivery of pre-ordered meals to lunchtime clubs examining the potential for additional outlets elsewhere in the school the needs of disabled pupils.</p>	<p>Each school will be compliant with the Disability Discrimination Act and school equal opportunities policies,</p> <p>School dining arrangements facilitate a climate conducive to the HPS ethos.</p>	<p>Lead Officer: Norma Murray Head Teachers and SMT HPS Manager Catering Providers 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>SNAGs / Pupil Council to undertake surveys of the social experience of school meals and with support of HAG.</p>
<p>35. H4S14. In line with the agreement set out in <i>A Teaching Profession for the 21st Century</i>, education authorities should consider deploying classroom assistants and dining room assistants to undertake a supervisory role in dining rooms.</p>	<p>A whole school approach is adopted to ensure the social experience of lunchtime is maximised.</p> <p>Appropriate supervision of lunchtime</p> <p>The lunchtime experience will be sufficiently maximised to incorporate good hygiene, nutrition, oral health, social interaction and physical activity.</p>	<p>Lead Officer: Louise Jones Oral Health Educators Clinical Dental Manager HPS Manager Catering Providers Head Teachers Oral Health Improvement Co-ordinators</p>	<p>Strategic developments in oral health are incorporated into the lunchtime experience and all nutrition related HPS training.</p> <p>Extend current supervised tooth brushing programmes for target schools and beyond (As per YC Plan 1)</p>

Action	Standard/Target	Who must take action	Strategy
<p>36. H4S18. 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 HPS Manager Head Teachers Catering Providers</p>	<p>Public Private Partnership (PPP) have full consultation and support for inclusion of Hungry For Success and Health Promoting Schools in new school builds.</p> <p>SNAG/Pupil Council to assist in surveys and development of programmes of change.</p> <p>Existing good practice disseminated through Health Promoting Schools to inspire and support school's developments. Use of HVLC website.</p> <p>SNAG training to incorporate survey examples.</p>
<p>37. Introduce Healthy Vending in schools, Swimming Pools and Leisure Centres.</p>	<p>All The Highland Council leisure venues are compliant with Hungry For Success principles.</p> <p>All The Highland Council operated leisure centres are adopting standards of the School (Health Promotion and Nutrition) (Scotland) Act for the sale of snacks 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: Jonathan Warde HPS Manager Catering Providers CLL Child Health Lead Dietician CPD Co-ordinators Quality Improvement Officer</p>	<p>All advertising, branding and sponsorships comply with products consistent with Hungry for Success principles.</p> <p>Training venues used by ECS and NHS Highland must provide healthy food and water during training.</p> <p>Guidance being produced nationally that will be disseminated to training providers.</p>

Action	Standard/Target	Who must take action	Strategy
38. Access to fruit, milk and water available to all schools where free as part of H4S.	All Highland Schools will be able to provide fruit, milk and water to pupils as part of the school meal.	Lead Officer: Norma Murray Catering Providers HPS Team Food Service Co-ordinator Oral Health Improvement Co-ordinators	School catering staff to continue to encourage pupils to try fruit, milk and water and a variety of breads at lunchtime.
39. 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: Ian Murray 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
40. Extend Breakfast Clubs across Highland as part of 'wrap around care'.	Increasing breakfast clubs in integrated learning communities. Funding increasing year on year.	Lead Officer: Sam Brogan Senior Family Resource Development Officers Head of Children's services Integration Managers HPS Manager HPS Officers	Breakfast club guidance information to be incorporated into HPS toolkit. Support to develop breakfast clubs will be provided locally.
			Good practice to be collated by HPS Team to promote consistency and examine involvement of services in schools.
			Funding routes for breakfast clubs to be clarified and application forms to be designed in line with Child Care Commission standards.

Action	Standard/Target	Who must take action	Strategy
<p>41. Future Developments beyond Hungry for Success demonstrate innovative and holistic strategies within schools which consider social and environment impacts including Fair Trade issues.</p>	<p>Adverse impact on the environment is minimised.</p> <p>The Highland economy benefits.</p> <p>Food is as fresh as possible at point of delivery.</p> <p>Food For Life targets are met.</p> <p>Implementation of Curriculum for Excellence Experiences and Outcomes, Health and Wellbeing – Food and Health, Nutrition, Food and the Consumer lines of development.</p>	<p>Lead Officer: Dave Rex</p> <p>Cleaning and Catering Manager</p> <p>Child Health Lead Dietician</p> <p>Head of Children's Services</p> <p>HPS Manager</p> <p>HPS Officers</p>	<p>Increased use and awareness of local and global produce within school meals.</p> <p>The supply of organic produce to be investigated by catering and cleaning services to examine feasibility of supplying to schools.</p> <p>Work with 'Highland One World Group' to encourage the promotion of ethical models of global food trade e.g. 'Fair Trade'.</p> <p>Tuck shop guidance / School Snack guidance to be re-drafted to take into account CfE / HWB experiences and outcomes and Schools (Health Promotion and Nutrition) (Scotland) Act.</p> <p>Packed lunch initiative launched and implemented in Primary schools, 'Rising Stars', comprising of guidance and active learning set.</p>
<p>42. Dissemination of Your Choice Implementation Plan</p>	<p>The Your Choice Implementation plan and guidance are freely available through FHC website and HPS team. The plan is also used as a tool within all nutrition related training.</p> <p>The Your Choice to Healthy Living initiative is a key component of the Highland Council Education, Culture and Sport Service Plan.</p>	<p>Lead Officer: Ian Murray</p> <p>All Heads of Service within Education, Culture and Sport Service.</p> <p>All lead professionals</p>	<p>The 08/09 plan is to be available to all stakeholders via the For Highlands Children website.</p> <p>Updates to be received by the HAG -annually, the implementation plan to be revised using the RAG method.</p>

To request this information in an alternative format e.g., large print, Braille, computer disk, audio tape or suitable language, please contact

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yourchoice

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