



'Making the Connections'



REPORT

**Health Promoting Schools Fife
in partnership with
Kirkcaldy and Levenmouth Community
Health Partnership**

CLUNY CLAYS • Thursday 4 October 2007



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Introduction

This report covers a Health Promoting Schools Fife (HPS) 'Making the Connections' multi-agency event that took place on the 4th October 2007 at Cluny Clays for the Kirkcaldy & Levenmouth Community Health Partnership. It is the first of three morning events across Fife for operational staff, with participation being the key focus.

The purpose of the event was to enable individuals from a range of organisations to identify and make connections locally, allowing them to take forward work as part of the HPS agenda. It provided the opportunity to reflect on, acknowledge and celebrate their contribution.

The morning also provided a platform to recognise innovative practice and continue the development of partnership working by 'Making the Connections'. The report will inform senior managers of participants' understanding of HPS, what is currently happening within the local area and the desired outcomes for the future.

The appendices reflect the commitment from service providers and the evaluation demonstrates the value of such an event for operational staff.

Context for the event

The Health Promoting School (HPS) concept aims at 'achieving healthy lifestyles for the total school population using a whole school approach to health promotion, developing environments conducive to the promotion of health and raising self-esteem of staff and pupils' (*World Health Organisation cited by Parsons in Lister et al, 2002*). It goes beyond the health input within the curriculum, encompassing the schools' 'ethos, policies, partnerships and extra curricular activities'. (*Scottish Executive 2003*)

Fife's philosophy of a Health Promoting School is encompassed in the World Health Organisation definition 1995:

"A health promoting school is one in which all members of the school community work together to provide pupils with integrated, positive experiences and structures which promote and protect health. This includes both the formal and informal curriculum in health, the creation of a safe and healthy school environment, the provision of appropriate health services and the involvement of the family and the wider community in efforts to promote health" (WHO, 1995)

At national level, the Scottish Health Promoting Schools Unit (SHPSU) was established to provide a national framework for Health Promoting Schools and offer strategic and practical support. The document 'Being Well-Doing Well' (SHPSU 2004) which sets out the rationale behind Health Promoting Schools as well as key aspects of implementation, provides a framework that can be accepted by all key stakeholders as a foundation for planning and partnership working. The Scottish Executive's vision was that all schools will be Health Promoting Schools (HPS) by December 2007.



SECTION 1

Similarly within Curriculum for Excellence (*the Scottish Executive 2004*), where children's and young people's development within the wider framework of Integrated Children's Services is recognised, the development of the health and wellbeing curriculum provides an opportunity to work across the curriculum and continue developing interagency working.

In order to ensure high priority is given to learning and teaching Fife Council Education Service (2007) has stated in a recent paper that 'it is anticipated that schools will promote increased coherence between existing and newer initiatives' which include Health Promotion. Health in its widest sense no longer sits in isolation from other service provision.

This is evident within Fife's Joint Health Improvement Plan (JHIP) 2007 -2010 where the Health Promoting Schools Fife agenda is no longer seen in isolation, as in previous plans, but is now an integral component within the JHIP five chapters. (*Fife Community Planning Partnership 2007*)

The ethos of Health Promoting Schools Fife encompasses all of the above and is one that considers the broad physical, emotional, social and health and well-being needs of the entire school community

For many years now Fife has been building on its strategic planning framework and has developed a Health Promoting Schools Fife Accreditation Scheme to ensure that this target is met.

'Making the Connections'

Building on partnership working which is at the centre of the Fife model, the Health Promoting Schools Team and the Improving Health Teams within the 3 Community Health Partnerships (CHPs) identified the need for multi-agency awareness raising sessions within the three local areas that would promote an understanding of services' roles within HPS agenda. As the SHPSU notes there is value in bringing together existing networks rather than creating new ones. (*SHPSU 2005*)

The Health Promoting Schools Team established a short life-working group to take forward these events entitled 'Making the Connections'. It was designed as a morning session that was interactive and as informative as possible, with participants being the key contributors to the event. In order to ensure continuity and a consistent approach, the same programme was used across the 3 CHPs, which will add rigour to the evaluation process. (*Appendix 1 Programme*)

Partners from statutory and voluntary services from strategic management to grass- roots practitioners wholeheartedly embraced the opportunity to create local ownership of the HPS agenda.

The morning session enabled practitioners from a range of organisations to identify each other and make the connections locally. (*Appendix 2 Delegates List*)



Throughout the event participants shared and promoted ideas on how to engage and collaborate with services and organisations, explored and identified sources of information and resources which would be of benefit to their practice.

The event also provided the opportunity to celebrate, share knowledge and understanding and continue to build on the innovative and exciting work that is already taking place across Fife.

'Making the Connections' evaluated very well with participants noting how **"informative and valuable the day was"** along with **"the excellent opportunity to meet other service providers"** (*Appendix 3 Evaluation*) This provided the opportunity for areas of work to be identified and taken forward in ways which include the following:

EXAMPLE 1 • Viewforth High School

"After attending the 'Making the Connections' event Viewforth High School held two successful Health Promoting School afternoons in November, one for pupils and one for staff.

The activities for pupils included:

Football Coaching - Raith Rovers FC: Rugby Coaching - Kirkcaldy Rugby Club: Body Combat and an Introduction to Sports Leadership - Adam Smith College: Golf - Wells Green Driving Range: Ice Skating - Fife Ice Arena: Aerobics and Relaxation - Fiona Kerr & Linda Gillespie: Public Health Nurses: and finally Health and Nutrition - Amanda Clark & Deirdre Clancy.

Pupils and staff thoroughly enjoyed their participation in their chosen pastimes and are looking forward to being involved in further health promoting activities in the future"

For staff: volleyball, fitness training, relaxation and restful reading.

Gordon Easton

School Health Co-ordinator. PTC Expressive Arts

To ensure that staff within the school were informed of the content of the HPS event, Anne Jenkins, Principal Teacher of Home Economics, hosted a CPD event in the school drawing together the information provided which was very well received. Anne also noted that the **"Cluny Clays morning was very worthwhile and informative"** in comparison to another event outwith Fife **"which did not meet expectations!!"**



SECTION 1

EXAMPLE 2 • Kirkcaldy West Primary School

During the workshop activity at a recent health promoting schools event, the opportunity to network with colleagues from many fields of work was afforded.

One particularly useful contact was made with the health professional chairing the group session. Jackie Barbour, Public Health Practitioner, is keen to work with parents, in school, in the area of mental health.

This is an area that can be stigmatised, is often neglected and is one that we as a school are keen to develop in order to enhance our family support.

We haven't established a group yet but the important, initial contact has been made and we are now looking forward to inviting Jackie into our school to start this exciting new partnership.

Had it not been for this event, with the underpinning philosophy of partnership working, I doubt we would have made this contact and the pupil and family support we offer would have been the poorer for it.

Tracey McDougall
Acting DHT

The health days provided the springboard for future developments in partnership working for the whole school community as can be seen by the number and diversity of agencies involved.



Section 2 of this report covers the presentations that provided the national and local perspective of HPS and the 'Market Place'.

Introduction to the day

The Integrated Community Schools Manager Joyce Greig opened the day by setting the scene and welcoming all the participants to the first of the 3 Fife Wide events.

Guest Speaker

Director of the Scottish Health Promoting Schools Unit (SHPSU) and co-ordinator for central Scotland, Wendy Halliday, provided the national perspective of HPS and the vision for the future. Wendy's presentation was dynamic, enthusiastic and thought provoking. Partnership approaches cut across Wendy's presentation making clear links to Scottish Government policies, key national and regional developments. The content and delivery provided the opportunity for participants to acknowledge their contribution to this agenda and question what they and their services can do to continue driving forward the health improvement agenda within HPS for the whole school community.

PRESENTATIONS

Fife-Wide Perspective

The presentation by Health Promotion Fife's Manager Harry Black gave an overview of the Fife perspective by relating local policies and plans to the national perspective. Links were made between strategic and operational working groups under the auspices of the Fife Health & Wellbeing Alliance and the JHIP (2007-10) and how participants could 'Make the Connections' and contribute to service delivery.

Local Perspective

Integrated Community Schools Senior Health Promotion Officer Anne Aberdein put the national and local perspective into context by speaking to two initiatives, one from each of the local areas, which were supported through the Local Children's Services Groups. The talk provided a platform to showcase the evidence of health improvement and partnership working within the framework and ethos of HPS.

Anne encouraged all the participants to take this opportunity to share practice, look at ways to engage with other service providers and identify what contribution they could make towards a joint vision for the future in a realistic and meaningful manner.



SECTION 2

Let's Get Active

One of the key priorities within HPS is Physical Activity and Sarah Drury, Manager of Active Schools Fife, provided the opportunity for participants to experience the real meaning, of 'Get Active'. Participants were encouraged to take part in the 'Wake up - Shake up' energising activities lead by the local Active Primary School Coordinators. Following the instructions given by the very enthusiastic presenters and the up beat music everyone entered into the spirit of this part of the programme. Exercise and music is recognised as having a positive effect on health and wellbeing and in this instance there were many smiling faces as they moved on to the 'Market Place' part of the programme.

Market Place

One of the key objectives of the event was to share knowledge and experience and build on partnership working. The 'Market Place' provided core services and local agencies and organisations with the opportunity to 'showcase' their practice in relation to supporting the HPS agenda. (*Appendix 4 Stallholders*)

It was agreed by the working group that the event had the capacity to hold a total of 18 'Market Stalls'. Ten core services managers were invited to provide 'Market Stalls' (*Appendix 4*) and the CHP was asked to invite 5 local service providers of their choice from the statutory or voluntary sector.

As part of the event participants were asked to visit each 'Market Stall' and ask a question provided by the stallholder. This provided an opportunity for participants to engage and 'Make the Connections' across service providers at a local level that could enhance their practice and partnership working to the benefit of the whole school community. The stallholders were also asked to provide a short statement about their service which was included in the participants' pack. This provided relevant up to date information.

The 'Market Place' proved to be a highly successful part of the morning. There was a great deal of positive energy as people shared areas of good practice, information and developed opportunities for joint working.



Section 3 reports back on the information from the interactive workshops and emerging key themes.

Interactive Workshop

The purpose of the workshop was to increase understanding of the current HPS concept locally and recognise where individual areas of work link into this agenda. It also aimed to increase participants' knowledge of what networks and contacts exist locally to support that work and share ideas on how to engage and collaborate with services and organisations to take forward HPS Fife agenda. Along with this there was the opportunity to explore and identify sources of information and resources available that would support individuals and organisations.

The workshop was broken down into 3 specific areas:

-
- *Something New I Have Learnt*

 - *Your School Community* - **Currently Happening** (Black Pens)
- **Future Developments** (Red Pens)

 - *Practitioners in Participation*

Something New I Have Learnt

In the first part of the workshop participants were asked to go into pairs and note down something new their partner had learnt from the morning so far.

This exercise provided an overview of the current understanding of participants' knowledge of the HPS agenda prior to attending the event.

It was evident by some of the participants' comments that their knowledge base of the breadth and diversity of partnership working and Health Promoting Schools was not as great as sometimes perceived.

This can be seen by some of the comments made:

Unaware of:

- "Broad mix of Agencies involved"
- "Close working partnership between Health and Council"
- "Diversity of partnership connections with Fife"
- "Range of work within Integrating Community Schools"



Your School Community

ENVIRONMENT + FACILITIES IN COMMUNITY
 PARENTS/CARERS - MISSING AT SECONDARY LEVEL
 ETHOS
 STAFF - NOT JUST TEACHERS
 DECOR OF SCHOOL
 YOUNG PEOPLE
 PHYSICAL & MENTAL WELLBEING OF ALL
 EXTERNAL SERVICES/AGENCIES
 GOOD LINKS WITH OTHERS IN CLUSTER
 PLP - GOOD PICTURE OF WHOLE CHILD
 GOOD CARRY OVER OF PROGRAMMES
 CONTRIBUTION FROM COMMUNITY & PRIVATE SECTOR

LINKS WITH LOCAL CLUBS - SUSTAINABLE
 LOCAL PARTNERSHIP GROUPS - LCSGS - SHARE PRACTICE



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GOOD ANCILLIARY STAFF
 GOOD SUPPORT/RELATIONSHIP & PARENTS
 GROUPS - IDENTIFIED
 MULTI-AGENCY SLG - GENERAL NEEDS OF YOUNG PEOPLE
 PUPIL CONSULTATION - PUPIL COUNCILS - MORE PARTICIPATION
 JOINT WORKING WITH SCHOOL NURSES

FLEXIBILITY IN DELIVERING HP

Parents involvement (Engaging them)

More Activity Projects To involve parents

Cultural - when children move to High School

Standardising in Health Promotion delivering

SHIFT FROM CRIMINAL FOCUS TO HEALTHY IMPROVEMENT

More Receptive High Schools (transition talks)

Health Services offered to all staff? (+ parents)

SCHOOLS MORE FLEXIBLE

Terminology? moving forward (Community Flourishing)

Parents + Pupils identifying needs

Child Protection (change of Services)

LINKS WITH EXTERNAL AGENCIES

young people council (HP)

Central picture kindly provided by Glasgow City Council



Other responses included:

- *"Learnt about the range of agencies, which are available to schools in taking forward the HPS initiative"*
- *"Wider context of Health Promoting Schools"*
- *"New service developments, how to fit into HPS, offering workshops/schools/ community/parent groups"*
- *"Didn't realise how much was going on, involved groups in schools for children with difficulties"*
- *"Severe and complex needs"*
- *"Accredited HPS"*
- *"How invaluable our partners outwith education are and were unknown to me until today"*

Your School Community

The workshop was divided into two parts to allow practitioners to recognise the contribution they had made towards the HPS agenda and provide the opportunity to identify what their vision would be of an ideal HPS community.

Currently Happening



Participants were presented with a large poster with a picture of a HPS at its centre. They were asked to identify what is 'Currently Happening' in their school community and what the day-to-day issues were. These could be negative or positive aspects of the whole school community. Using a black pen the information was captured on the poster by means of both words and drawings.

Utilising aspects of the 'Appreciative Inquiry Model', which is built round positive affirmation and celebrating of achievements rather than focussing on the negative, allowed participants to look at the positive aspect of their work. The group's enthusiasm was evident as each member shared what went well and this set the scene for future discussion.

The areas highlighted were:

- *"Good ancillary Staff"*
- *"Good support/Relationship to Parents"*
- *"Multi Agency SLG Groups - general needs of identified young people"*
- *"Dinner Halls - Healthy Food - Healthy Vans - Tuckshops - Breakfast Clubs - Free Fruit - H2O in schools"*
- *"PLP - Good picture of whole child"*
- *"Buckhaven Health Days"*
- *"Schools more flexible"*
- *"Visiting agencies being made welcome"*
- *"Shift from clinical focus to Health Improvements"*
- *"Inclusion of parents at a breakfast club"*



SECTION 3

The areas noted for improvement were:

- “Physical and mental wellbeing of all”
- “Environment & Facilities in Community”
- “Links with external agencies”
- “Parents/Carers - Missing at secondary level”
- “Time for staff and visiting agencies to talk”
- “Poor facilities for activity/privacy and consultation”
- “Links with local clubs - Sustainability”
- “Alcohol”
- “Truancy”
- “Involve families”
- “Work to improve health of staff”
- “Incorporating specialist services as part of normal day eg using equipment”
- “Involve local suppliers, talks in schools from Farmers etc”
- “Local Partnerships Groups - Local Children’s Services Groups - Share Practice”

Questions asked:

- “What’s available for Children/Young People with additional support needs?”
- “How can we tap into Parents’ talents?”
- “Inclusion of Parents at Breakfast Clubs - fundraising?”



Happening in the Future

Using red pens participants were asked to look at what was already on the poster and say what would ideally be happening if these issues were being dealt with using a HPS model. What would their vision be and how would their service make the connections? Where would they see themselves in the picture and what might they do differently? They were also asked if there were any new programmes, initiatives or services being developed. Any emerging themes and areas to be addressed were discussed. Once these ideas were captured on the poster they were highlighted either in words or pictures.

Initially six themes were identified: partnerships, parental involvement communication, young people, staff welfare and flexibility. These were merged into 3 key themes with parental involvement rated highest for future development.

Listed below are the emerging key themes along with a number of individual responses:

Key Theme 1 - Parental Involvement

- *"Parents' involvement (engaging them)"*
- *"More activity projects to involve parents"*
- *"Parents and Pupils identifying needs"*
- *"School Council rather than a School Board"*
- *"Publicise to parents - get them on board"*
- *"Ask parents what they want"*
- *"Family learning days"*
- *"Tap into parents' skills; use parents to bring other parents - lots of opportunities to be flexible"*
- *"Involve parents in running of crèche"*
- *"Looking holistically at the entire family"*
- *"Cooking Classes - Health and Wellbeing days - (but follow up)"*
- *"Parents involved more - after school activities"*
- *"All pupils walk/cycle to school"*

Key Theme 2 - Partnership

- *"Child Protection (Exchange of Services)"*
- *"Cultural (when children move to High Schools)"*
- *"More receptive High Schools (transition talks)"*
- *"Schools should embrace the ethos and involve outside agencies - strengthen home school - community link"*
- *"Schools in the same campus as health centre, social work, library, school child care, leisure centre"*



SECTION 3

- “Linking with other schools with good facilities - Village Hall - Leisure Centres - Even Clinics etc”
- “Knowing about the Agencies - Media - Days like today, getting the message to teachers who find it difficult to get away”
- “Who has the overview - can pull things together”
- “Flexibility in delivering HP”
- “Health Services offered to all staff (and parents)”
- “Look after our Staff”
- “Community Use Centres to become health promoting”

Key Theme 3 - Communication

- “Knowing about the Agencies - Media - Days like today, getting the message to teachers who find it difficult to get away”
- “Have a one-stop swap for information”
- “Gather together a database/website of where support (of all varieties) can be accessed”
- “Use local business to advertise”
- “A-Z directory of Agencies”
- “Standardising in Health Promotion delivery”
- “Communication, co-ordination. Confidence and time”
- “Young People Council”
- “Terminology Moving Forward”
- “Use local businesses to publicise”

It was a surprise to note that throughout the workshop the issue around the lack of funding and resources did not emerge. This in itself reflected the positive attitude and commitment practitioners had toward their client group and the health improvement agenda.

Children and young people were noted twice on the posters. Some would say this was remiss of the participants, but listening to the discussions this reflected the inbuilt philosophy that children and families are very much at the centre of the operational workforce.





Your School Community



TAP INTO PARENT'S SKILLS
USE PARENTS TO BRING IN OTHER PARENTS
↓
LOTS OF OPPORTUNITIES BE FLEXIBLE
HAVE A ONE STOP SHOP FOR INFORMATION

LOOK AFTER OUR STAFF
What's available for children/young people with additional support needs?

INVOLVE PARENTS IN RUNNING OF CRÈCHE

How can we tap into Parents' talents?

Services coming in =>



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- Ed psych.
- VTS
- School Nurse/Public Health Nurse
- Active Schools
- ICS
- Family Matters/Barnardos
- Play
- SACRO/Peer
- High School
- Adam Smith College
- Community Police
- Fire Service
- Councillors/Comm. Council
- Sycamore Project
- Hungry for Success
- SHL Therapy
- O.T.
- Social Work
- Clergy

SCHOOL COUNCIL RATHER THAN A SCHOOL BOARD

SCHOOL SHOULD EMBRACE THE ETHOS + INVOLVE OUTSIDE AGENCIES - STRENGTHEN HOME

SCHOOLS IN THE SAME CAMPUS AS HEALTH CENTRE
SOCIAL WORK
LIBRARY
SCHOOL CHILD CARE
LEISURE CENTRE

Gather together a database/website of where support (of all varieties) can be accessed



Central picture kindly provided by Glasgow City Council



Practitioners in Participation

This part of the programme offered the participants an opportunity to reflect on and respond to what they had heard throughout the morning. It was essential to capture what had been learnt from the event and establish what commitment participants would make in taking forward health improvements and embedding the HPS ethos.

Following on from 'Your School Community', facilitators asked participants to note down any key points which came out of the discussions, any issues that had arisen where they still felt in need of additional information, what commitment they were going to make to contribute towards the Health Promoting School agenda.

Collation of the comments made are categorised under 3 headings:

Key Points

- *"There is so much good work and support out there - what's difficult is the communication and link working. Also to know what is available and how to access it without jumping through too many hoops eg have coordinators"*
- *"Schools are very receptive to other agencies going in with a variety of topics. Schools are keen to work together to improve services"*
- *"Central database where all agencies can put their skills into all schools and everyone can source their needs"*
- *"Vision of schools being more open to all members of the community"*
- *"Schools are aware that there are services out there that can support children and young people and are willing to take advantage of that"*
- *"Learning about similar and different issues from a variety of agencies. Being able to meet other agencies, learning what is available"*
- *"Opportunities for shared practice/working including parental support and involvement. Web, one stop shop"*
- *"Sharing good practice to encourage others to come on board, offer services to both pupils and parents and of course school staff"*
- *"More opportunities for children and their families to be active - re-educate people on importance of a physically active lifestyle as part of a healthier lifestyle"*

Participants' Personal Commitment

- *"Encourage and involve/engage carers/parents within High Schools"*
- *"Continue to carry out Staff Health, Parent Health and Young People's Health, info and checks within and out with the school"*
- *"Further develop Parent/Pupil participation in HPS"*
- *"Bridge between Young People, Parents and School"*
- *"Provide contact details of health staff supporting establishments"*



- *“Publicise access for paediatric podiatry”*
- *“Work with active coordinators to ensure all children taking part in activity programmes”*
- *“Provide advice, information and support with regards to staff welfare. To encourage schools to become solutions focussed, signpost them to service available”*
- *“Ensure parents are aware of all of our health promoting strategies”*
- *“Could offer Parent/Pupil (Son/Daughter) practical food making sessions - enjoying and sharing their skills with family and others”*
- *“Obtain more views from parents on how the school might support them in health promotion”*
- *“Link with more agencies instead of feeling schools have to do the bulk of it on their own”*
- *“Increase communication in relation to health promotion within school environment”*
- *“Sharing, Networking, knowing where to find out what’s out there”*

Professional Development and Learning

- *“More networking”*
- *“More information about what services can provide”*
- *“Opportunities for other staff to attend similar events”*
- *“Healthy Eating Workshops”*
- *“More information on how schools work towards to become an HPS”*
- *“More information about outside agencies”*
- *“6 monthly HP schools events”*
- *“HMle approaches (journey to excellence), Children’s Services context”*
- *“Ideas to motivate parents to become more involved”*
- *“Opportunity to attend similar training days”*
- *“Something similar on an annual basis to continue to support progression would be beneficial”*
- *“It would be good to have presentations ‘in school’ for all staff”*

It was evident from the information provided that participants had benefited from the open discussions with other service providers. This had led to a better understanding of individual and service provision within their local area. The commitment to continue developing and embedding the HPS ethos was clearly stated within individual responses.

Collation of the activities undertaken will inform future recommendations to service providers on the main issue raised.



Section 4 highlights the proposed suggestions for future progress.

Proposed suggestions for future progress.

The key responses of the participants have been recorded in this report and recommendations on the main issues to be taken forward by all service providers from the morning are based on all participants' views:

Theme 1 • Parental Involvement

- Agencies to consider working with the Pupil Participation and Parental Involvement Development Officer to increase the opportunity for parental involvement.
- Service providers to consider developing links with and supporting the development of School Councils.
- Utilise skills and build capacity of parental involvement in the running of crèches and after school activities.
- Consideration to be given to undertaking a consultation process to obtain the views from parents and pupils on how the school might support them in health promotion. This could be achieved by utilising the evaluation process within the Health Promoting Schools Accreditation Scheme.
- Individual agencies to build on work with partners to enable parents to access a range of activities that meet the diverse needs of the population.
- Enable multi-agency partnerships to support schools in providing opportunities for Family Learning Days within cluster areas in partnership with whole school community.
- Education to consider providing the opportunity for whole school community multi-agency Health and Wellbeing days for parents, staff and pupils.
- Work in partnership with parents to increase the number pupils walking/cycling to school.
- Provide opportunities for practical taster sessions for families within the school and community setting.

Theme 2 • Integration and Partnership Working

- Service managers to provide opportunities for operational staff to explore different services' roles and remits by encouraging practitioners to shadow other service providers.
- Education and Health to continue providing opportunities for all service providers to promote and share practice.
- Education and Health to continue supporting the school and community settings in the promotion of the HPS ethos.



- Support schools to provide a flexible approach to transition in its widest sense, in particular within High Schools, by involving external agencies.
- Education to support the named School Health Coordinator to continue involving outside agencies that will strengthen home-school-community link.
- Provide opportunities for staff to engage with partners to create a more inclusive approach to physical activities and out of school opportunities for children and young people with additional support needs.
- Promote the sharing of good quality accommodation within schools, communities and NHS property for after school activities.
- Service providers to continue supporting schools in the development of solution focussed outcomes and signpost schools to services available.
- Plan and provide local and Fife wide opportunities to build on 'Making the Connection' events with other service providers.
- Work with partners in Health and Fife Council to develop opportunities for staff to focus on their own mental health and wellbeing.
- Education to consider providing more opportunities for school staff to link with other service providers, in particular, schools who are feeling isolated.

Theme 3 • Communication

- Build on consultation process and publicity to parents by ensuring front line staff are aware of events by utilising existing groups: Local Children's Services Groups and local Youth Strategy Groups.
- Enable school staff to build on 'Making the Connections' events by utilising twilight times to share practice with other service providers.
- Explore the opportunity to disseminate an A-Z directory of local agencies. The desired outcome is one electronic directory Fife-wide that provides an overview and is fit for purpose.
- Health Promoting Schools in partnership with service providers to continue to develop and promote the healthpromotingschoolsfife.co.uk website that provides information locally and nationally for all services.
- Support the continuing embedding of HPS by disseminating information from the HPS database to appropriate staff.
- Ensure that service providers supporting the Young People Council disseminate information across all services. One way this can be achieved is by utilising the HPS website.
- Make better use of the media and local businesses to publicise Fife's achievements.
- Collation of statements from voluntary and statutory sector that inform staff about what services can provide within the school community.



Theme 4 • Professional Development and Learning

- Create opportunities for staff to engage in discussion with other services to provide a coordinated approach to Health Promotion delivery.
- Ensure all front line staff have access to training and resources specific to Child and Adolescent Mental Health.
- Create a culture across services that enables front line staff to access evidence-based information/resources for specific age groups within an education setting.
- Consider providing Healthy Eating workshops for parents and staff in partnership with Fife Council, Health and the Voluntary Sector. This could be incorporated into the Health Improvement Training programme.
- Similar event on an annual basis to continue to support progression of HPS with additional information on how schools work towards to become a Health Promoting School and Community.
- Provision of additional training /awareness raising sessions with regards to HMIe approaches to Curriculum for Excellence, Journey to Excellence and Children's Services within the context of HPS.
- Offer similar local and national presentations 'in school' for all staff
- Provide opportunity to generate ideas to motivate parents to become more involved in health promotion activities.



Section 5 is the conclusion and recommendations to be taken forward by service managers

Conclusion

The purpose of the 'Making the Connections' event was to enable individuals from a range of organisations to identify and make the connections locally, allowing them to identify and take forward work as part of the Health Promoting Schools (HPS) agenda. It was an opportunity to share knowledge and understanding and continue to build on the innovative and exciting work that is already taking place across Fife.

The HPS team met with Service Managers, staff from Allied Health Professions, Community Health Partnerships, Health Promotion, Education, Integrated Community Schools and Community Services. Without their agreement and support these events aimed at local operational staff would not have been achievable. The commitment from education was evident by the number of staff that attended and who found the event 'invaluable'. Several participants commented that it was unfortunate that no representatives from Health Visiting or Social Work were in attendance. Their contribution would have been valuable when discussing the continuing developments of HPS within the wider community. It is essential to recognise the contribution the Voluntary Sector makes to the health improvement agenda and local representatives from the voluntary sector were identified by the CHP lead to participate and provide a Market Stall. It is hoped that other services will participate in the process as it develops.

The enthusiasm from the presenters was evident and set the scene for the morning. The presentations were concise and informative. They provided the statutory and voluntary sector staff the opportunity to put into context the national, Fife wide and local policies and strategies in relation to their own practice and presented a clear vision of how their services contribute towards the progression of the health improvement agenda.

The aim for the morning was for the participants to be actively involved in the event and the energiser, 'Let's Get Active' followed by the 'Market Place' provided the stimulation to get everyone participating in 'Making the Connections' in a meaningful way that had already generated partnership working.

The workshop provided the opportunity to recognise individual contributions, celebrate achievements and acknowledge areas for improvement across the local area. It enabled staff to look at what would ideally be happening if issues were addressed using the HPS model and to visualise how they would contribute to achieving that vision. Interestingly the need for monetary resources was not highlighted during the workshops, which leads to the conclusion that the event was pitched at the right level where staff regarded themselves as the key resource for taking forward the Health Promoting Schools agenda.



SECTION 5

Other factors highlighted as a result of the event were recognition of the positive effects of bringing together the differing perspectives of all participants and the need to develop an inter-school and multi-agency communication strategy that will lead to sharing areas of good practice

The event would not have been possible without the commitment of the short life-working group, the Community Health Partnership Health Improving Team leads and the Health Improvement Support Service.

Evidence from the evaluation confirms the success of the event, in particular, multi-agency partnerships that are central in supporting the ongoing journey of health improvement within the whole school community. The advent of the Schools (*Health Promotion and Nutrition*) (Scotland) Act 2007 will support the continuing development and senior managers and policy drivers are asked to recognise the commitment and vision of the operational staff and support them in taking forward the health and wellbeing of the whole school community.

Recommendations:

- *It is recommended that senior managers within NHS Fife, Fife Council and the Voluntary Sector at local and strategic level utilise the information in this report to support staff in taking forward the health improvement agenda.*
- *Agencies should consider broadening the opportunities for partnership working that will increase parental involvement within the wider school community This could be undertaken by: Providing Family Learning opportunities at a local level.
Establishing links with the Pupil Participation & Parental Involvement Development Officer.*
- *Service providers should consider the continuing development of the HPS ethos beyond the school setting.
Areas for consideration: Community Use Facilities
Play Group Facilities*
- *Fife's Community Planning Partnership to continue providing local and Fife wide opportunities to promote and share good practice for operational staff across all services and agencies by building on 'Making the Connection' events.*
- *Service providers to work in partnership to continue developing national and local strategies that support the mental health and wellbeing of the whole school community.*
- *Education and relevant partners to utilise opportunities through the continuing development of HPS to promote their strategies for the inclusion of vulnerable children, young people and their families within the HPS agenda.*
- *Build on partnership working with Active Schools to promote the Physical Activity Strategy across Fife.*



- Education to support School Health Coordinators in developing partnerships with other service providers to strengthen home - school - community links eg Health Promotion Information and Resources Centre.
- Build on existing networks of information to develop a multi-agency communication strategy.
- Service providers to utilise the **www.healthpromotingschoolfife.co.uk** website by having their own section to communicate information and share practice.
- Work with relevant partners to plan and provide training/raising awareness opportunities regarding:
 - Mental Health and Wellbeing for Staff
 - Healthy Eating Workshops for Parents and Staff
 - Oral Health
- Provide additional training/awareness raising sessions with regards to identified strategies and plans. Suggestions made: Curriculum for Excellence, Journey to Excellence and Fife Children's Services Plan within the context of Health Promoting Schools.

For ongoing updates please visit the **www.healthpromotingschoolsife.co.uk** website

Further information regarding this report can be obtained from:

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Health Promoting Schools Fife Events

'MAKING THE CONNECTIONS' Multi-Agency Awareness Raising Sessions

Programme

09:00	Registration & Coffee in Main Reception Area
09:30	Welcome Joyce Greig Integrated Community Schools Manager
09:40	Keynote Speaker Wendy Halliday Director Scottish Health Promoting Schools Unit
10.10	Fife Perspective Harry Black Head of Health Promotion NHS Fife Anne Aberdein Health Promoting Schools Fife
10:20	'Lets get Active' Sarah Drury Active Schools Manager
10.35	'Market Place'
11.00	Coffee in 'Market Place'
11.10	Your Health Promoting School
12.15	Closing Remarks Anne Aberdein Health Promoting Schools Fife
12.30	Lunch in Club Lounge



APPENDIX 2

ATTENDEES FORM

Health Promoting Schools - **Making the Connections**

Venue: Cluny Clays, Cardenden, Fife

Date: 4 October 2007

NAME	DESIGNATION	BASE
Anne Aberdein	ICS/Senior Health Promotion Officer	Auchterderran Centre
Elizabeth Anderson	Active Schools Coordinator	Fife Council
Christine Anderson	Depute Head Teacher	Parkhill PS
Jackie Barbour	Public Health Practitioner	Cameron Hospital
Carol Bell	ICS Community Education Worker	Fife Council
Harry Black	Head of Health Promotion	Cameron Hospital
Challeen Bradley	Project Worker	Barnardos
Joanne Buchan	Health Promotion Officer - Children & Young People	Kirkcaldy & Levenmouth CHP
Duncan Caithness	Active Schools Coordinator	ICS Levenmouth
Natalie Carlton	Environmental Health Advisor	Fife Council
Jennifer Collins	Active Schools Coordinator	Fife Council
Catherine Cunningham	Head Teacher	Kirkton of Largo PS
Rosemary Delargy	Depute Head Teacher	St Marie's RC PS
Sarah Drury	Active Schools Manager	Auchterderran Centre
Bernadette Duddy	Integration Manager	ICS Levenmouth
Elaine Duff	Public Health Nurse (Young People)	Barrie Street Clinic
Moira Dunsire	Podiatry	Kirkcaldy Health Centre
Liz Easton	Manager	Kirkcaldy YMCA
Gordon Easton	PE Teacher	Viewforth HS
Gladys Forster	Senior Occupational Therapist	Cameron Hospital
Elaine Fraser	School Health Coordinator	Capshard PS
Alice Graham	Family Work Coordinator	ICS Levenmouth
Rhona Graham	Senior Paediatric Physiotherapist	Cameron Hospital



ATTENDEES FORM

Health Promoting Schools - **Making the Connections**

Venue: Cluny Clays, Cardenden, Fife

Date: 4 October 2007

NAME	DESIGNATION	BASE
Joyce Greig	ICS Manager	ICS Dunfermline
Sarah Haggerty	Speech and Language Therapist	Fair Isle Clinic
Wendy Halliday	Director	SHPSU
Derek Harley	Information and Rescue Nurse	Playfield Institute
Jillian Houghton	Drug Education	DELTA
Judith Hutson	Senior Paediatric Physiotherapist	Forth Child Development Centre
Anne Jenkins	HE Teacher	Viewforth HS
Kate Keddie	Children Services Manager	Barnardos
Sarah Kennedy	Drug Education	DELTA
Yvonne Kerr	Senior BBV and Sexual Health Improvement Officer	Cameron Hospital
Jennifer Knight	Trainee Development Worker	Kirkcaldy YMCA
Andrew Lane	Active Schools Coordinator	Torbain PS
Sandra Martin	Development Officer - Parent/Pupil Participation	Fife Council
Tracy McCallum	Family Worker	ICS Kirkcaldy
Carrie McCathie	Project Officer - Staff Welfare	Auchterderran Centre
Tracy McDougall	School Health Coordinator	Kirkcaldy West PS
Diane McLeish	Public Health Practitioner	Playfield Institute
Christine McNamee	Hungry for Success Coordinator	Fife Council
Paul Meijer	Head Teacher	Roslyn School
Sandra Mitchell	Environmental Health Advisor	Fife Council
Cara Montgomery	Podiatry	Kirkcaldy Health Centre
Evelyn Moodie	Information & Resources Facilitator	Cameron Hospital
Liz Peat	Oral Health Promoter	Cameron Hospital



APPENDIX 2

ATTENDEES FORM

Health Promoting Schools - **Making the Connections**

Venue: Cluny Clays, Cardenden, Fife

Date: 4 October 2007

NAME	DESIGNATION	BASE
Margaret Porter	Public Health Nurse	ICS Levenmouth
Ruth Rodigan	Health Improvement Support Service Manager	Cameron Hospital
Lesley Smith	Occupational Therapy Technical Instructor III	Cameron Hospital
Louise Smith	Head Teacher	St Agatha's PS
Sandie Steele	Education Development Officer	Auchterderran Centre
Katy Stevenson	Speech and Language Therapist	Fair Isle Clinic
Sheona Stewart	Educational Psychologist	Fife Council
Jackie Thomson	Hungry for Success Coordinator	Fife Council
Deborah Vanstone	New Ways Project Dietitian	Lynebank Hospital
Linda Watson	Development Worker	Kirkcaldy YMCA
Heather Young	Senior Health Promotion Officer	Cameron Hospital



Evaluation Feedback

Out of 57 participants attending 43 responses were received.

The majority of participants felt the event provided an excellent opportunity to meet other service providers, establish new areas of partnership working and learn about what is happening at national and local level.

The event evaluated very well with the presentations and 'Market Place' rated very highly and the workshop evoking a lot of discussion.

Learning from the event

- Networking with Fife Partners, personal contacts and the realisation that we need to move out with our own bubbles!
- The need to contact people to look at innovative ways of working.
- Clearer ideas of how to link work with other agencies regarding Health Promoting Schools activities.
- Identify other agencies/disciplines to network with to ensure whole health approach.
- Encourage parental involvement across the board.
- Take time to explore materials gathered and how these can support my school.
- Increased knowledge and awareness of role in health promotion within school.
- The presentations proved most valuable as they gave an overview of what was going on nationally and in Fife

Things that could have been improved

- More time to go round 'Market Stall'
- Pre -event information not distributed by management to staff attending
- Stalls targeted mainly at people working with children.
Need more whole school stalls.

Things that were particularly enjoyed

- The presentations
- The enthusiasm and energy of participants and presenters
- Loved wake up, shake up!
- Speaking to other professionals in The Market Place helped establish roles within Health Promoting Schools.



Fife Health Promoting Schools Events

'Making the Connections' Multi-Agency Awareness Raising Sessions

Stallholders list: *Integrated Community Schools*
Active Schools
Community Health Partnership
Occupational Therapist
Physiotherapist
Speech & Language Therapy
Podiatry
Nutrition & Dietetic Dept
Fife Community Food Workers
Health Promotion - Food & Health
Community Dental Service
Playfield Institute
Scottish Health Promoting Schools Unit
Health Promoting Schools Fife
Pupil Participation and Parental Involvement Act
Health Promotion Fife:

- *Parent Education Initiative*
- *Training*
- *Information & Resources.*

Integrated Sexual Health Service
Consumer Education Team
YMCA Kirkcaldy
Kirkcaldy/Levenmouth Youth & Wellbeing Service
Barnardo's Levenmouth Links
DELTA

'Making the Connections'



REPORT

October 2007