



WORKING TOGETHER TO PROMOTE HEALTHY LIVING, SUPPORT POSITIVE WELL-BEING, AND IMPROVE ENGAGEMENT WITH EDUCATION AND THE SCHOOL DURING THE SUMMER HOLIDAYS.

DELIVERY PARTNERS



Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

14

SCHOOLS

758

HOURS DELIVERY

577

CHILDREN TOOK PART

FEEL HEALTHIER

85%

FEEL HAPPIER

88%

HAVE BEEN MORE ACTIVE

87%

FEEL MORE CONFIDENT

81%

MADE NEW FRIENDS

82%

WILL CONTINUE TAKING PART

85%



Since doing the sugar lesson, they have come home and been measuring foods and drinks with sugar in and wanting to try to make better choices.



Eating healthy at home. I've had to buy more jacket potatoes and salad. Pushed us as a family to be more active and got me off the sofa.

PARENTS SAID...



My children are making healthier choices. They have had lots of fun and enjoyed new activities.



My daughter now walks over to the local outdoor basketball courts because she has loved playing basketball in the sessions.



It has been very encouraging to try new foods, which sometimes is a battle at home. I have found them more active at home and wanting to play outside more.



I have made new friends and have a better understanding of healthy and unhealthy foods.



Food and fun was awesome. I enjoyed doing different activities and tried a new sport, which was archery.



The Food and Fun project was really cool, as there were loads of different activities and things to do.

YOUNG
PEOPLE
SAID...



I enjoyed playing netball and enjoyed the circus and drama activities.



Food and fun was excellent. I tried a new fruit, which was a plum. I also really liked the mini games in the sporting session. My favourite one was jailbreak.

Chwaraeon RhCT
Sport RCT



SKILLS HAPPINESS
HOCKEY SUPER RUGBY EXERCISE SCHOOL
FOOTBALL **HAPPY** INCREDIBLE ACTIVE
AWESOME COOL ACTIVITIES FRIENDS
EXCITING ARCHERY **SPORTY** CARING CRAFTY PLAY
BASKETBALL **FOOD AND FUN** BOW AND ARROW
CREATIVE GREAT
BRILLIANT GOOD DODGEBALL EXCITED **FUN**
COLOURFUL FUNNY EDUCATIONAL FRUIT JOYFUL
HEALTHY FOOD ROUTINE SOCIALISING
CONFIDENT FRIENDSHIP KIND SPORTS
RUNNING NEW FOODS HAPPIER
TEAMWORK



LLANHARAN PRIMARY HAS BEEN PART OF THE PROGRAMME FOR SEVERAL YEARS. IN ONE OF THE FIRST YEARS, THE STAFF WHO DELIVERED THE PROGRAMME WERE NOT STAFF FROM THE SCHOOL, AND LOGISTICALLY, THIS THEN BROUGHT SOME CHALLENGES. THE HEADTEACHER FELT THAT THEY NEEDED TO CHANGE THE FOLLOWING YEAR AND HAS ENSURED EVERY YEAR SINCE THAT STAFF FROM THE SCHOOL HAVE DELIVERED THE PROGRAMME. THIS HAS BROUGHT SUCCESS TO THE PROJECT, CONSISTENCY, A SAFE ENVIRONMENT, EASY ACCESS TO RESOURCES AND AREAS WITHIN THE SCHOOL, AND THE ABILITY TO PROMOTE ALL LEARNING OF THE PROGRAMME THROUGH THE SCHOOL YEAR.

FEEL HEALTHIER

85%

FEEL HAPPIER

88%

HAVE BEEN MORE ACTIVE

87%

FEEL MORE CONFIDENT

81%

MADE NEW FRIENDS

82%

WILL CONTINUE TAKING PART

85%



THE HEADTEACHER AT YNYSBOETH PRIMARY WANTED TO EXPAND FOOD AND FUN ACROSS THE YEAR. AT THE START OF THE ACADEMIC YEAR, SHE ARRANGED A MEETING BETWEEN PARENTS, STAFF, AND SPORT RCT TO DEVISE A PLAN ON HOW TO EXPAND THE PROJECT BEYOND THE SUMMER. TRAINING WAS ARRANGED FOR STAFF AND PARENTS/GUARDIANS TO HELP DELIVER AND SUPPORT AFTER SCHOOL PROVISION FOR CHILDREN TO ACCESS YEAR ROUND. SHE SUBMITTED AND WAS SUCCESSFUL IN OBTAINING A SCHOOL FUND, WHICH SUPPORTED HER PLANS. TO COMPLEMENT AND SUPPORT THIS, THEY NOMINATED AND DEVELOPED A TEAM OF YOUNG AMBASSADORS THROUGH SUPPORT FROM SPORT RCT, CREATING MORE OPPORTUNITIES FOR THE CHILDREN OF YNYSBOETH TO BE ACTIVE IN BREAKTIMES AND LUNCHTIMES AT SCHOOL.

FEEL HEALTHIER

84%

FEEL HAPPIER

82%

HAVE BEEN MORE ACTIVE

92%

FEEL MORE CONFIDENT

75%

MADE NEW FRIENDS

79%

WILL CONTINUE TAKING PART

100%



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

Chwaraeon RhCT
Sport RCT

IF YOUR SCHOOL WOULD LIKE TO BE PART OF THE PROGRAMME
PLEASE CONTACT SHEP@RCTCBC.GOV.UK