



Proactive Release

Submissions on the Child and Youth Wellbeing Strategy

August 2019

The Department of the Prime Minister and Cabinet has released the following submission received during its public consultation on the child and youth wellbeing strategy.

Some of the information contained within this release is considered to not be appropriate to release and, if requested, would be withheld under the Official Information Act 1982 (the Act).

- Where this is the case, the information has been withheld, and the relevant section of the Act that would apply, has been identified.
- Where information has been withheld, no public interest has been identified that would outweigh the reasons for withholding it.

Key to redaction codes and their reference to sections of the Act:

- **9(2)a** – Section 9(2)(a): to protect the privacy of natural persons, including deceased people.

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Child and Youth Wellbeing Strategy – Submission Template

This document is intended for individuals or groups who wish to make a formal submission on the child and youth wellbeing strategy.

Please complete this template and email it to:
childandyouthwellbeing@dpmc.govt.nz

A guide to making a submission is available on the DPMC website
<https://dpmc.govt.nz/our-programmes/child-and-youth-wellbeing-strategy>

Submissions will close on **Wednesday 5 December**.

Please provide details for a contact person in case we have some follow up questions.

Contact Name:	9(2)(a)
Email Address:	
Phone Number:	
Organisation Name:	The 5+ A Day Charitable Trust
Organisation description: (tell us about your organisation – i.e. who do you represent? How many members do you have? Are you a local or national organisation?)	The 5+ A Day Charitable Trust was established in 2007 for the benefit of all Kiwis, especially children. The Trust is committed to increasing the consumption of fresh fruit and vegetables for better health in all New Zealanders. We encourage all Kiwis to eat five or more servings of colourful, fresh fruit and vegetables every day for good health. Our key messages are in line with our Ministry of Health and the World Health Organisation's recommendations. The 5+ A Day Charitable Trust is funded by voluntary contributions from New Zealand's fresh fruit and vegetable industry.

Executive Summary:

(Please provide a short summary of the key points of your Submission - 200 words)

The 5+ A Day Charitable Trust feels the education/school setting could be strengthened in the desired outcomes. Next to the whānau environment, children and young people spend a significant amount of time and energy throughout their formative years in early childhood education centres/kohanga reo and schools/kura. It is imperative that these environments are safe, support wellbeing and promote health and development.

In line with strengthening the role education settings play in wellbeing, we feel points could be added under focus areas 10 and 13. Children and young people require good nutrition to be at their best. It is not enough to offer access to affordable, nutritious food if the environments children and young people are living in promote mixed messages.

The 5+ A Day Charitable Trust promotes eating fresh fruit and vegetables for health and focuses work in the education setting. The Trust supports the Ministry of Health-funded Fruit & Vegetables in Schools (FIS) initiative with curriculum-linked resources that promote healthy eating and activity.

Evidence from our recent FIS independent evaluation points to expanding the FIS initiative to include all decile 3 schools which would have an immediate impact on the wellbeing of children now and in the future.

Submission Content

Framing of Wellbeing

The 5+ A Day Charitable Trust largely supports the framing of wellbeing for the initial strategy.

Proposed Outcomes

We feel the the education/school setting could be strengthened in the desired outcomes. Next to the whānau environment, children and young people spend a significant amount of time and energy throughout their formative years in early childhood education centres/kohanga reo and schools/kura. It is imperative that these environments are safe, support wellbeing and promote health and development.

16 potential Focus Areas

In line with strengthening the role education settings play in wellbeing, we feel points could be added under focus areas 10 and 13. Children and young people require good nutrition to be at their best. It is not enough to offer access to affordable, nutritious food if the environments children and young people are living in promote mixed messages.

- Education settings promote healthy nutrition policies and guidelines to promote an environment consistent with good health and wellbeing
- Children and young people are supported to make healthy choices around food by school/kura policies that ensure only affordable, nutritious food is available at school/kura

Improving the wellbeing of children and young people

The Current Fruit in Schools Initiative

The 5+ A Day Charitable Trust promotes eating fresh fruit and vegetables for health and focuses work in the education setting. The Trust supports the Ministry of Health-funded Fruit in Schools (FIS) initiative with curriculum-linked resources that promote healthy eating and activity.

FIS addresses access to fresh fruit and vegetables for all children in decile 1 and 2 (and some decile 3) schools. Fruit in Schools currently supports 548 schools providing a piece of fruit or vegetable for 119,315 students and staff on school days.

Fruit in Schools is a highly effective universal programme that improves the wellbeing of children and mitigates the impacts of child poverty and socioeconomic disadvantage experienced by children in New Zealand. Access to

fresh fruit and vegetables daily is one of the child-specific indicators used as a measure material hardship and wellbeing in New Zealand¹.

5+ A Day recently commissioned an external evaluation of the FIS initiative by Quigley & Watts Ltd. The 2018 evaluation achieved a 90% response rate from school/kura Principals. That is over 490 Principals who took the time to tell us why FIS is so important.

A summary of findings follows:

In 2018 Fruit in Schools was rated by Principals in low decile schools as the single most effective initiative to promote a healthy school environment. Eighty-three percent of principals said the overall health of their children would decline if Fruit and Schools ended².

Nine out of ten principals said FIS led to a sense of equality between students regardless of their family circumstances.

Fruit in Schools reduces the anxiety and stress for children, whānau and teachers that is caused when families don't have enough food.

They don't need to worry if there is nothing at home. Talk about Maslow's hierarchy of needs, the things we need in life to function, food is top of that list. When you have a child coming to school worried because they haven't had a proper meal the night before or breakfast, and how are they going to last the day, it's amazing what that fruit does (Principal, Wellington).

Children who are hungry cannot focus or learn. Fruit in Schools improves wellbeing and behaviour for all children, especially for those tamariki who might otherwise not have fruit.

I find after a fruit break they are more engaged, ready to learn, they have something in their tummies they are more focused (Principal, Bay of Plenty).

Fruit in Schools supports parents and whanau at home as well as at school. Seven out of ten parents said Fruit in Schools supports them to provide healthy food at home.

We can see the benefits of eating more fruit and vege so we are more inclined to buy them when shopping (Parent).

The benefits of Fruit in Schools extend to overall wellbeing as well as physical wellbeing. Seventy-four percent of principals said that Fruit in Schools had been a catalyst for action on other health and wellbeing issues in their school or kura.

¹ Duncanson M, Oben G, Wicken A, Morris S, McGee M, and Simpson J. (2017) New Zealand Child and Youth Epidemiology Service, University of Otago, Dunedin.

² Watts C. (2018) External evaluation of Fruit in Schools. Accessed from <http://www.5aday.co.nz/media/213674/final-fruit-vegetables-in-schools-research-report-august-2018.pdf>

It's part of who we are as a kura and the values we try to install in our tamariki. We are a bilingual school we go to the marae every week, it is one of our classrooms, so part of that is manaakitanga. Every time we go to the marae we take kai with us, we take the fruit with us (Principal, South Island Kura).

Fruit in Schools is embedded into the curriculum and is a key support for creating a healthy school. It demonstrates that eating fruit and vegetables is just what we do around here. It isn't a one-off programme that slots in once a term or something schools only do on special occasions.

There are a lot of incidental lessons [from Fruit in Schools] that we don't actually have to teach. The older children are responsible for collecting and distributing the fruit, there are fruit monitors in class, we compost the scraps, it is a whole cycle but it is not something you have to teach as a separate lesson. It is integrated into what we do with the Fruit in Schools (Principal, Bay of Plenty).

Ninety-five percent of principals said Fruit in Schools contributes to raising awareness among staff and students about the importance of healthy eating and 96% said it promoted positive attitudes among students about eating fruit and vegetables. Fruit in Schools supports learning about kai and how to prepare kai.

The fruit is everywhere, in classrooms and part of every day. The teachers have a high regard for the fruit, so they talk about it to the tamariki, I have a bowl of fruit on my desk (Principal, Hawke's Bay).

A full report can be accessed at www.5adayeducation.org.nz

¹ Duncanson M, Oben G, Wicken A, Morris S, McGee M, and Simpson J. (2017) New Zealand Child and Youth Epidemiology Service. University of Otago, Dunedin.

² Watts C. (2018) External evaluation of Fruit in Schools. Accessed from <http://www.5aday.co.nz/media/213674/final-fruit-vegetables-in-schools-research-report-august-2018.pdf>

Looking to the future

The 5+ A Day Charitable Trust witnesses the positive impact FIS has on equity and wellbeing in our school communities on a daily basis. Numerous schools/kura and kohanga reo approach the Trust to become part of this initiative (47 requests in 2018 to date). We feel expanding the FIS initiative to include all decile 3 schools would have an immediate impact on the wellbeing of children now and in the future.

Please note that your submission will become official information. This means that the Department of the Prime Minister and Cabinet may be required to release all or part of the information contained in your submission in response to a request under the Official Information Act 1982.

The Department of the Prime Minister and Cabinet may withhold all or parts of your submission if it is necessary to protect your privacy or if it has been supplied subject to an obligation of confidence.

Please tell us if you don't want all or specific parts of your submission released, and the reasons why. Your views will be taken into account in deciding whether to withhold or release any information requested under the Official Information Act and in deciding if, and how, to refer to your submission in any possible subsequent paper prepared by the Department.