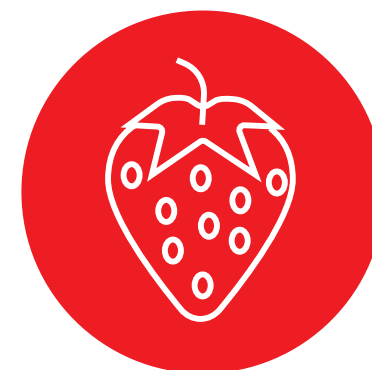




CLILC • WLGA



# School Holiday Enrichment Programme (SHEP) Logic Model



## **The School Holiday Enrichment Programme (SHEP), brand name “Food and Fun”, was piloted in 2015 to address challenges faced by low-income families in the summer holidays.**

It is the first UK example of a multi-agency project providing healthy meals, nutrition education, sports and other physical activities in the summer holidays. It also promotes learning through a programme of enrichment activities. In 2019, 77 schemes are delivering Food and Fun in 21 local authorities supported by the seven local health boards.

SHEP has undergone annual evaluation since the 2015 pilot and a logic model was developed by the Centre for the Development and Evaluation of Complex Interventions for Public Health Improvements (DECIPHer) in 2016 and 2017. Evaluation of the 2018 programme revealed new programme knowledge and insight that led to the evolution of the Logic Model, by the SHEP National Steering group and **Data Cymru**, and the 5 intended Outcome areas:

- **Improved mental health and emotional well-being**
- **School engagement and educational attainment**
- **Improved aspirations**
- **Improved physical activity**
- **Improved dietary behaviour**



# How to use this visual guide to the Logic Model:

## Outcome pages

Each Outcome area is illustrated on an individual page accessed by its own icon. Each icon will take the user directly to that Outcome page.

## Change indicators

The change indicators refer to the changes that indicate progress towards these Outcomes. The lasting and initial changes are presented within each Outcome area and may be repeated across Outcome areas where change indicators may result in more than one Outcome. Many connections may be identified between change indicators throughout the Logic Model.

PLEASE SELECT



**Improved Mental Health and Emotional Well-Being**



**School Engagement and Educational Attainment**



**Improved Aspirations**



**Improved Physical Activity**



**Improved Dietary Behaviour**



## INITIAL CHANGE INDICATORS

**Positive** summer experience, displacing boredom and isolation

**Reduction** in depressive symptoms

**Connecting** parents to each other

**Increased** social connectedness to peers

**Reduced** financial and family stress

**Safe space** for play

**Improved** relationships with school staff

**Behavioural** improvement out of school



**Improved Mental Health and Emotional Well-Being**



**School Engagement and Educational Attainment**



**Improved Aspirations**



**Improved Physical Activity**



**Improved Dietary Behaviour**

**Connecting** parents to school and community (reduction in school apprehension)

**Behavioural** improvement in school

**Improved** parent-school interactions

**Child connectedness** to parents and family

**Improved** emotional well-being

**Engagement** with the school routine

**Improved** mental health

**Social skills** development

**Self-esteem**

**Parent** engagement in child's education

**Family** functioning



**Improved Mental Health And Emotional Well-Being**

## LASTING CHANGE INDICATORS

[Return to Home Page](#)



## INITIAL CHANGE INDICATORS

Improved relationships with school staff

Increased connectedness to school peers

Improved staff professional development

Connecting parents to school and community (reduction in school apprehension)

Improved access to ICT/ learning resources

Parent engagement in child's education

Behavioural improvement in school

Learning a new skill

Informal learning

Engagement with the school routine and expectations

Applying learning experiences from the summer

Improved parent-school interactions

Readiness for skills acquisition

Reduction in learning loss after the summer holidays

School Engagement And Educational Attainment



Improved Mental Health and Emotional Well-Being



School Engagement and Educational Attainment



Improved Aspirations



Improved Physical Activity



Improved Dietary Behaviour



## LASTING CHANGE INDICATORS

[Return to Home Page](#)



## INITIAL CHANGE INDICATORS

**Learning**  
a new skill

**Children**  
being able to identify  
their talents  
and strengths

**Exposure**  
to different  
providers

**Connecting parents**  
to school and community  
(reduction in school  
apprehension)

**Self-efficacy**

**Developing**  
interests

**Children sharing**  
their talents and  
strengths



**Improved**  
**Aspirations**

## LASTING CHANGE INDICATORS



**Improved**  
**Mental Health**  
and Emotional  
Well-Being



**School**  
**Engagement**  
and Educational  
Attainment



**Improved**  
**Aspirations**



**Improved**  
**Physical Activity**



**Improved**  
**Dietary Behaviour**

[Return to Home Page](#)



## INITIAL CHANGE INDICATORS

**Exposure**  
to sports during  
SHEP days

**Forming links**  
with local  
physical activity  
providers

**Less**  
non-learning  
screen time

**Increased holiday**  
Physical activity

**Enjoyment**  
of physical activity/ sport  
during SHEP

**Enjoyment**  
of physical activity during  
SHEP

**Take up of sport**  
after the summer holidays

**Take up**  
of local sport and physical  
activity provision

**Enjoyment**  
of and improved physical  
activity attitudes (long  
term?) after SHEP



**Improved  
Physical  
Activity**

## LASTING CHANGE INDICATORS



**Improved  
Mental Health  
and Emotional  
Well-Being**



**School  
Engagement  
and Educational  
Attainment**



**Improved  
Aspirations**



**Improved  
Physical Activity**



**Improved  
Dietary Behaviour**

[Return to Home Page](#)



## INITIAL CHANGE INDICATORS

Improved  
holiday time  
nutrition

Reduced  
holiday  
hunger

Exposure  
to healthier foods

Trying  
and knowing  
about healthier  
food

Improved  
dietary attitude



Improved  
Mental Health  
and Emotional  
Well-Being



School  
Engagement  
and Educational  
Attainment



Improved  
Aspirations



Improved  
Physical Activity

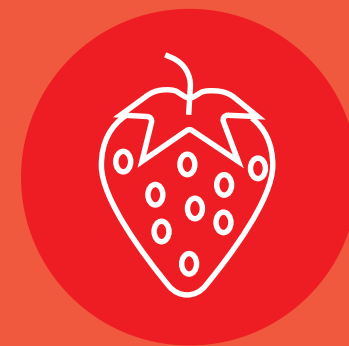


Improved  
Dietary Behaviour

Trying  
and knowing about  
wider food ranges

Uptake  
of school meals

Improved  
nutrition  
knowledge



Improved  
Dietary Behaviour

## LASTING CHANGE INDICATORS

[Return to Home Page](#)