

**This service is available for Academies, Maintained schools and Other schools and settings**

#### **Description:**

The Ealing health improvement team are a trusted and qualified team of experts, providing support and training in **nutrition and exercise, mental health and emotional wellbeing, PSHE, relationships, health and sex education (RHSE) and safeguarding prevention**, to help you improve your pupils' mental health, personal development and achievement.



**Year** Academic year 2024/25

#### **Benefits**

Purchase one of our support packages to address specific health areas and we will:

- Produce tangible results
- Directly assist you in achieving your Healthy Schools London awards
- Save you valuable preparation and thinking time
- Drive consistent whole school health and wellbeing improvement
- Give you access to a wide range of resources, trainings and expert support

#### **Main packages on offer:**

- [Health improvement 3 day bespoke package](#)
- [Healthy schools awards and training package](#)
- Specialist packages of support:
  - [Eco initiatives and awards](#)
  - [Mental health and wellbeing package](#)
  - [Nourish to flourish package](#)
  - [Personal, social, health and economics \(PSHE\) mastery package](#)
  - [Relationships, sex and health education \(RSHE\)](#)

#### **Schools save time and benefit from:**

- Support in achieving Healthy Schools London (HSL) award(s)
- Practical help for new, or experienced PSHE and/or Mental Health leads
- Expert guidance to stay on track and have impact
- Improvements in pupils' and parents' health behaviours and choices
- Access to a wide range of assembly presentations, parent letters, programmes, policies and baseline surveys.

#### **Office hours:**

- Monday to Friday, 8.30am to 5pm
- Twilight sessions and out of office hours work by negotiation.

#### **Planned improvements:**

We reflect on what you tell us, to make improvements.

We now offer schools more flexible ways of working with our team. For example, schools can now choose to have either a virtual or face-to-face Health in Schools visit and we are now offering a mix of virtual and face-to-face training workshops and networks. This is in response to over 80% of schools who told us in our annual survey that they would prefer a mix of virtual and face-to-face going forward.

Also, we now offer videos of our assemblies and virtual parent workshops as an alternative for increased flexibility.

#### **Service directors:**

Julie Lewis

#### **More detailed information:**

## Health improvement support packages

### Healthy Schools Awards and training package

- 20+ trainings on key health areas available to all your school staff
- Four practical sessions to help achieve your Healthy Schools London awards
- Two drop-in days to support completion of the Healthy Schools London award/s and for PSHE support
- Two health improvement conference tickets
- Three PSHE networks
- A celebration event

### 3 day bespoke package

- 21 hours of a health improvement officer time to support and deliver bespoke activities
- Pre and post activity surveys, to measure impact
- An annual impact report
- Two drop-in days to support completion of the Healthy Schools London award/s and for PSHE support
- Two health improvement conference tickets
- Three PSHE networks

### Specialist packages - 14 hours of bespoke support, PLUS networks, trainings and conference tickets

- [Eco initiatives and awards](#)
- [Mental health package](#)
- [Nourish to flourish package](#)
- [Personal, social, health and economics \(PSHE\) mastery package](#)
- [Relationship, health and sex education \(RHSE\) package](#)

#### Related content:

[Health improvement in schools](#)

#### Provider:

Health improvement team, Children and families, Ealing Learning Partnership

#### Contact:

- **Karen Gibson**, Health improvement: [kgibson@ealing.gov.uk](mailto:kgibson@ealing.gov.uk) 020 8825 7707

#### Further details:

You are currently not logged in. [Login here](#) for further details.

#### Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

Last updated: 13 Mar 2024

---