

**This service is available for Academies and Maintained schools**

**Description:**

The Staff Health and Wellbeing Package is designed to support schools in promoting the health and wellbeing of their staff. This package provides schools with the necessary tools to conduct health audits, offer personalised consultations, and nutrition and mental health deliver workshops, ensuring a healthier, more engaged workforce.



**Year** Academic year 2025/26

**Benefits**

- Improve staff health and wellbeing through tailored nutrition and mental health support.
- Increase staff engagement and productivity by fostering a supportive work environment.
- Reduce absenteeism and improve staff retention with proactive health initiatives.
- Promote a culture of health and wellbeing within the school community.
- Provide staff with the knowledge and resources to make healthier lifestyle choices.
- Enhance overall school performance by supporting the wellbeing of educators and staff.

**Additional / buy back services**

- [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](#)
  - [Sugar smart](#)
  - [Personal, social, health and economics \(PSHE\) mastery package](#)
  - [Relationships, sex and health education \(RSHE\)](#)
  - [Safeguarding and inclusion \(New\)](#)

**Office hours:**

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

**Service directors:**

Julie Lewis

**More detailed information:**

- **Health and Wellbeing Audit:** Comprehensive assessment of current staff health and wellbeing practices.
- **Recommendations Report:** Detailed report with actionable recommendations based on the audit findings.
- **1-on-1 Nutrition Consultations:** Personalised sessions with nutrition experts to address individual dietary needs.
- **Workshops:** Interactive sessions on nutrition, mental health, and stress management.
- **Video Bites:** Short, engaging videos on various health topics to keep staff informed and motivated.
- **Psychological Nudging Ideas:** Strategies to subtly encourage healthier choices in staff areas.
- **Challenges and Activities:** Fun and engaging health challenges to promote team building and healthy habits.
- **Ongoing Support:** Continuous access to expert advice and resources to maintain staff wellbeing initiatives.

By investing in this comprehensive package, schools will be equipped with the knowledge, resources, and support they need to ensure the health and wellbeing of their staff, creating a positive and productive school environment.

This package also includes:

- Free access to four central trainings for staff on topics like reducing sugar in packed lunches, healthy snack swaps, and embedding a sugar-smart culture.
- Two tickets to the Health Improvement Annual Conference.
- Two drop-in days to help you progress towards Healthy Schools London awards.
- Three primary or high school PSHE network meetings to share best practices
- The new, professionally designed PSHE scheme of work

**Provider:**

Health improvement team, children and families.

**Contact:**

- **Nicole McGregor**, Health improvement: [mcgregorn@ealing.gov.uk](mailto:mcgregorn@ealing.gov.uk) 020 8825 5484

**Further details:**

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- [No](#)

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