

Health improvement packages

Six packages for Ealing high schools

2023/24



Who are we?

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, safeguarding prevention, Relationships, Sex and Health and Education (RSHE) and PSHE** to help improve your pupils' health and achievement.

We create, develop and co-ordinate a wide range of programmes and trainings that you can adopt and implement in your school.



Nicole McGregor
Nutrition & Exercise
Senior Health Improvement Officer



Karen Gibson
Safeguarding Prevention
Health Improvement Team Manager



Faye Jones
PSHE & RSHE
Health Improvement Officer



Liz Ainsworth
Mental Health
Health Improvement Officer

Our services

All Ealing schools have access to our six buy back packages. Schools that purchase a package receive two tickets to our annual conference and access to our two drop-in days (total value of £360).

4 Day Bespoke package

Provides 4 days of practical support in any health area, surveys to measure impact and an impact report.

Healthy Schools Awards & Training package

Includes access to all 20+ training workshops, 2 drop-in days, 4 workshops to help you achieve your HSL awards, 3 PSHE networks and a celebration event.

Nutrition & Exercise package

Includes central trainings on nutrition and exercise and 14 hours of bespoke nutrition and exercise activities.

Relationships, Sex & Health Education (RSHE) package

Includes central trainings on Relationships, Sex & Health Education (RSHE) and 14 hours of bespoke RSHE activities.

PSHE package

Includes central trainings on PSHE, 14 hours of bespoke PSHE activities and 3 PSHE networksp.

Mental health package

Includes central trainings on mental health and 14 hours of bespoke mental health activities.

Why buy us back?



91% OF SCHOOLS WHO BOUGHT BACK OUR BESPOKE PACKAGE RATED IT AS 'EXCELLENT'*.



100% OF SCHOOLS WOULD RECOMMEND OUR TRAINING TO OTHERS.**



90% OF SCHOOLS THAT ACHIEVED A HSL AWARD WERE PART OF THE HAT PACKAGE.

*Pre and post bespoke surveys, (2021/22) **Training evaluations, (2021/22)

“The team is very flexible and really support planning. They know many sources of support around London. Well worth buying a package!”








PSHE Lead, HI survey,
July 2022

“This is a highly specialised and expert team, and they provide materials both quickly and tailored to the unique situation of our school.”

PSHE Lead, HI survey,
July 2022

Which package is right for you?

Want to find out which package is best for your school? See the table below for what is included in each.

OUR PACKAGES FOR SCHOOLS	Confer- ence tickets	PSHE networks (termly)	Healthy Schools drop-in days	Bespoke work in school	Training sessions	HSL award sessions
Universal (free for all schools)						
HAT package						
PSHE package (NEW)						
RSHE package						
Nutrition & Exercise package						
4 day bespoke package						
Mental health package						

Key:

All included



Training in health area are included:



4 Day Bespoke package

Suitable if you want to:

- Make a measurable impact to the health and wellbeing of your pupils
- Have access to expertise, support and guidance
- Save significant time

£1920 per year (non-ELP schools pay £2112)

Includes 28 hours bespoke work, such as:

- Nutrition support
- RSHE support
- Mental health activities
- Exercise programmes
- HSL award support
- Pre and post surveys



Also includes:



3 PSHE network meetings



2 Healthy Schools London award drop-in days.



2 Health Improvement conference tickets

A low-angle, wide shot of several children running joyfully across a paved schoolyard. In the foreground, the legs and feet of a child in a blue dress and blue sneakers are visible on the left. To the right, a boy with a large afro, wearing a red and white checkered shirt over a white t-shirt and denim shorts, is running towards the camera with a wide, open-mouthed smile. Behind him, a girl in a bright pink shirt and white pants is also running. Other children are visible in the background, some in pink and white outfits. The background features a large, multi-story stone building with many windows, and the sky is bright blue with scattered white clouds. The overall mood is energetic and happy.

Save

£281

by purchasing
the 4 day
bespoke
package instead
of purchasing
4 days PAYG.

Healthy Schools Awards & Training package

Suitable if you want to:

- Achieve Healthy Schools London (HSL) awards
- Upskill staff in pupil health and wellbeing
- Get support and guidance for your PSHE lead



£1020 per year (non-ELP schools pay £1122)

Includes the following:

- Access to over 20 trainings **(10 NEW TRAININGS)**
- 4 HSL award workshops
- HSL platinum award support
- HSL phone & email support



Also includes:



A celebration event



2 HSL drop-in days



2 health
improvement
conference tickets



100%

of members of
this package
said it met
their
expectations*.

*Source: Health Improvement Survey 2021/22

Nutrition & exercise package

Suitable if you want to:

- Reduce obesity, and improve nutrition and fitness
- Improve packed lunches and school food

£1630 per year (non-ELP schools pay £1793)

Includes 14 hours bespoke work, such as:

- Packed Lunch support
- Parent workshops
- Healthy eating assembly
- The Daily Mile
- Daily HIIT programme
- Sugar Smart School initiative
- Health fair planning



Also includes:




2 drop-in days



4 trainings on
nutrition & exercise
for any staff member



2 conference
tickets



Schools who
bought back the
bespoke obesity
work have seen

a **22%**

reduction in
obesity.



118%

Increase in staff
confidence
answering
difficult RSE
questions from
pupils and
parents

RSHE package

Suitable if you want to:

- Meet the statutory RSHE requirements
- Significantly reduce withdrawals from RSHE
- Increase staff confidence in delivering RSHE

£1630 per year (non-ELP schools pay £1793)

Includes 14 hours bespoke work, such as:

- Reviewing policy
- RSHE audit and assessment
- Parent workshops
- Staff training
- Team teaching
- Student workshops
- Support developing whole school approaches to tackle peer on peer sexual harassment.



Also includes:



3 PSHE network meetings



5 trainings on RSHE for any staff member in your school



2 conference tickets & 2 drop-in days.

PSHE package

Suitable if you want to:

- Improve the teaching and learning of PSHE
- Meet statutory RHSE requirements
- Improve staff confidence in delivering PSHE

£1630 per year (non-ELP schools pay £1793)

Includes 14 hours bespoke work, such as:

- PSHE audit and assessment
- PSHE Deep Dive support
- Developing PSHE assessment
- Parent workshops
- Staff training
- Team teaching
- Student workshops



Also includes:



3 PSHE network meetings



4 trainings on PSHE for any staff member in your school



2 conference tickets & 2 drop-in days.

Mental health package

Suitable if you want to:

- Develop a whole school approach to mental health
- Improve pupil wellbeing and understanding
- Improve staff confidence and wellbeing

£1630 per year (non-ELP schools pay £1793)

Includes 14 hours bespoke work, such as:

- Staff, pupil and parent surveys
- Mental health policy
- Staff training
- Staff wellbeing workshops
- Parent workshops
- Pupil assemblies/lessons



Also includes:



**3 mental health
network meetings**



**8 trainings on mental
health for any staff
member**



**2 conference
tickets & 2 drop-in
days**

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For more information see:
www.egfl.org.uk/healthy-schools

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