

Health improvement packages

Six packages for Ealing primary,
high and special schools

2024/25



Who are we?

The Ealing health improvement team are a trusted and qualified team of experts, providing support and training in **nutrition and exercise, eco-schools, 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.



Karen Gibson

**Safeguarding
Health
Improvement
Team Manager**



Nicole McGregor

**Nutrition & Exercise
Senior Health
Improvement
Officer**



Liz Ainsworth

**Mental Health
Health Improvement
Officer**



Faye Jones

**PSHE & RSHE
Health
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Emily Callard

**MVP & mental
health
Health
Improvement
Officer**

Our services

All Ealing schools have access to our seven packages:

| | |
|--|--|
| 3 day bespoke package | Provides 3 days of practical support in any health area, surveys to measure impact and an impact report. |
| Healthy Schools Awards and Training | 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. |
| NEW Nourish to flourish | Includes central trainings on nutrition and exercise and 14 hours of bespoke nutrition and exercise activities. |
| Relationships, sex and health education | Includes central trainings on relationships, sex and health education (RSHE) and 14 hours of bespoke RSHE activities. |
| NEW Eco-initiatives and Awards | Includes central trainings on eco activities including the Eco-schools award and 14 hours of bespoke activities. |
| Personal, social, health and economic | Includes central trainings on PSHE, 14 hours of bespoke PSHE activities and 3 PSHE networks. |
| Mental health and emotional wellbeing | 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, (2022/23) **Training evaluations, (2022/23)

“Very supportive team, always on hand if you have a question or want to ask something. ”

*PSHE Lead,
HI survey,
July 2022*

“The team’s support was invaluable in making sure our provision for pupils was up-to-date. ”

*PSHE Lead,
HI survey,
July 2022*

“The team have gone above and beyond. It’s reassuring to know that at the end of an email there is advice, guidance and support. ”

*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 | PSHE, MH & Green School networks | Conference tickets | Healthy Schools drop-in days | Bespoke work in school | Training sessions | HSL award sessions |
|---------------------------------------|---|---|---|---|---|--|
| 3 day bespoke package |  |  |  |  |  | |
| HAT package |  |  |  | |  |  |
| Nourish to flourish package |  |  |  |  |  | |
| RSHE package |  |  |  |  |  | |
| Eco-initiatives and awards |  |  |  |  |  | |
| PSHE mastery package |  |  |  |  |  | |
| Mental health and emotional wellbeing |  |  |  |  |  | |

Key:

All included



Training in health area are included:



3 day bespoke package

Suitable if you want to:

- Get tailored support in multiple health areas
- Gain access to expertise, support and guidance
- Save significant time

£1820 per year (non-ELP schools pay £2105)

Includes 21 hours bespoke work, such as:

- Nutrition and exercise support
- RSHE support
- Mental health activities
- Eco schools award support
- HSL award support
- Pre and post surveys



Also includes:



2 trainings of your choice



2 Healthy schools drop-in days.



2 Health improvement conference tickets

A woman with curly brown hair and gold-rimmed glasses is smiling broadly at the camera. She is wearing a bright orange sweater and is seated at a light-colored desk. In her right hand, she holds a silver pen. On the desk in front of her is an open laptop, a smartphone with a yellow case, and a tablet. The background is a softly blurred indoor space with a window on the left and a green plant in the center.

NEW!

The 3 day
bespoke
package now
includes any 2
trainings of your
choice and 2
drop-in days.

Healthy Schools Awards and 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

£1070 per year (non-ELP schools pay £1190)

Includes the following:

- Access to over 20 trainings **(10 new trainings this year)**
- 3 HSL award workshops
- HSL platinum award support
- HSL phone and email support



Also includes:



A celebration event



2 Healthy schools drop-in days



2 health improvement conference tickets

100%

of HAT
members in
2022/3 said it
met their
expectations*.

*Source: Health Improvement Survey 2022/23

Nourish to flourish (NEW)

Suitable if you want to:

- Improve the physical health of teachers
- Improve nutrition and fitness of pupils
- Improve packed lunches and school food

£1595 per year (non-ELP schools pay £1895)

Includes 14 hours bespoke work, such as:

- Packed lunch policy
- Parent workshops
- Sugar Smart award
- Daily HIIT programme
- Health fairs
- Nutrition workshops for staff
- Staff nutrition consultations



Also includes:



2 drop-in days



**5 trainings on
nutrition & exercise
for any staff member**



**2 conference
tickets**

RSHE

Suitable if you want to:

- Meet the statutory RSHE requirements
- Guidance on how RSHE contributes to personal development in the Ofsted Framework
- Increase staff confidence in delivering RSHE

£1595 per year (non-ELP schools pay £1895)

Includes 14 hours bespoke work, such as:

- Reviewing policies
- RSHE audit and assessment
- Parent workshops
- Staff training
- Team teaching
- Student workshops
- Tackle sexual harassment.



Also includes:



3 PSHE network meetings



5 trainings on RSHE for any staff member in your school



2 conference tickets and 2 drop-in days.

Eco-initiatives and awards (NEW)

Suitable if you want to:

- Get your Eco Schools award
- Reduce the cost of energy bills
- Create a climate change action plan (a DfE requirement by 2025)

£1595 per year (non-ELP schools pay £1895)

Includes 14 hours bespoke work, such as:

- Eco-schools award support
- Climate change action plan
- Eco Warriors
- Tree planting and gardens
- Eco themed events
- Environmental assemblies



Also includes:



**One year Eco
Schools membership
and Green Flag**



**Trainings on eco-
initiatives and 4
Green School
networks**



**2 conference
tickets**



118%

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

PSHE Mastery

Suitable if you want to:

- Improve the teaching and learning of PSHE
- Get support to embed the new scheme of work
- Improve staff confidence in delivering PSHE

£1595 per year (non-ELP schools pay £1895)

Includes 14 hours bespoke work, such as:

- PSHE audit and review
- Personal development prep
- Developing PSHE assessment
- Parent workshops
- Staff training
- Team teaching
- Circle Time resources



Also includes:



3 PSHE network meetings



5 trainings on PSHE for any staff member in your school



2 conference tickets & 2 drop-in days.

Mental health and emotional wellbeing

Suitable if you want to:

- Develop a whole school approach to mental health
- Improve pupil wellbeing and understanding
- Improve identification and early help

£1595 per year (non-ELP schools pay £1895)

Includes 14 hours bespoke work, such as:

- Staff, pupil and parent surveys
- Mental health policy
- Staff training
- Staff self-care resources
- Parent workshops
- Pupil assemblies



Also includes:



**3 mental health
network meetings**



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



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

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

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