

Health improvement packages

Five packages for Ealing primary,
high and special schools

2019/20



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 and Sex Education (RSE) 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.



Claire Meade
RSE & PSHE
Health Improvement Officer



Nicole McGregor
Nutrition & Exercise
Senior Health Improvement Officer



Karen Gibson
Health Improvement Team Manager



Stacey Edmead-Payne
Mental Health
Health Improvement Officer

Our services

All Ealing schools have access to our five buy back packages.

4 Day Bespoke package

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

Healthy Schools Awards & Training package

Includes access to all 30 training workshops, 2 drop-in days, 6 workshops to help you achieve your Healthy Schools London awards and a celebration event.

Reducing obesity package

Includes 4 nutrition and exercise initiatives, 8 central trainings on nutrition and exercise, policy review, an assembly, surveys, staff INSET and parent workshop.

Relationships & Sex Education (RSE) package

Includes 4 central trainings on RSE, policy review, staff INSETs, parent workshops, 2 modelled RSE lessons, RSE toolkit, surveys and an impact report.

Mental health package

Includes 6 central trainings on mental health, staff INSETs, policy review, cooling down and mindfulness activities, a parent workshop and 2 modelled lessons.

Why buy us back?

Schools that bought our packages have seen:



70% DECREASE
IN THE % OF
PUPILS WHO
EAT CRISPS OR
SWEETS AT
LUNCH*.



125% INCREASE
IN PUPILS DOING
PHYSICAL
ACTIVITY 5 OR
MORE DAYS A
WEEK**.



136% INCREASE
IN STAFF
CONFIDENCE
DELIVERING
EFFECTIVE RSE
LESSONS*.

*Pre and post bespoke surveys, 2017/18

**HRBS 2017

“We were so proud to achieve the Ealing Healthy Schools Platinum award. We couldn't have done it without the valuable support given through the Healthy School Award and Training package. I buy into this service every year; it's well worth the money.”

Kerry Shilling
Headteacher
Selborne Primary School



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

£1790 per year (non-ELP schools pay £1970)

What's included in this package?



28 hours of activities



Pre & post surveys



An impact report

Why buy back this package?

91%

of schools who bought back our bespoke package rated it as 'excellent'.*

Schools who bought back the bespoke obesity work have seen a

22%

reduction in obesity.**

100%

of schools who bought back bespoke Healthy Schools London awards support achieved their awards.

*Source: Health Improvement Survey 2017/18. **Source: NCMP 2009/10 & 2015/16.

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



£997 per year (non-ELP schools pay £1097)

What's included in this package?



30 staff trainings



2 HSL drop-in days



6 practical sessions

Why buy back this package?

90%

of schools who achieved their HSL Silver or Gold award were a member of this package.*

100%

of members of this package found it useful.*

100%

of participants would recommend our training workshops to others.**

Reducing obesity package

Suitable if you want to:

- Reduce obesity, and improve nutrition and fitness
- Improve attainment and attendance

£1529 per year (non-ELP schools pay £1679)

Schools can use their sports premium to pay for this package.

What's included in this package?



A pupil assembly



Pre & post surveys



A parent workshop



4 initiatives from a choice of 8*



8 central nutrition & exercise trainings



Review of food and exercise policies

*Initiatives include The Daily Mile, 3 minute HIT (High Intensity Training), token reward system, Playground Zones, school fun run, active learning, health champions and health fair.

Schools who bought back our obesity initiatives have seen a 22% reduction in obesity*.

*Source: NCMP 2009/10 and 2015/16

RSE package

Suitable if you want to:

- Meet the new statutory RSE requirements
- Significantly reduce withdrawals from RSE
- Ensure pupils know how to keep safe
- Increase staff confidence in delivering RSE

£1529 per year (non-ELP schools pay £1679)

What's included in this package?



A pupil assembly



2 parent workshops



Staff training on RSE



2 modelled
RSE lessons



4 central RSE
trainings



RSE policy review

Schools that bought our RSE initiatives have seen a 136% increase in staff confidence delivering RSE*

*Source: Post staff training evaluation, 2017/18

Mental health package

Suitable if you want to:

- Develop a whole school approach to mental health
- Improve pupils concentration and reduce anxiety
- Improve staff confidence in delivering lessons

£1529 per year (non-ELP schools pay £1679)

What's included in this package?



Cooling down and mindfulness activities for pupils



2 modelled lessons on mental health or resilience



2 staff INSETs on resilience or mental health



A parent workshop on mental health



6 central mental health trainings



Mental health policy review

Pupils from schools that bought our mental health support have seen a 33% increase in the percentage of pupils better able to cope with stress*.

*Source: Pre and post pupil online surveys, 2016/17

Case study

Dairy Meadow Primary School purchased the Relationships and Sex Education package to reduce withdrawals from RSE lessons.

Top 5 activities:

- Meeting with governors to discuss the importance of RSE
- Staff training to increase confidence in delivering RSE
- General parent workshop to increase understanding of RSE
- Targeted parent workshop for parents who needed further information
- Crib sheet to support staff in answering difficult questions.

The results:

In 2016/17, 20% of year 6 pupils were withdrawn from RSE lessons*.

In 2017/18, after the implementation of the above activities, this reduced to 2% of year 6 children being withdrawn*.

*Source: School data, 2017/18



“ I thought the Relationships and Sex Education staff INSET was excellent and the relaxed and confident manner of the facilitator encouraged discussion and raised confidence of our staff. ”

Alison Reed
Deputy headteacher
Dairy Meadow
Primary School

**Need a solution
for your school?**

Contact Karen on
020 8825 7707 or
KGibson@ealing.gov.uk

Case study

St Augustine's Priory purchased the mental health package to improve staff confidence and raise awareness of mental health.

Top 5 activities:

- Mental health audit
- Staff wellbeing survey
- Anxiety training for staff
- Parent workshop
- Pupil wellbeing lessons

The results:

- 100% of staff said the training was very good or excellent and 60% of staff said it had greatly increased their confidence to support vulnerable pupils.
- The parent workshop was a great success and parents now engage in regular coffee mornings about wellbeing.
- Following the audit, the school are now developing mental health ambassadors.



“Stacey was very informative and responsive to our questions and issues. It is great that this issue is being talked about and highlighted. I have learnt new ways to support my child.”

Parent
St Augustine's
Priory School

**Need a solution
for your school?**

Contact Karen on
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KGibson@ealing.gov.uk

*Source: Post training evaluation, April 2017



Healthy Schools
EALING

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

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