

Health improvement packages

Six packages for Ealing primary,
high and special schools

2021/22



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.

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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



Emily Rayfield
Mental Health
Health Improvement Officer

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Our services

All Ealing schools have access to our six buy back packages. Schools that purchase a package receive two free 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, 6 workshops to help you achieve your HSL awards, 3 PSHE networks and a celebration event.

Reducing obesity package

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

Relationships & Sex Education (RSE) package

Includes central trainings on Relationships and Sex Education (RSE) and 14 hours of bespoke RSE activities.

NEW PSHE package

Includes central trainings on PSHE and 14 hours of bespoke PSHE activities, 3 PSHE networks and one year Social Book Club online library membership.

Mental health package

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

Why buy us back?

Schools that bought our packages have seen:



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



22% DECREASE
IN THE RATE OF
OVERWEIGHT
AND OBESITY
OVER THREE
YEARS*.



118% INCREASE
IN STAFF
CONFIDENCE
ANSWERING
DIFFICULT RSE
QUESTIONS FROM
PUPILS AND
PARENTS*.

*Pre and post bespoke surveys, (2017-2019)

“The team works very well. This year the team provided a very useful service as they do every year. The team always seek feedback to adjust what they offer to make their services more accessible to staff. The team fine tune the service in their area of expertise and constantly improve their service.”

Headteacher, ELP Traded Services Survey, 2018/19

Which package is right for you?

Do you want to improve your pupils' health and wellbeing?
Do use our services or attend our trainings? Choose the package that best meets your needs.

OUR PACKAGES FOR SCHOOLS	Conference tickets	PSHE networks (termly)	Healthy Schools drop-in days	Bespoke work in school	Training programme	Four HSL award workshops
Universal (free for all schools)						
HAT package						
PSHE package (NEW)						
RSE package						
Reducing obesity package						
4 day bespoke package						
Mental health package						

Key: All included



Training in health area are included:



****NEW**** PSHE package

Suitable if you want to:

- Improve the teaching and learning of PSHE in your school
- Meet new statutory RHSE requirements
- Get comprehensive support for your PSHE lead
- Improve staff confidence in delivering PSHE

£1450 per year (non-ELP schools pay £1595)

What's included in this package?



14 hours of 1:1 support for your



1 year membership to the Social Book



Three PSHE networks



An audit of PSHE in your school



Four central trainings on PSHE



Also includes conference ticket & 2 drop-in days.

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)

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'*.

Save

£281

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

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



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

What's included in this package?



20+ staff trainings



2 HSL drop-in days



4 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 said it met their expectations*.

100%

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

*Source: Health Improvement Survey 2018/19. **Source: Training evaluations 2018/19

Reducing obesity package

Suitable if you want to:

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

£1630 per year (non-ELP schools pay £1793)
(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 7*



4 trainings on nutrition & exercise



Review of food and exercise policies

*Initiatives include The Daily Mile, 3 minute HIT (High Intensity Training), token reward system, parent workshops, class lessons, health champions and health fair.

One school who purchased this package for three consecutive years saw 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

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

What's included in this package?



RSE working party



2 parent workshops



Staff training on RSE



**Modelled
RSE lessons**



**Central
RSE trainings**



RSE policy review

100% of parents who attended an RSE workshop found it useful*.

*Source: Post parent workshop evaluation, 2018/19

Mental health package

Suitable if you want to:

- Develop a whole school approach to mental health
- Improve concentration and reduce anxiety
- Improve staff confidence and wellbeing

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

What's included in this package?



Mental health audit
and policy review



Focused staff
training



Staff self-care and
wellbeing
workshops



A parent
workshop



A pupil assembly or
workshop



Central mental
health trainings

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

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

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