

Healthy Pupils Capital Funding (2018-2019) – A GUIDE FOR SCHOOLS

What is the HPCF funding?

The Healthy Pupils Capital Funding (HPCF) is being made available to schools for one academic year (2018-2019), from revenues raised from the Soft Drinks Industry Sugar Levy. The HPCF is intended to improve children's and young people's physical and mental health by improving and increasing availability to facilities for physical activity, healthy eating, mental health and wellbeing and medical conditions.

Who will receive the funds?

LA maintained primary and high schools.

How much money will my school receive?

This funding is an opportunity to improve pupils' physical health and therefore we have used the National Child Measurement Programme data over a three-year period to determine how much funding each school will receive. To find out how much funding your school will receive, see the ***HPCF allocated funding table*** on EGFL.

What can my school spend our funds be on?

The HPCF is intended for schools to spend on facilities that will directly impact on healthier eating, physical activity or mental wellbeing. We have put together some ideas below to help your school decide how to spend this funding. The ideas below all aim to improve pupils' health and wellbeing.

How will my school receive our allocated funding?

- Complete the ***HPCF proposal form*** on EGFL. Your school will be expected to spend on one or more of the ideas listed in this guide (see table below). If your school would like to spend your funding on capital projects not listed below, please outline your idea on the HPCF proposal form. We will contact you if your idea does not fit within the HPCF guidance. Email your HPCF proposal form to McGregorN@ealing.gov.uk by **2 December**. Schools that have submitted the HPCF proposal form by this date will receive half of their allocated HPCF funds in the next remittance sent from the Accountancy team. Please process this remittance as a cashbook journal crediting your expenditure code.
- When your school has spent all your allocated funding, email your ***HPCF final report*** on EGFL to Nicole on McGregorN@ealing.gov.uk. Your remaining funds will then be transferred to your school. Schools have until 28 June 2019 to spend all their funds. The remaining funds will be transferred to schools in the April and July monthly distribution cycles.

For more information or advice, please contact Nicole on McGregorN@ealing.gov.uk

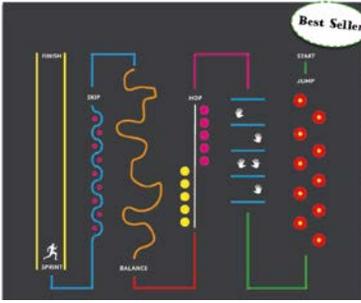
NUTRITION AND EXERCISE IDEAS

Product	Product image	Aim	Description	Cost	Contact details	How to get started
Lunchtime token reward system		To increase the consumption of healthy foods at lunchtime and incentivise healthy lunchtime choices	This unit is floor standing with six removable tubes. Schools use the token tube collector to incentivise healthy lunchtime choices. Pupils trained as 'health champions' give out tokens to pupils who have vegetables/salad, fruit and no junk food at lunchtime. Each year group has their own tube and pupils put their token in their year group's tube. Every half term, the year group with the most tokens receives a reward i.e. afternoon of cooking or outdoor games.	£499 for a token tube collector, 6 tubes.	<p>Phone: 01273 423623</p> <p>Email: sales@strikingdisplays.com</p> <p>Website: Strikingdisplays.co.uk</p>	<p>Email the sales team with your request. The token tubes are custom made so you can choose the number of tubes and colours.</p> <p>For information on how to introduce the token reward system, download the free Healthy Lunchtime Toolkit or attend the Packed Lunch Policy training.</p>
The Marathon Kids Programme:		To increase the number of pupils running during school time.	<p>Marathon Kids is a school running programme where children are challenged to run/walk up to four marathons over the course of the year by running laps of a course. All laps are recorded by collecting an elastic band per lap, until the number of laps equals the distance of a marathon.</p> <p>Is flexible and can be done before or after school, or at lunchtime. Has a base package that is free and includes digital tracking system and self-generated certificates every 10 km.</p> <p>Can be run alongside other running programmes such as the Daily Mile.</p>	Base package is free. The Get Started Package (£420.10) includes a full day of set up, staff training, an assembly and grass field kit. Purchase stickers and medal rewards from shop .	<p>Phone: 01926 336628</p> <p>Email: Sam@kidsrunfree.co.uk</p> <p>Website: www.kidsrunfree.co.uk</p>	To get started, register via the Kids Run Free website. This company will then contact you with more information and purchase options.

<p>Daily Mile track</p>		<p>To increase the number of pupils running during school time.</p>	<p>The Daily Mile is a programme where all pupils aim to walk, jog or run a mile (or as far as they can in 15 minutes) every day whilst at school. The programme is flexible so teachers can take their pupils out at any time during class time.</p> <p>This programme can also work alongside the Marathon Kids programme to incorporate a reward system and to allow pupils to do additional runs before or after school, or during lunchtime.</p>	<p>Between £300 and £1000 depending on your track length.</p>	<p>Website: thedailymile.co.uk</p> <p>For Daily Mile track, email: jamie.whetton@murrill.co.uk</p>	<p>Email Jamie for a line track in your school. When you have your track, email Nicole for a free Daily Mile staff INSET and Daily Mile resources.</p> <p>For information on how to introduce the Daily Mile, download the free Daily Mile Toolkit or attend the Daily Mile training.</p>
<p>Playground Zoning</p>		<p>To increase physical activity during lunchtime and improve behaviour</p>	<p>Zoning is simple a way of dividing some of your playground into specific activity areas. This in turn helps you to make better use of your space and enables the playground to be shared more fairly, preventing bigger games like football from dominating.</p> <p>Zoning helps children use their time in imaginative and creative ways and helps children behave well. A great way of labelling the different zones is to put up colourful Playground Zones signs. Zone ideas include quiet zone, ball game zone, dancing zone, make believe zone, board game zone, skipping zone and traditional game zone.</p>	<p>Zone signs cost £32.95 each</p> <p>Zone sign stands are optional and cost £102.95 each.</p> <p>Purchase zone signs here.</p>	<p>Website: www.circle-time.co.uk</p>	<p>For information on how to introduce Playground Zoning, attend the Playground Zoning training or email Nicole.</p>

<p>Actives Challenge</p>		<p>To encourage pupils to eat and sleep better, be more active and more resilient at school and at home.</p>	<p>Actives Challenge empowers both teachers and parents to work together to educate, support and reward children to live healthier lifestyles in a fun and engaging way.</p> <p>Children earn 'Zaps' (The Actives equivalent of the classic 'gold star') from both teachers and parents for displaying a 'healthy lifestyle action' that is aligned to key health and wellbeing categories including physical activity, healthy eating, mental toughness and general lifestyle.</p> <p>Children can then earn rewards and privileges at home and at school for achieving both individual and team weekly Zap targets/goals.</p>	<p>Ranges from £2.55 per pupil for 1-200 pupils to £1.65 per pupil for more than 600 pupils.</p>	<p>Phone: 0203 633 5250</p> <p>Email: joel@activealfie.co.uk</p> <p>Website: www.theactiveschallenge.co.uk</p>	<p>To get started, sign up via the website.</p>
<p>Edible playgrounds</p>		<p>To get children excited about growing and eating healthy food and improve health and wellbeing.</p>	<p>Edible Playgrounds transform school grounds into vibrant outdoor teaching and provide a fun outdoor learning environment that supports cross-curriculum teaching.</p> <p>The Edible Playgrounds programme offers a comprehensive service comprising engagement of the whole school community, design, build, planting with pupils, teacher training, and planning support throughout the academic year.</p>	<p>£10,000. Total cost is £30,000, however Trees for Cities is currently funding the first £20,000.</p>	<p>Phone: 0207 820 4429</p> <p>Email: mike@treesforcities.org</p> <p>Website: www.treesforcities.org/our-work/edible-playgrounds</p>	<p>To get started, contact Mike or register your interest via the Tree for Cities website.</p>

			<p>Each programme includes a greenhouse, shed, composter, wormery, vertical growing areas, 30 x gardening tools for children, play inspection, seating, durable treated oak raised beds, plants and seeds, plus fruit trees. Throughout the year, there will be 7-8 half day group training sessions for up to 3 members of staff; 3 x peer teaching sowing, planting and harvesting workshops with lead teacher(s) and pupils; a year round maintenance plan with termly tasks; plus access to a range of support resources including lesson plans and guides for using the EP across the curriculum.</p>			
<p>Creative playground equipment and markings</p>	 <p>Space Explorer</p>  <p>Outdoor gym bundle</p>  <p>Bouldering wall</p>	<p>Will encourage sport participation and promote a healthy lifestyle.</p>	<p>Pentagon Play offers a wide range of climbing frames, trails, adventure play, climbers, fitness zones, playground equipment, outdoor gym and line markings encourage sport participation and promote a healthy lifestyle. Improving your provision for sport, will help develop children's Fundamental Movement Skills (FMS) and improve their agility, balance and coordination.</p> <p>Equipment we recommend:</p> <p><i>Thermoplastic playground markings</i></p> <ul style="list-style-type: none"> • Dance with me: £750 • Active trail circuit: £1190 	<p>See description column.</p>	<p>Phone: 0117 379 0899</p> <p>Email: info@pentagonplay.co.uk</p> <p>Websites: www.pentagonplay.co.uk www.fawns.co.uk</p>	<p>To get started, contact Pentagon Play via email or phone.</p> <p>Alternatively, email Nicole for a brochure of all equipment options and costings.</p>

	 <p>Active trail circuit</p>		<ul style="list-style-type: none"> • Sprint track: £1040 <p>Active play equipment</p> <ul style="list-style-type: none"> • Bouldering wall: £5765 • Table tennis table: £2295 • Active play equipment i.e. Space Explorer: £6259 • Outdoor gym bundle: 6 pieces for £9445 			
<p>Water fountains</p>		<p>To increase consumption of water during school time.</p>	<p>Schools can use their HPCF funding to install water fountains and water cooler across the school site.</p> <p>For a £50 one-off membership fee, Sustain will provide your school with Novus drinking fountain, which your school is expected to install.</p>	<p>£50</p>	<p>Email: McGregorN@ealing.gov.uk</p>	<p>If you are interested in a Novus drinking fountain, email Nicole on McGregorN@ealing.gov.uk. You will be sent a form to complete and then we will purchase the fountain for you (deducting the £50 from your total funding allocation).</p>
<p>Cooking equipment</p>	 <p>KS2 equipment set</p>	<p>To increase the number of pupils cooking at school.</p>	<p>Learning about food, nutrition and cooking is a fundamental life skill that all your students need to develop. Purchase equipment to help teach cooking under the Design and Technology curriculum, for example hobs, fridges, freezers, food processors, microwaves and cooking sets. Schools that do not have kitchen facilities can purchase portable hobs and can store equipment in a cooking storage trolley. Browse</p>	<p>Cooking equipment set for KS2: £399.95</p> <p>Single table top induction hob: £62.95</p>	<p>Phone: 0800 138 1370</p> <p>Email: sales@tts-group.co.uk</p> <p>Website: www.tts-group.co.uk</p>	<p>Browse the tts website.</p>

	 <p>Table top induction hob</p>		<p>the tss website to view all equipment available to purchase.</p>	<p>Table top cooking hobs: £29.95</p>		
<p>Dining room</p>	 <p>Salad bar</p>  <p>Breakout furniture</p>  <p>Chairs and tables</p>	<p>To make your dining room a more welcoming and relaxed space.</p>	<p>Your HPCF can be used to purchase food service equipment such as a salad bar, new tables and chairs, a golden table or top table to reward healthy eating or good behaviour, to purchase tableware if you are currently using flight trays and for breakout furniture to enhance your dining room space.</p>	<p>See websites for costs.</p>	<p>Websites: www.costcuttersuk.com/canteen-furniture www.edumentals.co.uk/catering/cat_336.html</p>	<p>Browse websites and speak to your caterer.</p> <p>For information on how to improve your dining room experience, attend the Dining Room training or email Nicole.</p>

MENTAL HEALTH IDEAS

Product	Product image	Aim	Description	Cost	Contact details	How to get started
Cooling down zone/ SafeSpaces	 <p>Cool down zone</p>  <p>SafeSpace</p>	<p>To provide children with a safe, calm area where they can regulate their emotions.</p>	<p>Cooling down zones are areas in a classroom or room in the school that provide children with the tools to practice self-regulation in a safe, welcoming and calm environment.</p> <p>SafeSpaces provide a calm, low stimulation environment, an asset in busy classrooms. Safespaces can help where there is a wide range of needs amongst students.</p> <p>Here are a links to films showing how the SafeSpace can be used successfully in schools:</p> <ul style="list-style-type: none"> • Millwood School - https://youtu.be/oBiG7BMhkCk • What is a SafeSpace - https://youtu.be/sDN-FxZ1Wjo 	<p>DIY cool down zone from £150 to purchase individual items such as beanbags, mats, cushions ect</p> <p>Safespaces are custom made. Prices from £4000.</p>	<p>Contact Stacey or your school counsellor for advice.</p> <p>Safespaces Phone: 01706 816274</p> <p>Email: enquiries@safespace.co.uk</p> <p>Website: https://www.safespaces.co.uk/</p>	<p>For cooling down zone ideas or advice on resources or to speak to a school already using cool down zones, contact Stacey at paynes@ealing.gov.uk</p> <p>Download and complete the Design Pack form and submit for a quote.</p>
Zones of regulation		<p>Teaches self-regulation by categorizing all the different ways we feel.</p>	<p>The Zones of Regulation is a curriculum of lessons and activities to help students gain skills in self-regulation. The learning activities are designed to help the students recognize when they are in the different zones (states of alertness/moods) as well as learn how to use tools (including sensory supports, calming techniques, thinking strategies) to regulate the zone they are in.</p> <p>The students will be gaining an increased vocabulary, expressions, perspective on how others see and react to their behaviour, insight on events that trigger their behaviour, calming and alerting strategies, problem solving skills and much more.</p>	<p>From £50</p>	<p>Email: info@zonesofregulation.com</p> <p>Website: http://www.zonesofregulation.com/index.html</p>	<p>You can purchase the book here: https://www.amazon.co.uk/Zones-Regulation-Leah-Kuypers/dp/B008M7E0G8</p> <p>To be connected with other schools using this intervention contact Stacey at paynes@ealing.gov.uk</p>