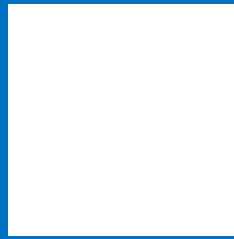


Update for HAT members: 12pm





Dates for *your* diary

UPCOMING TRAINING:

- 24 March: Parental engagement in online safety
- 25 March: Effective RSE- what is it? Top tips
- 28 April: A whole school approach to mental health
- 28 April: updating your RSE policy

Five HAT partnership workshops:

Workshop 5: 2 June 2020, 1:30-3:30pm

HAT celebration event TBC



HSL Drop-in day – Today!

Lightning trainings (6)

30 minute appointments on
the 17th and 23rd March.

Sign up via this link:

<https://hsl.as.me/booking>

PSHE network meetings – Free for HAT



**PRIMARY PSHE
NETWORK:**
15 June 2021, 3:30-
5pm, Microsoft Teams

**HIGH PSHE
NETWORK:**
15 June 2021, 3:30-
5pm, Microsoft Teams

Mental health network meetings



**9 June 2021,
3:30- 5pm
Microsoft Teams**

HSL AWARD DUE DATES

To attend
HSL
celebration
event
8 May 2020

To receive
gift at HAT
celebration
event
26 June 2020

Last day to buy back via Services to Schools on EGFL: 31 March



How to complete your Bronze: 12:15pm





Accessing the session

- PowerPoint will be sent to all participants after the session
- Please have **video on** and **microphone off (turn on to ask questions)**.
- Use the chat function to ask questions

Aims of session

- Learn how to achieve the HSL Bronze award

Meet the health improvement team



Karen Gibson
HIT manager
Safeguarding



Nicole McGregor
Nutrition & exercise
Officer



Emily Rayfield
Mental health &
emotional wellbeing
Officer

What is Healthy Schools London?

HSL is an awards programme that works with schools to improve children and young people's wellbeing.

Healthy Schools London award pathway



Recognition for achieving HSL awards



Ceremonies
HSL ceremony &
HIT conference
for achieving
Silver & Gold.

Healthy Schools London – Ealing awards this term
The Healthy Schools London awards are a London wide awards-based programme that recognises school health and wellbeing achievements.

Bronze	Silver	Gold
Mayfield Primary School	West Acton Primary School	St Raphael's School
Blair Peach Primary School	Oaklands Primary School	
	Perivale Primary School	

Healthy Schools Ealing points scheme

Position	School	Points
First	St Raphael's primary, Khalia primary	2
Second	Brentside primary	1
Third		N/A

Health Improvement CPD
Take a look at the table below to see if there are any workshops that interest you or would help you to work in your school. Register by going to www.hsl.org.uk

Workshops	Date	Time	Cost	Location
Mental Health Network meeting	23 September	15:30-16:30	Free	Virtual
Healthy Schools Awards and Training package (HAT)	7 October	13:30-17:00	Free*	Virtual

Our Services
All Ealing schools get access to our key back packages including the Awards & Training package, Four Day Bespoke Package and three specialist packages.

Specialist packages: RSE, Mental health and Reducing Obesity
Includes pre and post surveys to measure impact, digital assembly, parent workshops, staff INSET, policy reviews, central training in the health area, and up to four targeted activities in the health area.

Awards & Training Package

HS points
Get 3 Healthy Schools points for achieving an award.

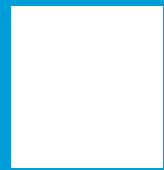
Certificates
Receive a certificate for achieving each award.



SUTH
Be acknowledged in our SUTH quarterly newsletter.

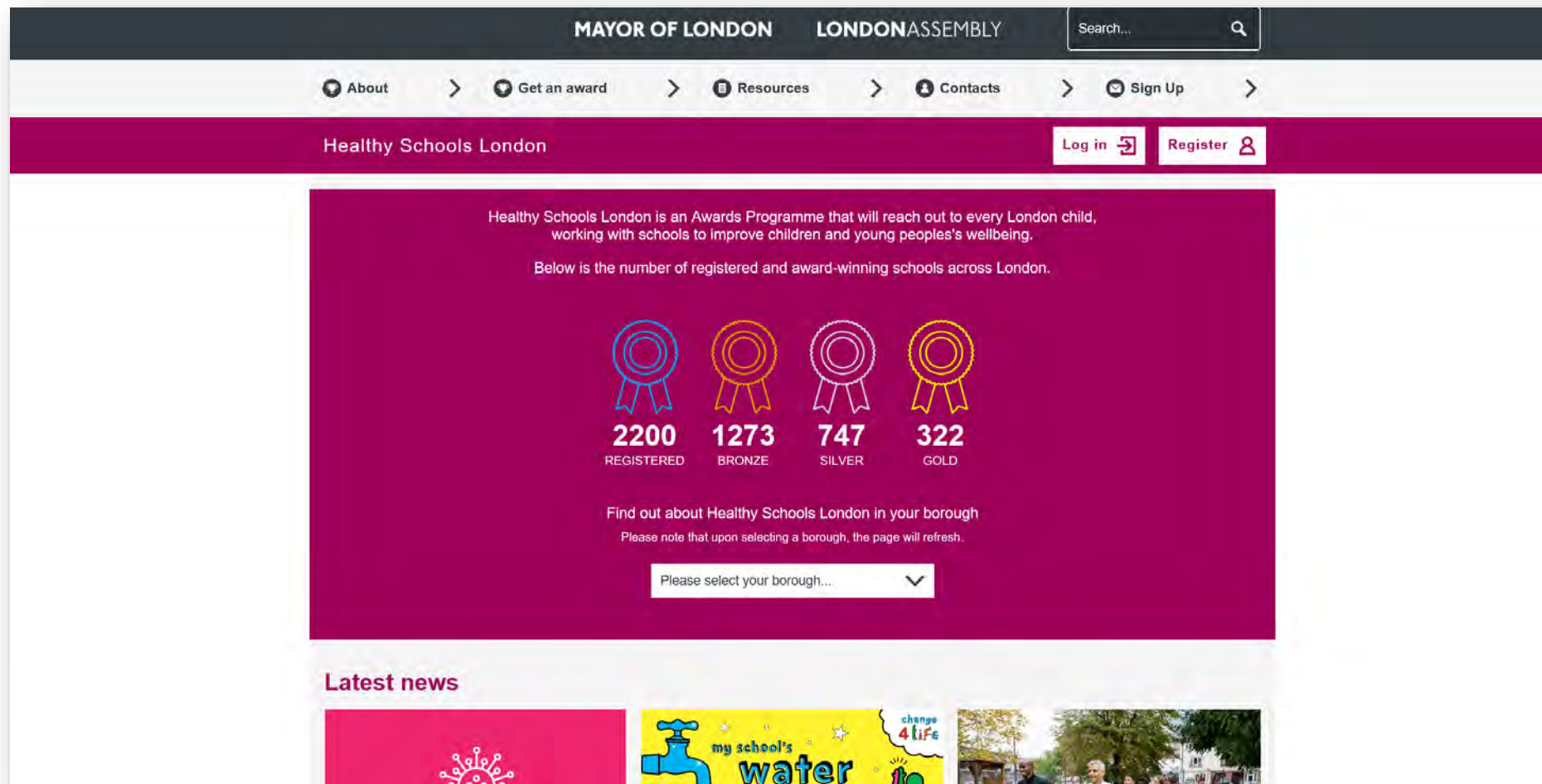
How do I earn points?

1 Point	• Complete any health improvement survey
2 Points	• Attend a network, training or learning walk • Write an article for Stepping Up to Health
3 Points	• Achieve a Healthy Schools London award
4 Points	• Present at our conference (TBC)
-2 Points	• Not showing up to a training you registered for (unless you cancelled via Ealing CPD online at least four days before the training day)



How to register

How to register on the HSL website



www.healthyschoolslondon.org.uk

 HSL Bronze award

HSL Bronze award template

1. Leadership, Management & Managing Change		
Healthy Schools London: Criteria & Minimum Evidence		
<p>The school provides clear leadership to create and manage a positive environment, which enhances emotional and physical health and well-being in school.</p> <p>The school has:</p> <ol style="list-style-type: none"> 1. A member of the senior leadership team who has a strategic lead for; and (if different) 2. A member of staff responsible for: <ul style="list-style-type: none"> • PSHE education including RSE and drug, alcohol and tobacco education • Emotional Wellbeing and Mental Health • Healthy eating including the statutory DfE Standards for school food (2015), catering and curriculum • Physical activity 		
School Evidence		
PSHE education	Name	Main Job Title
SLT Lead		
List any staff member/s responsible		
Emotional Wellbeing & Mental Health	Name	Main Job Title
SLT Lead		
List any staff member/s responsible		
Healthy Eating	Name	Main Job Title
SLT Lead		
List any staff member/s responsible		
PE, Physical Activity and Sport	Name	Main Job Title
SLT Lead		
List any staff member/s responsible		

HSL Bronze award template

2. Policy Development

Healthy Schools London: Criteria & Minimum Evidence

The school has the policies listed below, which are reflected in practice and through ethos, culture and the environment. They are reviewed by consultation every 1 to 3 years.

School Evidence

Policy	Requirement	Last review date	On school website
School Behaviour / Anti-bullying	<i>Statutory (recommended reviewed annually)</i>		Yes: <input type="checkbox"/> (<i>essential</i>)
Relationships & Sex Education (RSE)	<i>Statutory¹ (HSL reviewed every 1-3 years)</i>		Yes: <input type="checkbox"/> (<i>essential</i>)
SEN Information Report	<i>Statutory (reviewed annually)</i>		Yes: <input type="checkbox"/> (<i>essential</i>)
Safeguarding / Child Protection	<i>Statutory (reviewed annually)</i>		Yes: <input type="checkbox"/> (<i>essential</i>)
Drug, Alcohol and Tobacco Education (including dealing with incidents). This can be part of another policy e.g. PSHE.	<i>Essential for Healthy Schools (HSL reviewed every 1-3 years)</i>		Yes: <input type="checkbox"/> (<i>desirable</i>)
Physical Activity (including PE, sport in and out of the curriculum and travel to and from school)	<i>Essential for Healthy Schools (HSL reviewed every 1-3 years)</i>		Yes: <input type="checkbox"/> (<i>desirable</i>)
Whole School Food and Drink Policy (including sugar reduction and the statutory DfE Standards for school food (2015))	<i>Essential for Healthy Schools (HSL reviewed every 1-3 years)</i>		Yes: <input type="checkbox"/> (<i>desirable</i>)
Emotional Wellbeing and Mental Health	<i>Desirable for Healthy Schools (HSL reviewed every 1-3 years)</i>		Yes: <input type="checkbox"/> (<i>desirable</i>)

HSL Bronze award template

3. Learning and teaching, curriculum planning and resourcing

Healthy Schools London: Criteria & Minimum Evidence

The school curriculum includes these areas of learning which are monitored and evaluated to ensure the quality of teaching and learning:

- PSHE education including relationships and sex education (RSE) and drug, alcohol and tobacco education
- Emotional wellbeing and mental health including anti-bullying, social and emotional learning (SEL) and risk
- Healthy eating including cooking skills and food education
- Physical activity including a minimum of 90 minutes to 2 hours curriculum PE a week and health-related exercise

Examples of monitoring and evaluation include:

- *pupil/lesson observations*
- *written or verbal assessment*
- *peer and self-evaluation*
- *learning walks*
- *pupil progress meetings*

Pupil progress and achievement in these areas of learning are assessed, recorded and reported in line with current guidance and celebrated appropriately.

Examples for assessment include:

- *learning- knowledge*
- *skills*
- *understanding*
- *behaviour (e.g. healthy eating, physical activity, social and emotional)*
- *health and wellbeing*

Examples methods of recording and reporting include:

- *school/end of year reports*
- *teacher or end of unit assessments*
- *staff meetings*
- *parent/carer evenings*
- *pupil peer and self-assessment*

HSL Bronze award template

3. Learning and teaching, curriculum planning and resourcing

School Evidence

PSHE education including RSE & drug, alcohol and tobacco education

Please provide details of how PSHE is organised and delivered within the timetable across the school.

Please provide details of how you deliver RSE within your PSHE curriculum across the school.

Please provide details of how you deliver drug, alcohol and tobacco education within your PSHE curriculum across the school.

Please provide the name of any schemes of work, resources and partners supporting the delivery of PSHE, RSE & Drug, Alcohol and Tobacco Education.

Please provide examples of how you monitor and evaluate lessons.

Please provide examples of how you assess, record and report on pupil progress.

For further ideas and resources regarding PSHE visit: <http://www.healthyschools.london.gov.uk/resources/healthy-take-aways/personal-social-health-and-economic>

Emotional Wellbeing and Mental Health

Remember to refer to the HSL Bronze Review Tool Appendices for further examples of evidence (<http://www.healthyschools.london.gov.uk/resources/healthy-take-aways/review-tools>)

HSL Bronze award template

Healthy Schools London Bronze Review Tool

3. Learning and teaching, curriculum planning and resourcing

Please provide examples of how emotional wellbeing and mental health is organised in the PSHE curriculum across the school.

Please provide the name of any resources and/or partners supporting the delivery of emotional wellbeing and mental health in the curriculum.

Please provide examples of how you monitor and evaluate lessons.

Please provide examples of how you assess, record and report on pupil progress.

For further ideas and resources regarding EW&MH visit: <http://www.healthyschools.london.gov.uk/resources/healthy-take-aways/emotional-health-and-well-being>

Healthy Eating including cooking and nutrition

Please provide details of how you deliver cooking and nutrition skills in the curriculum.

Please provide the name of any resources and/or partners supporting the delivery of cooking and nutrition skills in the curriculum.

Please provide examples of how you monitor and evaluate lessons.

HSL Bronze award template

3. Learning and teaching, curriculum planning and resourcing	
Please provide examples of how you assess, record and report on pupil progress.	
<i>For further ideas and resources regarding Healthy Eating visit: http://www.healthyschools.london.gov.uk/resources/healthy-take-aways/healthy-eating</i>	
Physical Activity including a minimum of 90 minutes to 2 hours curriculum PE a week	
Please provide details of how PE is organised in the curriculum to meet a minimum of 90 minutes per week across the school.	
Please provide the name of any resources and partners supporting the delivery of PE in the curriculum.	
Please provide details of any physical activity in the curriculum outside of PE lessons (e.g. Daily Mile, Active Curriculum, SchoolsRun).	
Please provide examples of how you monitor and evaluate lessons.	
Please provide examples of how you assess, record and report on pupil progress.	
<i>For further ideas and resources regarding Physical Activity visit: http://www.healthyschools.london.gov.uk/resources/healthy-take-aways/physical-activity</i>	
The content of the school curriculum in each academic year has been published on the school website:	Yes <input type="checkbox"/>

HSL Bronze award template

4. School ethos, culture, environment & SMSC development

Outdoor Areas and Playground Provision: Criteria & Minimum Evidence

Outdoor areas and playgrounds are safe, supportive, encourage physical activity and include quiet areas.

Outdoor areas and playground provision includes:

- a range of activities
- active and quiet areas
- plenty of physical activity
- supervision and support

School Evidence

Please provide examples of the energetic activities or sports that are available to pupils in outdoor areas or playground.

Please provide examples of the quiet activities that are available to pupils in outdoor areas or playground.

Please provide details of the supervision arrangements in outdoor areas or playground.

Please provide details of any pupil-based support available in outdoor areas or playground.

Food Provision: Criteria & Minimum Evidence

The school meets the statutory DfE Standards for school food (2015) for:

- School lunches

HSL Bronze award template

4. School ethos, culture, environment & SMSC development

- Any food provided other than lunches e.g. breakfast club, after school clubs.

The school provides guidance on healthy packed lunches and pupils should have easy access to free, clean and palatable drinking water at all times.

School Evidence

Please provide examples of how you provide a welcoming, social and attractive eating environment.

Please provide examples of how you ensure the food environment is clean and hygienic.

Please confirm how your school lunches meet the [School Food Standards](#).

Also refer to [DfE Standards for school food \(2015\)](#).



Checklist-for-school-

- Assured by borough approved caterer or external provider, *or*

Yes ☐

- Checklist completed by in-house catering provision

Yes ☐

Please confirm any food other than lunch provided by the school meet the DfE Standards for school food (2015).



Checklist-for-school-food-other-

- Checklist completed by school

Yes ☐

HSL Bronze award template

4. School ethos, culture, environment & SMSC development

Please provide some examples of how you are providing opportunities for pupils to eat healthily outside of the lunch time offer e.g.

- *free fruit as snacks*
- *breakfast club provision*
- *linking rewards to healthy food choices*
- *school events and trips*

Please provide details of your packed lunch guidance and how this is disseminated.

Please provide examples of how you ensure there is free, clean palatable drinking water is available at all times e.g. at lunch times, in the classroom, in the playground.

Include any examples if you are working towards a 'water only' policy.

Physical Activity: Criteria & Minimum Evidence

The school provides opportunities for pupils to be physically active in and out of the curriculum throughout the school day. There is a mechanism for monitoring participation. The school encourages pupils to stay active outside school hours.

School Evidence

HSL Bronze award template

4. School ethos, culture, environment & SMSC development

Please provide examples of the extra-curricular physical activity opportunities that you provide (e.g. before and after school, at lunchtimes).

The Chief Medical Officer's recommended guidelines are 30 active minutes each day in school for all pupils.

Please provide details of the systems in place to track pupil's participation in active opportunities.

Please provide examples of how you encourage less active pupils to participate in physical activity.

Please provide examples of how you signpost pupils to local clubs and activities.

Please provide a link to your school website showing a breakdown of how you've spent or will spend any PE and sport premium funding.

Active Travel: Criteria & Minimum Evidence

The school promotes active travel to and from school.
The school has achieved or is working towards TfL STARS Bronze accreditation (*desirable*).

School Evidence

HSL Bronze award template

4. School ethos, culture, environment & SMSC development	
Please provide details of initiatives in place to promote active travel to and from school.	
Please provide details of your TfL STARS accreditation. <i>Desirable not essential.</i>	
Pupil Voice: Criteria & Minimum Evidence	
The school has mechanisms in place to ensure the views of all children and young people (including those hard to reach, with Special Educational Needs and/or disability) are reflected in school decision making.	
School Evidence	
Please provide examples of the mechanisms you have in place to ensure the views of pupils are reflected in decision making, policy and practice. <i>(e.g. school council, we adopt 'Assessment for Learning' principles to include views of all pupils, less vocal and less visible children targeted for small group support, questionnaires / surveys, suggestion boxes etc.).</i>	
Please provide an example of where pupil views have changed practice or provision within the school.	
Personal development and wellbeing: Criteria & Minimum Evidence	

HSL Bronze award template

4. School ethos, culture, environment & SMSC development

The school promotes spiritual, moral, social and cultural development (SMSC) and provides opportunities for children and young people to build confidence and self-esteem; develop responsibility, independence and resilience and learn how to assess risk and stay safe.

School Evidence

Please provide examples of the opportunities you provide for the spiritual, moral, social and cultural development of pupils.

Please provide examples of the opportunities you provide for children and young people to:

- Build confidence and self-esteem
(e.g. peer mediation, school council and Eco-schools representative roles, charity work, circle time, pupils are regularly awarded verbally, peer-praise system, class ambassadors to welcome guest into the class room, house points system in place where children work together across year groups and are rewarded as houses etc.).

- Celebrate their achievements
(e.g. Golden book, displays, newsletter, website, show headteacher, assemblies, show case performances etc.).

HSL Bronze award template

4. School ethos, culture, environment & SMSC development	
<ul style="list-style-type: none"> Develop responsibility, independence and resilience <p><i>(e.g. working in school office, taking registers, fruit monitors, lunch time food servers, prefects, charity days, school's assembly programme teaches about people who inspire and show resilience in situations etc.).</i></p>	
<ul style="list-style-type: none"> Learn how to assess risk and stay safe <p><i>(e.g. topics of risks and safety are covered in many areas of the curriculum including PSHE, circle time, Science, ICT and PE, road safety, laptops and iPad have software protection for pupils safety, residential trips and activities such as orienteering, night walking and archery, risk associated with animals, external agencies including Fire Service, NSPCC, the playground is zoned and children understand the safety reasons for this etc.).</i></p>	
Next steps – ideas for moving on to the Silver/Gold Awards	
PSHE, Emotional Wellbeing and Mental Health	<p>For example, set measurable outcomes to improve:</p> <ul style="list-style-type: none"> Levels of emotional literacy Levels of satisfaction with school experience

HSL Bronze award template

5. Provision of support services for children and young people

Healthy Schools London: Criteria & Minimum Evidence

The school has systems to identify and meet the needs of vulnerable children and young people and has arrangements to provide appropriate and relevant support. All children and young people and parents/carers can, confidentially, access advice, support and services (within and beyond school).

School Evidence

Please provide examples of how you identify vulnerable pupils.

(e.g. observation, progress monitoring, pupil premium, EAL register, SEN register, attendance monitoring, cohort progress tracking, pupil assessment, parent consultation, younger carers register, Weighing and Measuring results, LAC register etc.).

Please provide examples of the support and arrangements you have in place within school to meet the needs of vulnerable pupils.

(e.g. pupil premium spend, small group supports for EAL, SEN differentiated curriculum, individual support via TA/Learning Mentor/counsellor, playground friends, school-based therapists, quiet room, cards to leave class if feeling upset, at risk children have a nominated key contact person etc.).

HSL Bronze award template

6. Staff continuing professional development (CPD), health and well-being

Staff CPD: Criteria & Minimum Evidence

The school identifies staff CPD needs for health and wellbeing and provides appropriate training and development opportunities.

School Evidence

Please provide examples of how you identify staff training needs relating to health and wellbeing topics.

Please provide examples of the health and wellbeing training and development opportunities that staff have attended.
(e.g. PSHE education, RSE, drug and alcohol education, healthy eating, cooking and nutrition skills, PE and physical activity, emotional health and wellbeing, mental health first aid, equality and diversity, online safety, Prevent, behaviour, safety and bullying).

Staff health and well-being: Criteria & Minimum Evidence

The school supports staff in maintaining their health and wellbeing and a healthy lifestyle and encourages them to be positive role models. All staff can, confidentially, access advice, support and services (within and beyond school).

School Evidence

Please provide examples of how school staff are supported in maintaining their health and wellbeing.

HSL Bronze award template

6. Staff continuing professional development (CPD), health and well-being	
<p>(e.g. London Healthy Workplace Charter, bike racks for staff that cycle to work and Council cycle scheme offered to staff, wellbeing policy that includes staff, yoga classes, relaxation sessions, team bonding activities).</p>	
<p>Please provide examples of how staff have been encouraged to be positive role models for positive health and wellbeing.</p> <p>(e.g. staff run and take part in after school / lunchtime clubs, staff participate in charity events, staff eat lunch with children – providing a positive role model for children at lunchtime, staff eat healthy packed lunches on school trips).</p>	
<p>Please provide examples of how staff can, confidentially, access advice, support and services.</p> <p>Including external programmes and services such as Education Support Partnership.</p>	

HSL Bronze award template

7. Partnerships with parents and carers, the local community, external agencies and volunteers

Engaging with parents/carers, the local community and external agencies: Criteria & Minimum Evidence

The school provides opportunities for parents/carers to access information, support and advice on health and wellbeing.

The school engages with the local community and a range of external agencies and encourages volunteering by children and young people and the wider community to support pupils, parents/carers and staff on:

- PSHE education
- Emotional Wellbeing and Mental Health
- Healthy eating
- Physical activity

School Evidence

Please provide examples of any opportunities you give for parents/carers to access information, support and advice on health and wellbeing.

Health messages and advice from school nursing, Public Health, Fire Brigade e.g. oral health, immunisations, healthy lifestyles, safety etc.

Please provide examples of how the school engages with the local community and a range of external agencies to support pupils, parents/carers and staff.

Including any opportunities to encourage volunteering by pupils e.g. [Team London](#) and [Team London Young Ambassadors](#).

Where to download HSL templates

The screenshot shows the Ealing Grid for Learning (EGfL) website. The top navigation bar includes links for Home, ELP leadership, ELP services, Facilities, Finance and data, Human resources, and Services for children. A red arrow labeled '1' points to the 'ELP services' link. The left sidebar contains a list of services, with a red arrow labeled '2' pointing to 'Health improvement in schools' and a red arrow labeled '3' pointing to 'Healthy schools London awards'. The main content area displays the 'Healthy schools London awards' page, which includes information about the awards and a list of popular pages.

1 Click 'ELP services' in the top navigation bar.

2 Click 'Health improvement in schools' in the left sidebar.

3 Click 'Healthy schools London awards' in the left sidebar.

Healthy schools London awards

The awards are for schools to recognise their achievements in supporting the health and wellbeing of their pupils.

The Ealing Healthy Schools awards programme has four levels:

Bronze: Schools can achieve their bronze award by completing the [Healthy Schools London bronze audit tool](#). Bronze award requires schools to assess their achievements and identify areas of development. Schools are required to repeat the process every three years to maintain their healthy schools bronze award.

Silver: Schools who have achieved bronze can apply for the Healthy Schools London silver award. To achieve silver, schools need to decide on a whole school health priority. Once the health priority has been identified, schools need to undertake an analysis of pupils' needs, collect baseline data and design an action plan for delivery. Schools need to record this information in the Silver section of the [Healthy Schools London tool](#).

Gold: Schools who have achieved silver award can apply for the Healthy Schools London gold award. The gold award requires schools to show the impact of their activities and demonstrate that these are sustainable. Schools are also required to show how their activities have engaged the wider community and how they have shared their learning with other schools. Schools need to apply for gold award using the Gold section of the [Healthy Schools London tool](#).

Platinum: The Ealing health improvement team have introduced an Ealing platinum award to help gold schools embed their activities and to encourage learning and sharing of best practice.

Only gold schools can apply for platinum award. To achieve platinum, schools need to complete the [Healthy Schools Ealing platinum tool](#) (word) form and evaluate

Popular pages

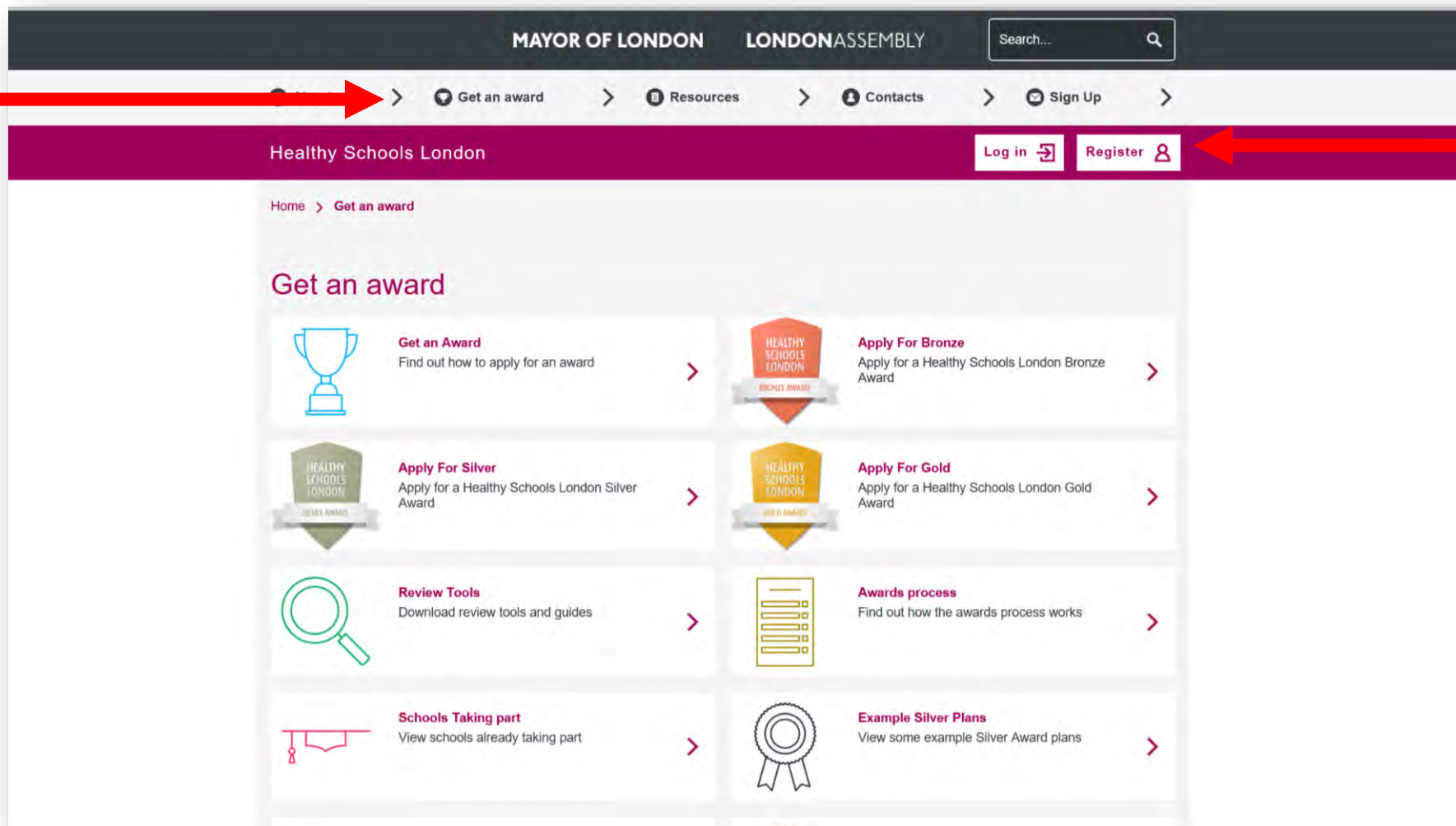
- Religious education
- Early years foundation stage (EYFS)
- Career development for support staff
- Teacher standards

Services for schools

- Behaviour and inclusion service 2020/21
- Continuing professional development (CPD) and training 2020/21
- Ealing Education Centre (EEC) training and meeting venue 2020/21
- Ealing Grid for Learning website 2020/21
- Ealing Learning Partnership (ELP) 2019/21
- Ealing Learning Partnership statutory functions 2020/21

Submitting your award

Step 1:
Click 'Get
an award'



**Step 2: Log
in or
register**

Submitting your award

STEP 1:

*Ealing schools: Email your award to Emily (RayfieldE@ealing.gov.uk)

*Harrow schools: Email your award to Nicole (McGregorN@ealing.gov.uk)

STEP 2:

The Ealing Health Improvement team will email your award back to you and let you know if changes are required.

STEP 3:

If changes are required, please make changes and then send back to us. If no changes are required, we will ask you to submit your award to the HSL website.

STEP 4:

Upload your award to the HSL website. You will receive confirmation by email within 2-3 weeks that your award have been approved.

Q&A: What to do if you forget your password?

MAYOR OF LONDON LONDONASSEMBLY Search...

About > Get an award > Resources > Contacts > Sign Up >

Healthy Schools London Log in Register

Home > User account

User account

Log in Request new password

Need an account? Register [here](#)







Username *

Enter your Healthy Schools username.

Password *

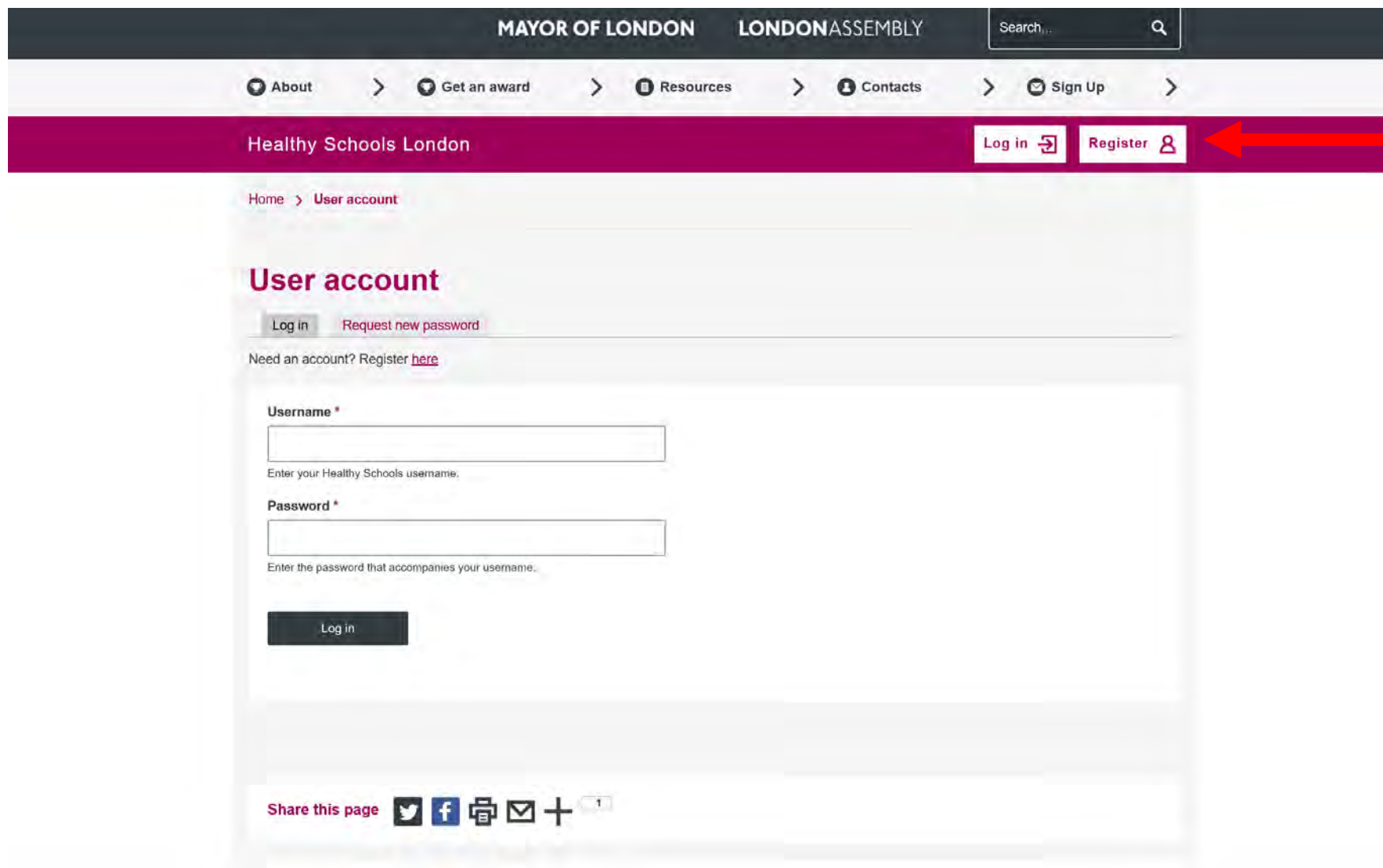
Enter the password that accompanies your username.

Log in

Share this page      

Request
new
password

Q&A: What to do if you don't know your school's log in details?



The screenshot shows the Healthy Schools London website. At the top, there is a dark navigation bar with 'MAYOR OF LONDON' and 'LONDON ASSEMBLY' on the left, and a search bar on the right. Below this is a light blue navigation bar with links: 'About', 'Get an award', 'Resources', 'Contacts', and 'Sign Up'. A red banner across the middle contains the text 'Healthy Schools London' on the left and 'Log in' and 'Register' buttons on the right. A red arrow points from a red box on the right to the 'Register' button. Below the banner, the breadcrumb 'Home > User account' is visible. The main heading is 'User account'. Below this are links for 'Log in' and 'Request new password'. A text prompt says 'Need an account? Register [here](#)'. The registration form has two fields: 'Username *' and 'Password *'. Below the 'Username' field is the instruction 'Enter your Healthy Schools username.' Below the 'Password' field is the instruction 'Enter the password that accompanies your username.' At the bottom of the form is a black 'Log in' button. At the very bottom of the page, there is a 'Share this page' section with icons for Twitter, Facebook, Print, Email, and a plus sign for more options.

MAYOR OF LONDON LONDON ASSEMBLY Search...

About > Get an award > Resources > Contacts > Sign Up >

Healthy Schools London Log in Register

Home > User account

User account

Log in Request new password

Need an account? Register [here](#)

Username *

Enter your Healthy Schools username.

Password *

Enter the password that accompanies your username.

Log in

Share this page

Twitter Facebook Print Email +

Register a
new
account

When do the awards expire?



**Every 3
years**



**No expiry
date but we
recommend
achieving a
new Silver
every 2 years**



**No expiry
date but we
recommend
achieving a
new Silver
every 2 years**



**No expiry
date but we
recommend
achieving a
new Silver
every 2 years**

Q&A: What to do if you have forgotten your username?

Email Alison Stafford at HSL:
alison.stafford@london.gov.uk

HSL website enquiries

Email Alison Stafford at HSL:
alison.stafford@london.gov.uk

How to complete your HSL Silver: 12:40pm





Accessing the session

- PowerPoint will be sent to all participants after the session
- Please have **video on** and **microphone off (turn on to ask questions)**.
- Use the chat function to ask questions

Aims of session

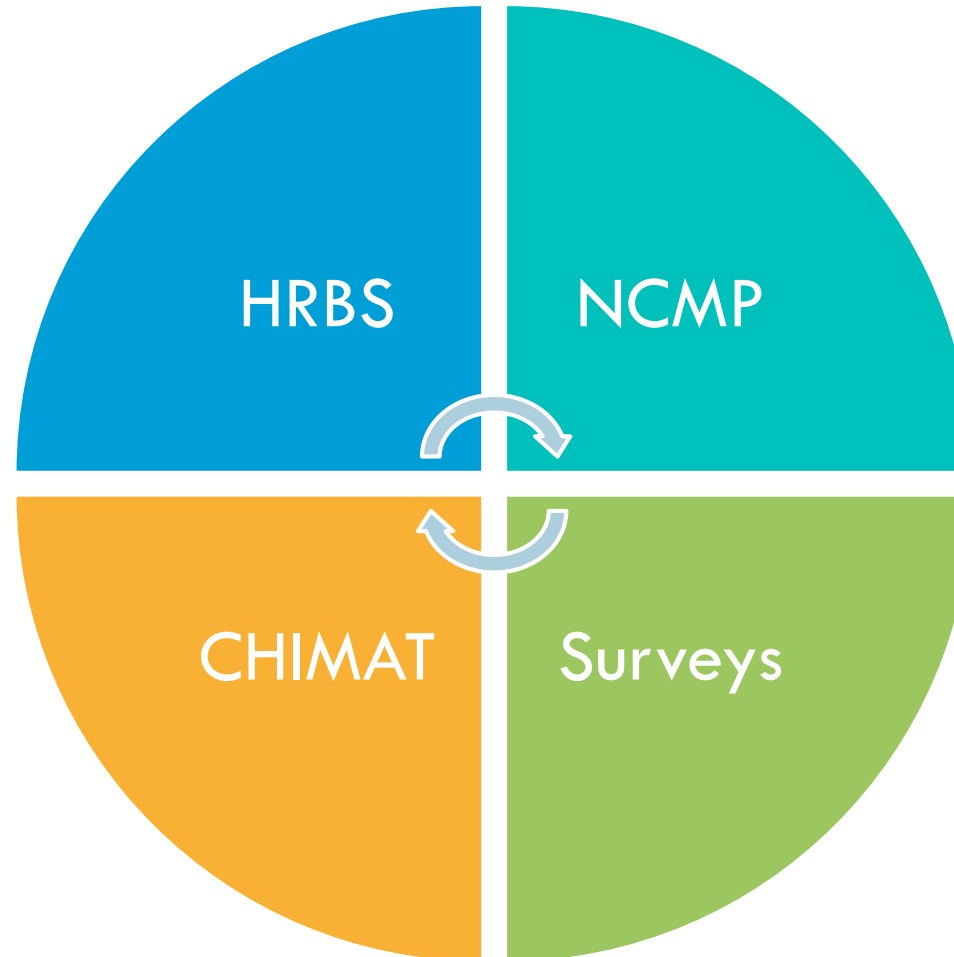
- Learn how to write a baseline survey for your Silver

Decide on your health area

Use any data you have to help you decide on a health area to focus on

What are the health issues affecting your pupils?

What are the health issues in Ealing?



Is overweight an issue in your school?

What are your health issues for all pupils?

Silver award template

1. Silver & gold on same template
2. Activities can't be retrospective
3. Complete Silver first. When approved, can then complete the gold.

The screenshot shows a document titled 'Healthy Schools London' with the subtitle 'Achieving Healthy Schools London (HSL) Silver and Gold Awards'. It includes logos for 'HEALTHY SCHOOLS LONDON' and 'MAYOR OF LONDON'. The document is divided into two main sections: 'Silver Award' and 'Gold Award'. The 'Silver Award' section describes the process of identifying health priorities and lists four steps for achieving the award. The 'Gold Award' section describes the process of demonstrating, sustaining, and learning from outcomes and lists four steps for achieving the award. A note at the bottom states that projects should run for at least 2 terms or 6 months. The page number 'Page 1 of 10' is visible at the bottom right.

HEALTHY SCHOOLS LONDON

Healthy Schools London Silver Award Planning Template and Gold Award Reporting Template

MAYOR OF LONDON

Healthy Schools London

Achieving Healthy Schools London (HSL) Silver and Gold Awards

INTRODUCTION

This document includes both the HSL Silver Award Planning Template and the HSL Gold Award Reporting Template.

- Please only complete the Silver Plan to apply for the HSL Silver Award. The Silver Plan must be for work that the school is planning to do and cannot be retrospective.
- Please only complete the Gold Report to apply for the HSL Gold Award. The Gold Report is to present the activities that you did and their outcome/results.

Silver Award

A school will identify a main health priority for their pupils and devise new projects, practices and interventions to target the priority. Example health priorities might include healthy weight, oral health, emotional resilience, keeping safe and positive relationships.

In order to achieve the Silver Award, a school should:

- Undertake a needs analysis of the unique health and wellbeing issues affecting the school.
- Use the needs analysis to identify and define group/s and number of pupils e.g. whole school or year group, plus any smaller targeted group.
- Develop planned measurable outcomes and an action plan to achieve the health priority.
- Show how it will monitor and evaluate the project to measure success and demonstrate improvements.

NOTE: Projects and interventions undertaken as part of a Silver Plan should run over at least 2 terms or 6 months.

Gold Award

HSL recognises good practice in demonstrating, sustaining (and learning from) outcomes and impact in supporting children and young people to achieve and maintain good health and wellbeing.

In order to achieve the Gold Award, a school should:

- Have achieved the HSL Silver Award.
- Record results and outcomes.
- Detail approach taken.
- Provide analysis of results.
- Explain how activity is being sustained.

Page 1 of 10

Silver: school details

Must be in
the future

Check on HSL
website

Check on HSL
website

SCHOOL DETAILS

Complete first 2 tables below when applying for Silver:

Name of School		Borough	
Key contact		Job title	
Silver Plan Start Date		Silver Plan End Date ¹	

Date achieved Bronze Award	
Consent to share Silver Plan	Yes <input type="checkbox"/> <i>Plan can be used as an example of good practice to be shared with other schools and partners.</i> No <input type="checkbox"/>
Headteacher sign off	Name and date:
School Council Representative sign off	Name and date:

Should be at
least 6 months
after start date

Complete table below when applying for Gold:

Date achieved Silver Award	
Consent to share Gold Report	Yes <input type="checkbox"/> <i>Report can be used as an example of good practice to be shared with other schools and partners.</i> Yes <input type="checkbox"/> <i>Report <u>without photographs</u> can be shared with other schools and partners.</i> No <input type="checkbox"/>
Headteacher sign off	Name and date:
School Council Representative sign off	Name and date:

Silver: purpose and group

HEALTHY SCHOOLS LONDON SILVER AWARD PLANNING TEMPLATE

PURPOSE

HEALTH AND WELLBEING PRIORITY: Describe the issue that you are trying to improve.

EXAMPLES: *Improving participation in physical activities; oral health; mental health and emotional wellbeing*

Details:

Improving healthy eating

GROUP: Define your group/s and number of pupils who will benefit from the action plan (whole school or year group, plus any smaller targeted group).

EXAMPLES:

- *All children Year 1 to Year 6 (225 pupils), OR*
- *KS 2 pupils (120) and Reception children (30)*

Details:

Whole school or year group AND one small targeted group

Silver: national & local data and evidence

NEEDS ANALYSIS

NATIONAL AND LOCAL DATA AND EVIDENCE: Ask your local Healthy Schools Lead for help with completing this section.

Include details that provide evidence that your selected Health and Wellbeing Priority is an issue at national, regional or local level.

EXAMPLES:

- *Data - Local Authority Child Health Profiles (data)*
- *Guidance and Reports – Public Health England, Department for Education, Local Authority Health and Wellbeing Strategy*
- *Evidence Base – reference strategies, research or best practices e.g. NICE, Cochrane Database of Systematic Reviews (include how the evidence base indicates that your planned work will be effective for your group/school or any adaptation you'll need to make)*

Details:

- Include data on your health area from:
- Public Health England and DfE i.e. guidance documents
- Ealing Health Related Behaviour Survey summary report
- The CHIMAT (Ealing Child Health Profiles – on our EGFL page under 'data')

What is a needs analysis?



How to write your needs analysis

Reference data (to show why your health area is an issue)

Compare your data to the Ealing average (see headline pages of your HRBS)

Write acronyms such as NCMP in full with their date

How to write your local/national needs analysis

According to **Ealing's Children's Child Health Profile 2019**, Children and young people under the age of 20 years make up 25.3% of the population of Ealing. 83.2% of school children are from a minority ethnic group. The level of child poverty is worse than the England average with 21.6% of children aged under 16 years living in poverty. The rate of family homelessness is worse than the England average. Nationally, the rate of young people being admitted to hospital as a result of self-harm is not significantly changing, and this is also the case in Ealing. The admission rate in the latest pooled period is lower than the England average*. Nationally, levels of self-harm are higher among young women than young men.

According to **Public Health England guidance**, schools have a central role to play in enabling their pupils to be resilient and to support good mental health and wellbeing. It is important that schools promote good mental wellbeing for all pupils. Education about relationships, sex and health can be important vehicles through which schools can teach pupils about mental health and wellbeing.

Guidance from the DfE outlines that a school's approach to mental health and behaviour should be part of a consistent whole school approach to mental health and wellbeing. The DfE guidance also states that school staff cannot act as mental health experts and should not try to diagnose conditions. However, they should ensure they have clear systems and processes in place for identifying possible mental health problems, including routes to escalate and clear referral and accountability systems. There are things that schools can do for all pupils, as well as those at risk of developing mental health problems, to intervene early to create a safe and calm educational environment and strengthen resilience before serious mental health problems occur.

The DfE's guidance makes it clear that the promotion of mental health needs to be a whole school responsibility and not one that falls only within the remit of PSHE staff.

Silver: school data & evidence



HEALTHY SCHOOLS
LONDON

Healthy Schools London Silver Award Planning Template

MAYOR OF LONDON

SCHOOL DATA AND EVIDENCE

EXAMPLES:

- *School Development Plan*
- *Survey data*
- *Staff observations*
- *Incident data*

Details:

- Include observations from staff
- Health Related Behaviour Survey Data
- School development data, attainment data, incident data
- Include survey results (i.e. from Survey Monkey)

Silver: school data & evidence



HEALTHY SCHOOLS
LONDON

Healthy Schools London Silver Award Planning Template


MAYOR OF LONDON

SCHOOL DATA AND EVIDENCE

The results from Ealing Primary School's **Health Related Behaviour Survey (2019/20)** highlighted that **39%** of pupils who said they found school lessons on feelings, mental health and emotional wellbeing 'quite' or 'very' useful, lower than the **Ealing average of 46%**.

Being physical activity can improve emotional wellbeing, for example, by reducing anxiety. And therefore, our Silver action plan will also aim to increase pupils' physical activity levels. Rates of participation in physical activity are lower than the Ealing average. Clifton's latest Health Related Behaviour Survey found that the percentage who did physical activity on 7 days was 15%, lower than the Ealing average is 17%.

Silver: activities

 HEALTHY SCHOOLS LONDON	Healthy Schools London Silver Award Planning Template	MAYOR OF LONDON
ACTIVITIES AND INTERVENTIONS: List the specific activities that you have planned (for staff, pupils or parents) to achieve your improvements, including any resources or partner services that will be providing support.	TIMESCALE: List the month & year when you expect each activity to take place.	LEAD: List the staff member responsible for each activity.
EXAMPLES:		
• Staff training on emotional health and wellbeing	September 2019	D. Shaw, PSHE Coordinator
• Impacts of sugary drinks included in parent cooking sessions	November 2019	J. Jones, Healthy Schools Lead
• Across the curriculum, work with children about how to avoid conflict and work with children on to how to solve problems	January 2020	D. Shaw, PSHE Coordinator
Details:		
Details:		
Details:		
Details:		
Details:		
Details:		
Details:		
Details:		
Details:		

Will these activities actually lead to your desired outcome?
parents, pupils and staff

Should show completed over several months i.e. not all in June

Include staff member AND their job title here

Submitting your award

STEP 1:

*Ealing schools: Email your award to Emily (RayfieldE@ealing.gov.uk)

*Harrow schools: Email your award to Nicole (McGregorN@ealing.gov.uk)

STEP 2:

The Ealing Health Improvement team will email your award back to you and let you know if changes are required.

STEP 3:

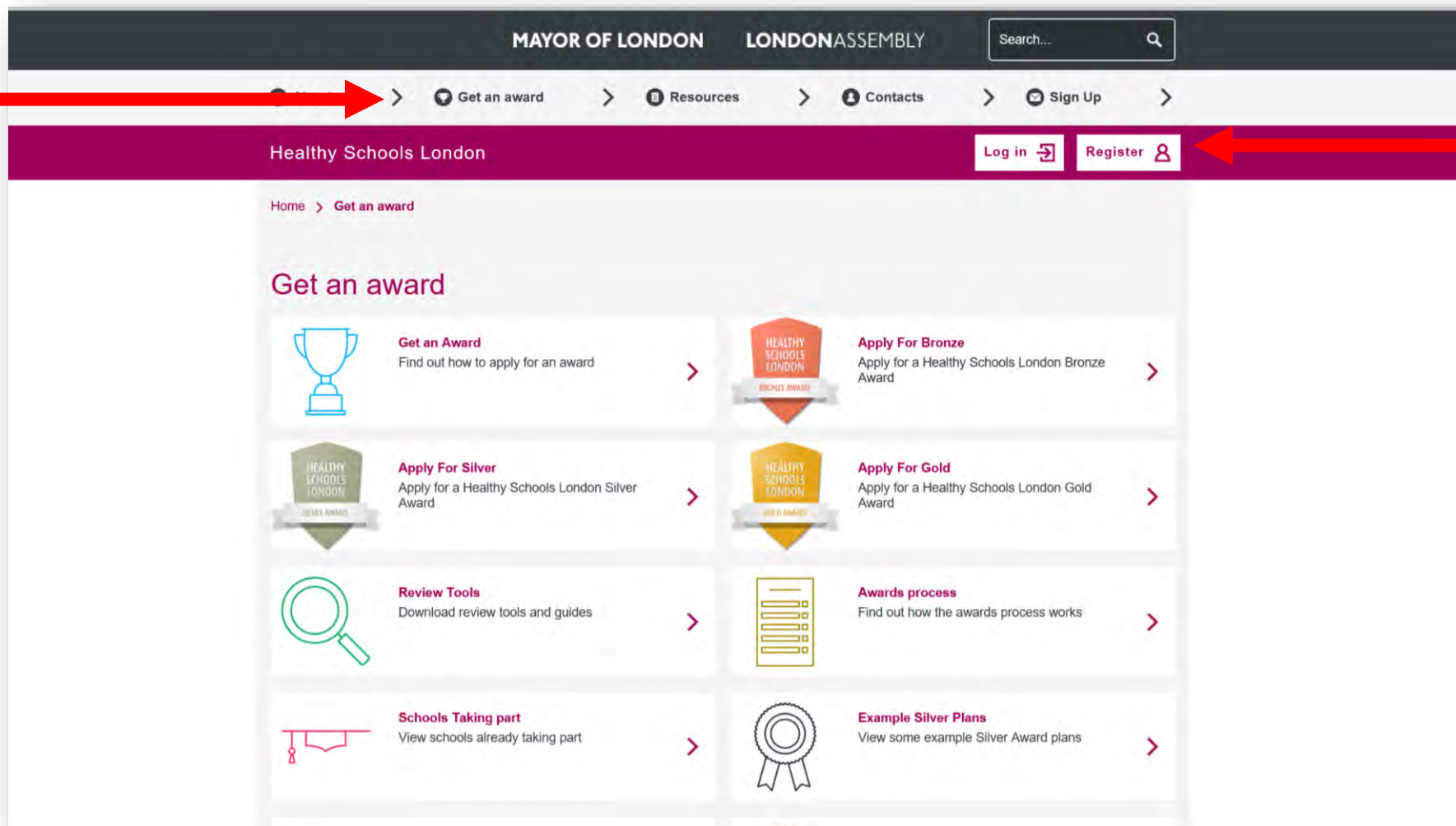
If changes are required, please make changes and then send back to us. If no changes are required, we will ask you to submit your award to the HSL website.

STEP 4:

Upload your award to the HSL website. You will receive confirmation by email within 2-3 weeks that your award have been approved.

Submitting your award

Step 1:
Click 'Get
an award'



**Step 2: Log
in or
register**

Q&A: What to do if you forget your password?

MAYOR OF LONDON LONDONASSEMBLY Search...

About > Get an award > Resources > Contacts > Sign Up >

Healthy Schools London Log in Register

Home > User account

User account

Log in Request new password

Need an account? Register [here](#)







Username *

Enter your Healthy Schools username.

Password *

Enter the password that accompanies your username.

Log in

Share this page      

Request
new
password

Q&A: What to do if you don't know your school's log in details?

The screenshot shows the 'Healthy Schools London' website. At the top, there is a dark navigation bar with 'MAYOR OF LONDON' and 'LONDON ASSEMBLY' on the left, and a search bar on the right. Below this is a light blue navigation bar with links: 'About', 'Get an award', 'Resources', 'Contacts', and 'Sign Up'. A red banner across the middle contains the text 'Healthy Schools London' on the left and 'Log in' and 'Register' buttons on the right. A red arrow points from a red box on the right to the 'Register' button. Below the banner, the breadcrumb 'Home > User account' is visible. The main heading is 'User account'. Below it are links for 'Log in' and 'Request new password'. A text prompt says 'Need an account? Register [here](#)'. The registration form has two fields: 'Username *' and 'Password *'. Below the 'Username' field is the instruction 'Enter your Healthy Schools username.' Below the 'Password' field is the instruction 'Enter the password that accompanies your username.' At the bottom of the form is a black 'Log in' button. At the very bottom of the page, there is a 'Share this page' section with icons for Twitter, Facebook, Print, Email, and a plus sign for more options.

MAYOR OF LONDON LONDON ASSEMBLY Search...

About > Get an award > Resources > Contacts > Sign Up >

Healthy Schools London Log in Register

Home > User account

User account

Log in Request new password

Need an account? Register [here](#)

Username *

Enter your Healthy Schools username.

Password *

Enter the password that accompanies your username.

Log in

Share this page

Twitter Facebook Print Email +

Register a
new
account

When do the awards expire?



**Every 3
years**



**No expiry
date but we
recommend
achieving a
new Silver
every 2 years**



**No expiry
date but we
recommend
achieving a
new Silver
every 2 years**



**No expiry
date but we
recommend
achieving a
new Silver
every 2 years**

Q&A: What to do if you have forgotten your username?

Email Alison Stafford at HSL:
alison.stafford@london.gov.uk

HSL website enquiries

Email Alison Stafford at HSL:
alison.stafford@london.gov.uk

How to design a baseline survey with Survey Monkey: 1pm



Silver: intended results

INTENDED RESULTS	
PLANNED OUTCOMES (there should be a minimum of 3 and maximum of 7 measurable outcomes). <ul style="list-style-type: none">• INDIVIDUAL: List the specific measurable changes that you expect to result from your activities e.g. changes in attitudes, behaviours, knowledge or skills of your pupil group/s• WHOLE SCHOOL: List any organisational changes which you expect to result from your activities and how you will measure them	MONITORING METHODS List the tools and methods that you will use to monitor whether your activities are being implemented as planned.
EXAMPLES: <ul style="list-style-type: none">• <i>Individual - To increase the percentage of students reporting the school helps them to understand and know how to manage their thoughts and feelings. From a baseline of 16% (45/278) to an endline of 70%.</i>• <i>Individual - To increase the percentage of targeted Year 6 pupils reporting the school has helped prepare them for secondary school. From a baseline of 41% (11/27) to an endline of 80%.</i>• <i>Whole School - To increase the number of days that salad and fruit are offered at tables rather than children self-serving from counter. From a baseline of 1 day per week, to an endline of 5 days per week.</i>	EXAMPLES: <ul style="list-style-type: none">• <i>Pre and post pupil surveys</i>• <i>Pupil satisfaction survey for those that access school support</i>• <i>School Menu analysis</i>
Details: Use results from survey monkey	Details: Survey monkey on pupil mental health, November 2020

Silver: intended results

INTENDED RESULTS	
PLANNED OUTCOMES (there should be a minimum of 3 and maximum of 7 measurable outcomes). <ul style="list-style-type: none">• INDIVIDUAL: List the specific measurable changes that you expect to result from your activities e.g. changes in attitudes, behaviours, knowledge or skills of your pupil group/s• WHOLE SCHOOL: List any organisational changes which you expect to result from your activities and how you will measure them	MONITORING METHODS List the tools and methods that you will use to monitor whether your activities are being implemented as planned.

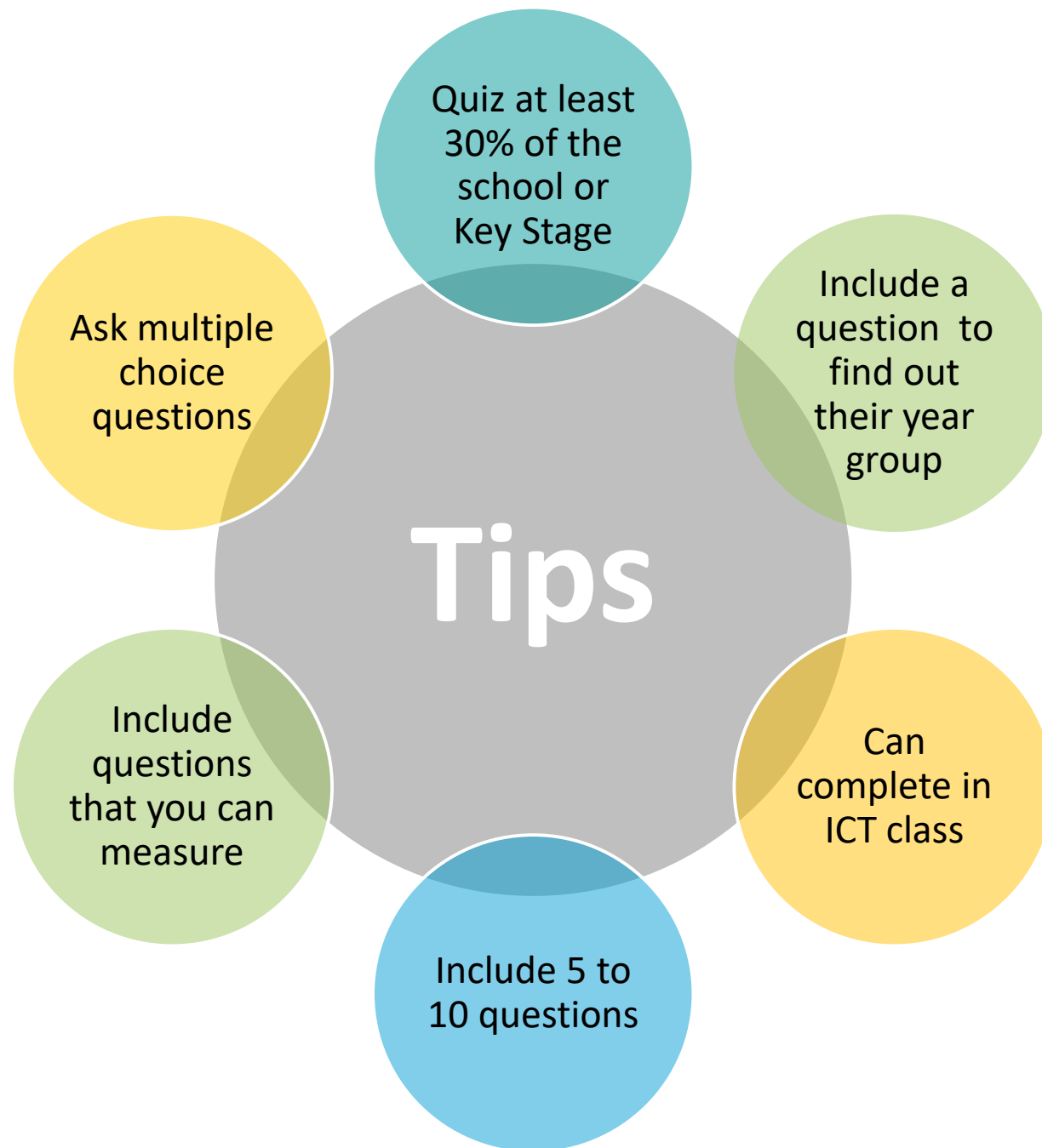
- To **increase** the percentage of pupils who learn about the Zones of Regulation in their classroom. From a baseline of **% (??/ pupils)** to **%**.

Increase or decrease

**What is your
baseline, how many
pupils does that
equal?**

**What do you
hope to increase
the % to?**

Tips





Dashboard

My Surveys

Plans & Pricing

UPGRADE

CREATE SURVEY



Nicole85!

Create surveys easily in Survey Monkey



Create an account



Complete your profile



Design a survey

Let's get started & create your first survey!

CREATE SURVEY

Survey Gallery

www.surveymonkey.com

how you can discover insights in your survey results: [Explore the Survey Gallery »](#)

Popular Integrations



Microsoft Teams

HubSpot

Hubspot



Microsoft Power BI



Stitch

A Talend Company

Stitch

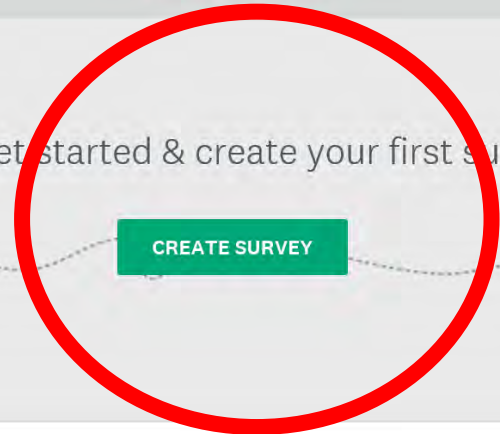
Help

Feedback

Create surveys easily in Survey Monkey




Let's get started & create your first survey!



CREATE SURVEY

Survey Gallery



Results → Insights → Action!

Survey results can help you understand how you're doing now, but also what you need to do next. See examples of how you can discover insights in your survey results: [Explore the Survey Gallery »](#)

Popular Integrations



Microsoft Teams



Hubspot



Microsoft Power BI



Stitch
A Talend Company

[Dashboard](#)[My Surveys](#)[Plans & Pricing](#)[UPGRADE](#)[Nicole851](#)

CREATE A SURVEY

How would you like to get started?



Build it for me

Tell us your goals—we'll create a survey for you and guide you the rest of the way.



Start from template

Choose from our library of ready-to-use survey templates.



Start from scratch

Build your survey from scratch or copy and paste a survey that you've already written.

Create surveys easily in Survey Monkey

UPGRADE



SUMMARY

NEXT →



BUILDER



BUILDER

PAGE TITLE

Choose question type here: checkboxes for more than one option, and multiple choice for one option

Checkboxes

Star Rating

Dropdown

Matrix / Rating Scale

File Upload

Ranking

Net Promoter® Score

Image Choice

Click Map NEW

Comment Box

Single Textbox

Slider

Payment (Stripe)

Matrix of Dropdown Menus

5 Suggested Questions

Answer Genius

Select type



Vegetables



Fruit



Sugary drinks



Chocolate, crisps or sweets

BULK ANSWERS



Score this question (enable quiz mode)



Use previous answer choices (carry forward responses)



Add an "Other" Answer Option or Comment Field

Label

Healthy eating survey

SUMMARY DESIGN SURVEY PREVIEW & SCORE COLLECT RESPONSES ANALYZE RESULTS PRESENT RESULTS

UPGRADE

NEXT →

Start writing your questions.
Select 'Other' if you want to
allow for other alternatives

QUESTION BANK

Search for questions

Recommended Questions

Previously Used Questions

All Categories

Community

Customer Feedback

Customer Satisfaction

Demographics

Education

Events

Healthcare

Human Resources

Industry Specific

Just for Fun

Market Research

PAGE TITLE

EDIT OPTIONS LOGIC COPY

Q1 What wain your packed lunch today? Checkboxes

5 Suggested Questions

Answer Genius

Select type

Vegetables

Fruit

Sugary drinks

Chocolate, crisps or sweets

BULK ANSWERS

Score this question (enable quiz mode)

Use previous answer choices (carry forward responses)

Add an "Other" Answer Option or Comment Field

Label

Other (please specify)

Help

Feedback

Healthy eating survey

UPGRADE

SUMMARY DESIGN SURVEY PREVIEW & SCORE COLLECT RESPONSES ANALYZE RESULTS PRESENT RESULTS

NEXT →

BUILDER

Multiple Choice

Checkboxes

Star Rating

Dropdown

Matrix / Rating Scale

File Upload

Ranking

Net Promoter® Score

Image Choice

Click Map **NEW**

Comment Box

Single Textbox

Slider

Payment (Stripe)

Matrix of Dropdown Menus

Multiple Textboxes

Healthy eating survey

⊕ PAGE TITLE

EDIT **OPTIONS** LOGIC COPY

☒ Require an Answer to This Question

Number of choices respondents must answer:

at least

Display this error message when this question is not answered.

This question requires an answer.

☐ Change the Layout for How Choices are Displayed

☐ Randomize, Sort, or Flip Choices

Adjust Question Layout

☐ Enable Question Text A/B Test (Random Assignment)

⊕ NEXT QUESTION

CANCEL

SAVE

⊕ NEW QUESTION

or Copy and paste questions

DONE

Go to options, and select
'requires an answer'

Help

Feedback

[Dashboard](#)[My Surveys](#)[Plans & Pricing](#)[UPGRADE](#)[CREATE SURVEY](#)[Nicola](#)

Healthy eating survey

[SUMMARY](#)[DESIGN SURVEY](#)[PREVIEW & SCORE](#)[COLLECT RESPONSES](#)[ANALYZE RESULTS](#)[PRESENT RESULTS](#)

Start collecting responses.

How would you like to collect responses to your survey?



Send surveys your way

Send your surveys by email, embed them on your website, share a link on social media or a web page, and more.



Target your ideal respondents

Buy responses from the right demographics on our global survey panel, SurveyMonkey Audience. Get results in minutes.

[Dashboard](#)[My Surveys](#)[Plans & Pricing](#)[UPGRADE](#)[CREATE SURVEY](#)

Nicole85

Healthy eating survey

[SUMMARY](#)[DESIGN SURVEY](#)[PREVIEW & SCORE](#)[COLLECT RESPONSES](#)[ANALYZE RESULTS](#)[PRESENT RESULTS](#)**Start collecting responses.**

How would you like to collect responses to your survey?



Get Web Link

Share a web link via email, on your website, or post to social media. You can also schedule a recurring web link.



Post on Social Media

Post your survey on Facebook, LinkedIn, or Twitter.



Buy Targeted Responses

Find people who fit your criteria from our global panel of respondents. Select region, age, gender, income, and more.



Send by Email

[UPGRADE](#)

Create custom email invitations and track who responds. Send follow up reminders to those who haven't responded.



Share in Messenger

[UPGRADE](#)

Let others take your survey directly in Facebook Messenger.



Embed on Website

[UPGRADE](#)

Embed your survey on your website or a link to your survey in a popup window.



Embed in Mobile App

[UPGRADE](#)

Integrate your surveys and responses directly in your mobile app for customer feedback about their in-app experience.



Add Data Manually

[UPGRADE](#)

Manually enter responses to your survey. Ideal for entering responses offline.



Kiosk Survey

[UPGRADE](#)

Turn your device into a survey station and collect responses anywhere you go.



Offline-Enabled

Healthy eating survey

SUMMARY DESIGN SURVEY PREVIEW & SCORE **COLLECT RESPONSES** ANALYZE RESULTS PRESENT RESULTS

[« Back to All Collectors](#)

Web Link 1 [✎](#)

Link created: 12/8/2020

Manual Data Entry [OPEN](#)

<https://www.surveymonkey.co.uk/r/MPPRLRS>

[CUSTOMIZE](#)

[COPY](#)

[↓ DOWNLOAD QR CODE](#) [?](#)

Copy and paste this link anywhere to share your survey. For example, paste it in an email, on a website, or share it on social media. The link works as long as the collector is open. [Web link collectors](#) are open by default.

THUMBNAIL IMAGE & TEXT: Upgrade to a paid plan to edit the image, title, and description that shows when you paste your survey link in other places. [?](#) [v](#)

RECURRENCE: Upgrade to a paid plan to have us automatically generate new survey web links for you. [?](#) [v](#)

CUSTOM THANK YOU: Upgrade to show a custom thank you message to people who complete your survey. [?](#) [v](#)

SURVEY END PAGE: Upgrade to show a custom page to people who complete your survey. [?](#) [v](#)

MULTIPLE RESPONSES: Off [?](#) [v](#)

RESPONSE EDITING: On, until survey complete [?](#) [v](#)

ANONYMOUS RESPONSES: Off [?](#) [v](#)

Copy and paste web link and send to emails or save in a folder and use later.

[Buy Survey Responses](#)

Get real-time feedback from our panel of global respondents. See results in minutes.

[GET STARTED](#)

[New! Reach more people with Messenger](#)

Use our Facebook Messenger Template to get feedback from people wherever they are in the world.

[UPGRADE](#)


[« Back to All Collectors](#)

✓ Your changes have been saved

Web Link 1

Link created: 12/8/2020


[Manual Data Entry »](#) [OPEN ▼](#)



 <https://www.surveymonkey.co.uk/r/MPPRLRS>


[CUSTOMIZE](#)

[COPY](#)


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Copy and paste this link anywhere to share your survey. For example, paste it in an email, on a website, or share it on social media. The link works as long as the collector is open. [Web link collectors](#)  are open by default.

THUMBNAIL IMAGE & TEXT: Upgrade to a paid plan to edit the image, title, and description that shows when you paste your survey link in other places.  

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CUSTOM THANK YOU: Upgrade to show a custom thank you message to people who complete your survey.  


SURVEY END PAGE: Upgrade to show a custom page to people who complete your survey.  

MULTIPLE RESPONSES:  

☒ On, allow the survey to be taken more than once from the same device

☐ Off, only allow the survey to be taken once from the same device

RESPONSE EDITING: On, until survey complete  

ANONYMOUS RESPONSES: Off  

Buy Survey Responses

Get real-time feedback from our panel of global respondents. See results in minutes.

[GET STARTED](#)

New! Reach more people with Messenger

Use our Facebook Messenger Template to get feedback from people wherever they are in the world.

[UPGRADE](#)

Turn this 'on', otherwise it will only let one student from each year group complete the survey.

Page Safety Tools


DashboardMy SurveysPlans & Pricing

UPGRADECREATE SURVEY

Nicole85!

Healthy eating survey

SUMMARYDESIGN SURVEYPREVIEW & SCORECOLLECT RESPONSESANALYZE RESULTSPRESENT RESULTS



Rotten Bananas!

There was an issue getting your responses. In the meantime, please visit our [Help Desk](#) for more information on analyzing results.

Error Code: 1

Come back anytime to see your results.

Create a new survey

Start from scratch

Copy a past survey

Purchase a panel

Start from template

Build it for me



NEW

Test an ad, product and more

Get your concepts vetted by your target market quickly

Copy a past survey

Search surveys

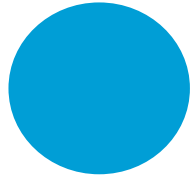
All

★ Favorites

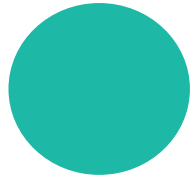
Free version of Survey Monkey is limited to 100 responses. For another 100 responses, copy your survey, and send the other 100 students this link. Then add the results together and divide by 2 to get the average.

1 question
0 responses

Survey Monkey – Pros and cons



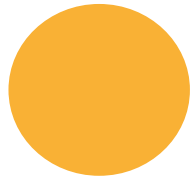
Free and easy to use and to set up an account



Free version limits survey to 100



Collates results automatically



Easy for pupils to complete

Types of questions

Multiple choice question

Which flavor of ice cream is your favorite?

- ☐ Chocolate
- ☐ Vanilla
- ☐ Strawberry

Open ended question

What do you like about your favorite brand of ice cream?

Drop down menu

Which flavor of ice cream is your favorite?

-- Please Choose --

Matrix question

Which flavor of ice cream is each member of your family's favorite?

	Chocolate	Vanilla	Strawberry
Mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Father	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Single question

What is your favorite ice cream brand?

Survey Monkey – example

Clifton physical activity and wellbeing survey

⊕ PAGE TITLE

Please complete this short survey to let us know more about how you feel, where you go for support and what you know about the link between exercise and mental health. This survey is anonymous so no one will know what you answer.

1. What year are you in?

- ☐ Year 3
- ☐ Year 4
- ☐ Year 5
- ☐ Year 6

* 2. Do you talk about the Zones of Regulation in your classroom?

- ☐ Yes. On most days.
- ☐ Yes, but only sometimes.
- ☐ No

* 3. Do you know what the 'Zones of Regulation' are used for?

- ☐ Yes
- ☐ No
- ☐ Sort of

4. What helps you to get back into the 'green' Zone of Regulation.

* 5. Who do you talk about feeling with? (Tick as many as you like)

- ☐ My family
- ☐ My friends
- ☐ My teacher or someone at school
- ☐ Someone else
- ☐ I don't talk to anyone about my feelings

* 6. Do you think doing exercise helps people to feel happier?

- ☐ Yes
- ☐ No
- ☐ I don't know

* 7. Do you feel better when you talk about your feelings?

- ☐ Yes, a lot
- ☐ Yes, a little bit
- ☐ No
- ☐ I don't know

* 8. Do you feel happier after you exercise?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Submitting your award

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*Harrow schools: Email your award to Nicole (McGregorN@ealing.gov.uk)

STEP 2:

The Ealing Health Improvement team will email your award back to you and let you know if changes are required.

STEP 3:

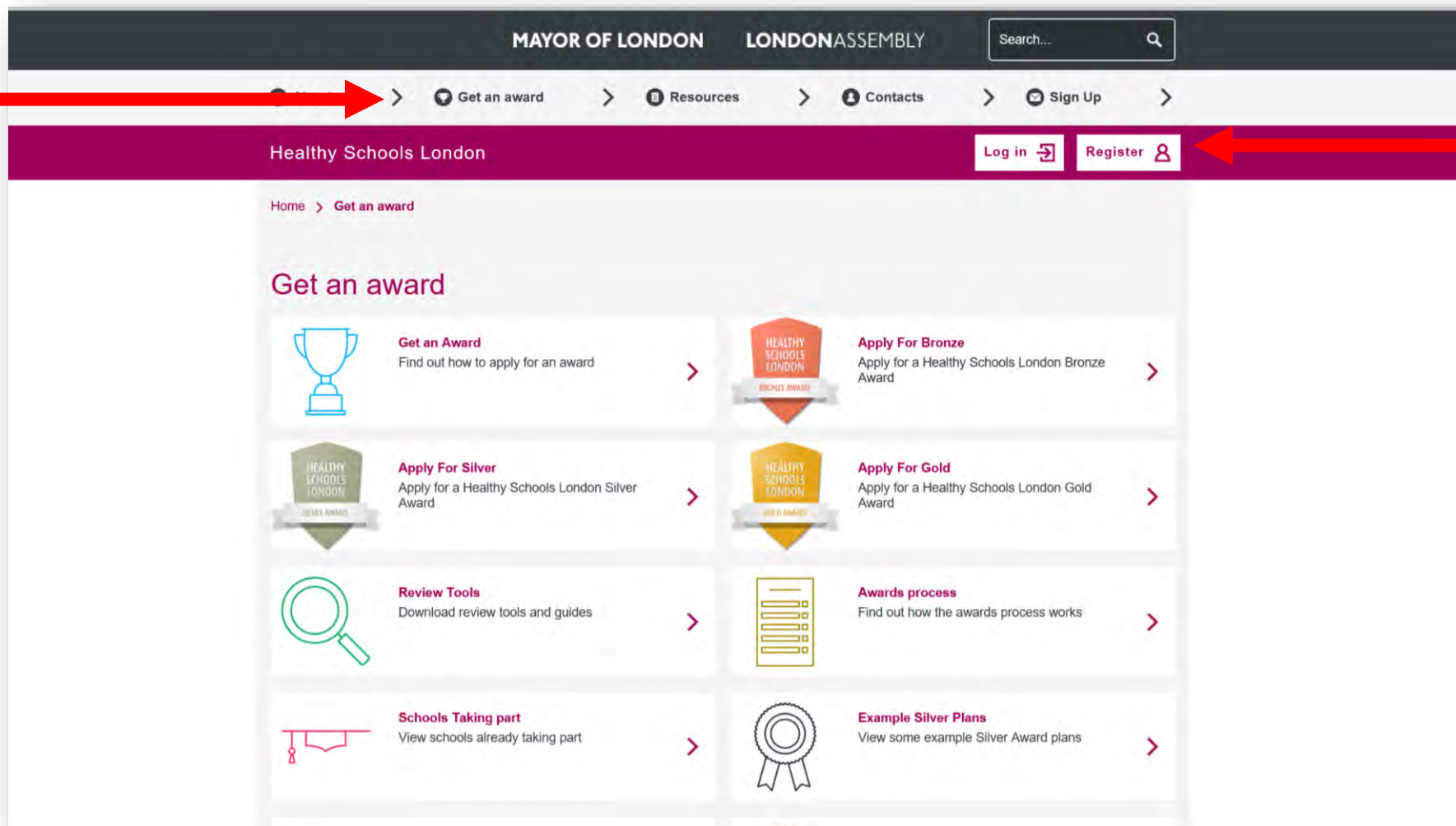
If changes are required, please make changes and then send back to us. If no changes are required, we will ask you to submit your award to the HSL website.

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Upload your award to the HSL website. You will receive confirmation by email within 2-3 weeks that your award have been approved.

Submitting your award

Step 1:
Click 'Get
an award'



Step 2: Log
in or
register

Q&A: What to do if you forget your password?

MAYOR OF LONDON LONDONASSEMBLY Search...

About > Get an award > Resources > Contacts > Sign Up >

Healthy Schools London Log in Register

Home > User account

User account

Log in Request new password

Need an account? Register [here](#)

Username *

Enter your Healthy Schools username.

Password *

Enter the password that accompanies your username.

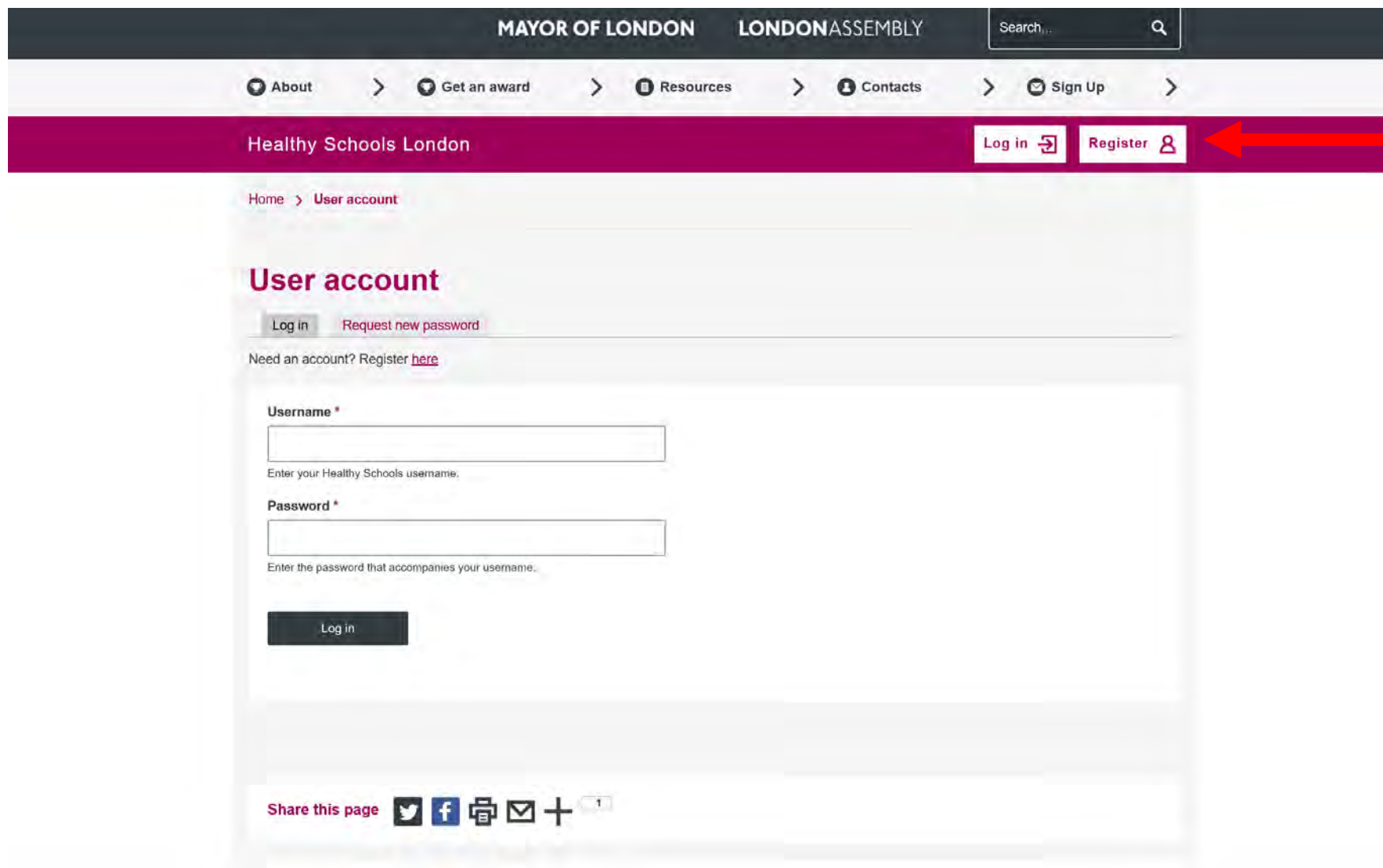
Log in

Share this page

Twitter Facebook Print Email Plus

Request
new
password

Q&A: What to do if you don't know your school's log in details?



The screenshot shows the 'User account' page on the Healthy Schools London website. At the top, there is a navigation bar with links for 'About', 'Get an award', 'Resources', 'Contacts', and 'Sign Up'. Below this is a purple header bar with the 'Healthy Schools London' logo and 'Log in' and 'Register' buttons. A red arrow points from a red-bordered box containing the text 'Register a new account' to the 'Register' button. The main content area is titled 'User account' and includes links for 'Log in' and 'Request new password'. It also has a link to 'Register here' for users who need an account. The registration form consists of two input fields: 'Username' and 'Password', each with a placeholder text. Below the fields is a 'Log in' button. At the bottom of the page, there are social media sharing icons and the Ealing logo.

MAYOR OF LONDON LONDONASSEMBLY Search...

About > Get an award > Resources > Contacts > Sign Up >

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User account

Log in Request new password

Need an account? Register [here](#)

Username *

Enter your Healthy Schools username.

Password *

Enter the password that accompanies your username.

Log in

Share this page

Ealing www.ealing.gov.uk

Healthy Schools EALING

How to complete your HSL Gold & Platinum: 1:20pm



HSL GOLD





Accessing the session

- PowerPoint will be sent to all participants after the session
- Please have **video on** and **microphone off (turn on to ask questions)**.
- Use the chat function to ask questions

Gold – results & impact

HEALTHY SCHOOLS LONDON GOLD AWARD REPORTING TEMPLATE

Complete this section when your above Silver Action Plan activities have been concluded and you are ready to apply for the Gold Award.

RESULTS AND IMPACT

RESULTS: Describe your results and whether you were able to achieve your planned outcomes.

EXAMPLES:

The group of pupils remained the same throughout the implementation of the action plan, September 2018 to July 2019: All pupils (Reception & KS1) = 190. The sample size completing initial and final surveys varied, September 2018 = 135 and July 2019 = 175.

1. To increase the percentage of children eating a portion of salad with their lunch. Target 40%.

*In September 2018, 17% (23/135) of children ate a portion of salad with their lunch. In July 2019, this had increased to 56% (98/175). **EXCEEDED***

2. To reduce the percentage of pupils reporting that they ate an unhealthy snack after school on the previous day. Target 40%.

*In September 2018, 61% (83/135) of children reported that they ate an unhealthy snack after school on the previous day (Note: unhealthy snack defined as chocolate, sweets, biscuits, pastries, crisps). In July 2019, this had reduced to 46% (81/175). **IMPROVED BUT NOT MET***

Include tables, graphs and bar charts to demonstrate changes in data.

Details:

Gold – results & impact

1. To increase the percentage of children eating a portion of salad with their lunch. Target 40%
*In September 2018, 17% (23/135) of children ate a portion of salad with their lunch. In July 2019, this had increased to 56% (98/175). **EXCEEDED***

The screenshot displays the Microsoft PowerPoint interface. The 'Insert' tab is selected in the ribbon, and the 'Charts' icon is highlighted. A red circle is drawn around the 'Insert' tab and the 'Charts' icon. A red arrow points from this circle to a red callout box. The callout box contains the following text:

Create graphs easily in PPT. Click on 'Insert', and then on 'charts'. Chose a 'Clustered Column Graph.'

The 'Insert Chart' dialog box is open, showing the 'All Charts' list on the left. The 'Column' chart type is selected, and the 'Clustered Column' chart is displayed in the preview area. The preview shows a bar chart with four categories (Category 1, Category 2, Category 3, Category 4) and three data series (Series1, Series2, Series3). The 'OK' button is visible at the bottom right of the dialog box.

The pre and post survey month/year

Title

1		% of pupils bullied at or near school
2	May-15	26%
3	Jun-16	63%
4		
5		

Before

After

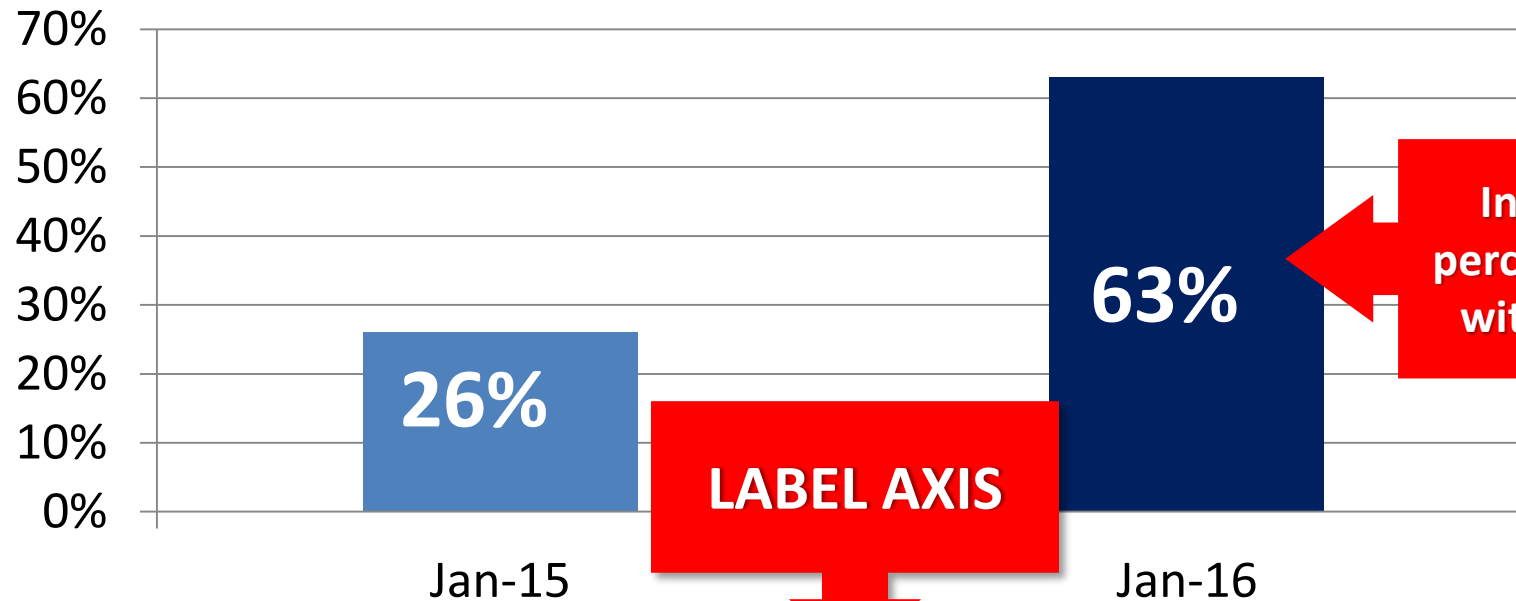
**FIGURE
NUMBER**

TITLE

**Figure 1.1: % of pupils who have 5 or more fruit
and vegetables every day**

**LABEL
AXIS**

Percentage



**Include
percentages
with bars**

LABEL AXIS

% of pupils having 5 A DAY

Gold – unintended outcomes

UNINTENDED OUTCOMES: Describe any unintended outcomes (positive or negative).

EXAMPLES:

- *Healthy Eating week had a fantastic impact upon the whole school and had a wider impact upon the snacks children are choosing after school. We had at least one third of each class enter the competition, which prompted discussion around what children were eating after school and their understanding of what is healthy and unhealthy. The competition meant that children wanted to share with their parents their ideas for recipes and parents were happy to engage with their children to develop healthy snacks.*
- *The review of targeted individual pupil's developmental abilities, emotional wellbeing and behaviour in comparison with levels of communication was so effective that it was extended across the school and similar workshops were held for class teams in each of the learning pathways – autism spectrum disorder (ASD), severe learning difficulties (SLD) and profound and multiple learning disabilities (PMLD).*

Details:



Describe any unintended outcomes

Gold – any changes to action plan?

ACTIVITIES: Explain if the activities in your action plan were delivered as intended, or if there were any changes and why. Describe any external or unanticipated factors that had an effect on your project.

EXAMPLES:

- *Activity: A partner organisation offered additional parent workshops, specifically focused on after school snacks and portion sizes. The workshops were well attended by a large group of reception parents - on average 15 parents attended each session. Parents were enthusiastic about the workshop with many requesting further hand-outs for friends. Some were parents who had been identified as needing targeting by teacher observations.*
- *External factor: The Local Authority commissioned an obesity prevention programme for families during the implementation of our action plan which we were able to access and plan for our school. This complemented the aims of our action plan and helped to support its success.*

Details:



**Any changes to action plan?
Explain why.**

Gold – Overall strengths

OVERALL
STRENGTHS: Describe the overall strengths of your project.
EXAMPLES: <ul style="list-style-type: none"><i>A zone structure was developed so that the playground had designated zones for different types of activities. The zones have been the major change to the school environment – the playground has structured titled zones e.g. music zone, construction zone, ball games zone. The children and lunchtime staff are clear about the zones which means that equipment in each zone stays in its designated zone all of the time. This has ensured the playground environment is less chaotic and more organised and structured.</i><i>Tasting sessions provided an excellent opportunity for children to discuss unfamiliar fruits and vegetables and try these, then choose these independently in the lunchroom.</i>
Details: <div><div>Describe the strengths of your project</div></div>

Gold – lessons learnt

LESSONS LEARNT: Describe what went well, what didn't go so well, and what recommendations you would you make for the future.

EXAMPLE:

- *We found that there was actually an increase in students accessing support for mental health and well-being. To begin with I felt this was a negative thing and felt concerned that the work we had put in had been unsuccessful. However, after talking to our pastoral managers we realised more students had accessed support because they felt more confident to talk about their own mental health, which is actually a positive thing and was one of our targets.*
- *I received feedback from teachers that cooking can be complex due to the location of our equipment, the need for a second adult to take food to ovens and the time taken for everything to be cleared away from classrooms. All of these things made cooking less desirable and taught less frequently. However, following these discussions I have made a proposal to our head teacher for a classroom to be built specifically for cooking.*

Details:



**What went well, what didn't
go well, recommendations?**

Gold – sustainability

SUSTAINABILITY: Describe what you will do in future to sustain the project.

EXAMPLES:

- *Mindfulness has become an integral part of our school. The children and staff and many parents have loved doing it and have felt far reaching benefits from the programme. Our aim is now to keep developing our practice and to become a lead school and share our experiences with other schools. The PTA has enthusiastically agreed to support and fund the creation of a mindful area of the school playground. The intention is for the children to design and paint a wall mural in the area; to grow flowers and herbs and to position various items (e.g. wind chimes, glitter bottles etc.) which will create an area of calmness and reflection.*
- *This year we have had a very positive response to our school council deputies becoming salad monitors and encouraging children to eat more salad. Next year, we intend to give every child in KS1 an opportunity to be a salad monitor.*

Details:

- **Embedding** in the school development plan, curriculum, timetable, assembly
- **Continued funding**
- **Training** for staff built into the CPD programme/ staff induction
- **Improved relationships** and agreements with partners
- **Recognition** of pupil progress i.e. school reward system
- A regular slot in **school newsletters**/ school website

Gold – Photographs

PHOTOGRAPHS & QUOTES: Include any photographs, quotes, feedback or other evidence from your project.

Details:

Include 2 -5 photos



What to start collecting for Gold when you achieve Silver

- Pictures
- Feedback from parents, pupils and staff
- Observations
- All evaluation and monitoring methods listed in your Silver

Submitting your award

STEP 1:

*Ealing schools: Email your award to Emily (RayfieldE@ealing.gov.uk)

*Harrow schools: Email your award to Nicole (McGregorN@ealing.gov.uk)

STEP 2:

The Ealing Health Improvement team will email your award back to you and let you know if changes are required.

STEP 3:

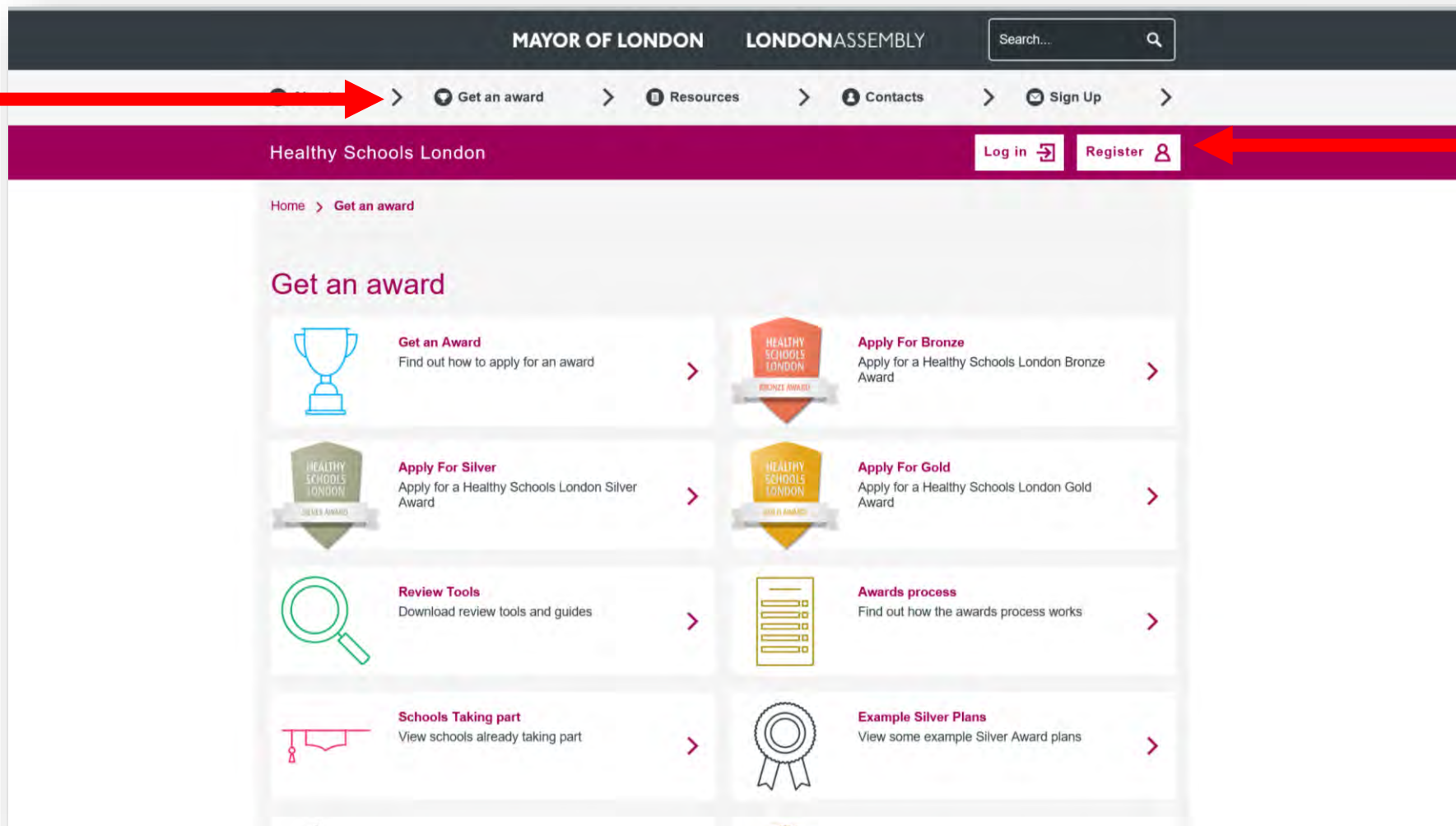
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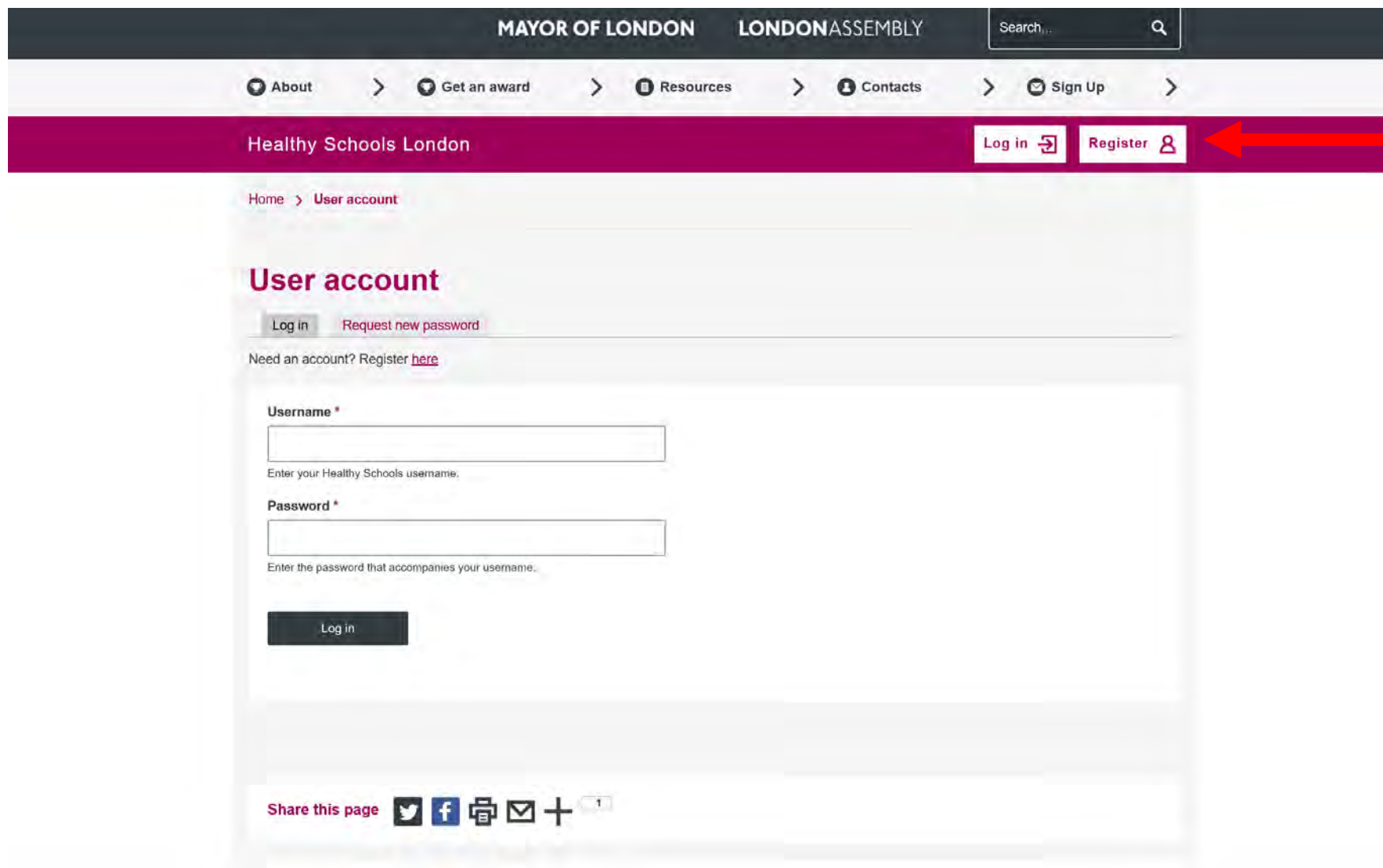
Log in

Share this page

Twitter Facebook Print Email Plus

Request
new
password

Q&A: What to do if you don't know your school's log in details?



The screenshot shows the Healthy Schools London website. At the top, there is a dark blue header with 'MAYOR OF LONDON' and 'LONDON ASSEMBLY' on the left, and a search bar on the right. Below this is a white navigation bar with links: 'About', 'Get an award', 'Resources', 'Contacts', and 'Sign Up'. A red banner below the navigation bar contains the text 'Healthy Schools London' on the left and 'Log in' and 'Register' buttons on the right. A red arrow points from a red box on the right to the 'Register' button. Below the banner, the breadcrumb 'Home > User account' is visible. The main section is titled 'User account' and contains links for 'Log in' and 'Request new password'. Below this, it says 'Need an account? Register [here](#)'. There are two input fields: 'Username *' and 'Password *'. Below the password field is a 'Log in' button. At the bottom, there is a 'Share this page' section with social media icons for Twitter, Facebook, Print, Email, and a plus sign for more options.

MAYOR OF LONDON LONDON ASSEMBLY Search...

About > Get an award > Resources > Contacts > Sign Up >

Healthy Schools London Log in Register

Home > User account

User account

Log in Request new password

Need an account? Register [here](#)

Username *

Enter your Healthy Schools username.

Password *

Enter the password that accompanies your username.

Log in

Share this page

Twitter Facebook Print Email +

Register a
new
account

When do the awards expire?



**Every 3
years**



**No expiry
date but we
recommend
achieving a
new Silver
every 2 years**



**No expiry
date but we
recommend
achieving a
new Silver
every 2 years**



**No expiry
date but we
recommend
achieving a
new Silver
every 2 years**

Q&A: What to do if you have forgotten your username?

Email Alison Stafford at HSL:
alison.stafford@london.gov.uk

HSL website enquiries

Email Alison Stafford at HSL:
alison.stafford@london.gov.uk

Platinum





Accessing the session

- PowerPoint will be sent to all participants after the session
- Please have **video on** and **microphone off (turn on to ask questions)**.
- Use the chat function to ask questions

Platinum



The Healthy Schools Ealing Platinum Award Reporting Template Guide

Guide to achieving Healthy Schools Ealing Platinum Status

School:
Borough:

Page 1 of 5

Platinum



School Details

Name of School:		Borough:
Insert name of school		Insert borough
Key contact and job title:	Insert name and job title of the person responsible for the Platinum award	
Date achieved HSL Bronze Award:	Date, month and year you achieved Bronze	
Date achieved HSL Silver Award:	Date, month and year you achieved Silver (for this section please put in the date on your old silver – used to achieve gold and your new silver – step 1 of the platinum award)	
Date achieved HSL Gold Award:	Date month and year you achieved Gold	
Health Priority 1 (universal)	Group	Planned Outcome(s)
Copy and paste from your previous silver	For all pupils Copy and paste from your silver	Copy and paste from your silver
Health Priority 2 (targeted)	Group	Planned Outcome(s)
Copy and paste from your previous silver	For a group more at risk (targeted) Copy and paste from your silver	Copy and paste from your silver
Health Priority for Platinum Award	For our Platinum award, we will be supporting another school with our: Universal/Targeted priority (Please delete as appropriate) In this section please outline the target from your old silver that you will be focusing on to support other school. Please note this need to be only one target, and this target should be used for every step in the platinum award process.	
Consent to share Report and Photographs	We agree that Healthy Schools Ealing may share this report and photographs: Yes/No (Please delete as appropriate)	

Platinum



Reporting Template HSL Platinum Award

Identified new health priorities for your school.

Have completed a new Silver Healthy Schools London award – this will need to be different from the Silver used to achieve Gold Healthy School status

In order to achieve Platinum, you will need to complete a new Healthy Schools London Silver Award. This will mean you will need to identify a new health priority for your school. Below please give a brief overview of the health priority you will focus on and explain why you will be focusing on this health priority.

In this section please write a summary of your new priority from your new Silver award. Please state what the priority is, what you aim to achieve and why you chose this as a target.

Platinum

Share your learning with other schools in the Borough.

Outline the ways that you have shared your learning with Ealing schools.

For example:

- *Presenting at the Health Partnership Conference*
- *Presenting at the Health Improvement Partnership meetings*
- *Presenting at the Health Improvement Partnership celebration event*
- *Writing an article for Stepping Up to Health newsletter*
- *Host a learning walk*

In this section please outline how you shared your practice with other schools. You will need to focus on sharing your chosen health priority from your old Silver (therefore this does not include sharing other initiatives or practices with schools). You will need to explain in detail how you shared this with other schools. You should detail at least 2 ways you have shared with other schools.

Platinum

Identify your next steps to continue to improve health and wellbeing in your school

Identify what your school is continuing to do to improve health and wellbeing. You should explain what your school is doing to maintain the activities that formed part of your original Silver and Gold award as well as identify the continued work you are doing based on your new Silver Award. Here you should also identify any key successes or challenges you have faced/anticipate facing.

Here you should detail how your school will continue to embed the activities and initiatives from your original Silver as well as detailing how you are beginning to implement the actions from your new Silver. You should also detail things that have worked well for your school and identify any challenges you have faced.

Submitting your award

STEP 1:

*Ealing schools: Email your award to Emily
(RayfieldE@ealing.gov.uk)

STEP 2:

The Ealing Health Improvement team will email your award back to you and let you know if changes are required.

STEP 3:

If changes are required, please make changes and then send back to us. If no changes are required, we will email you to let you know you have achieved Platinum.

SUGAR SMART school training: 1:40pm

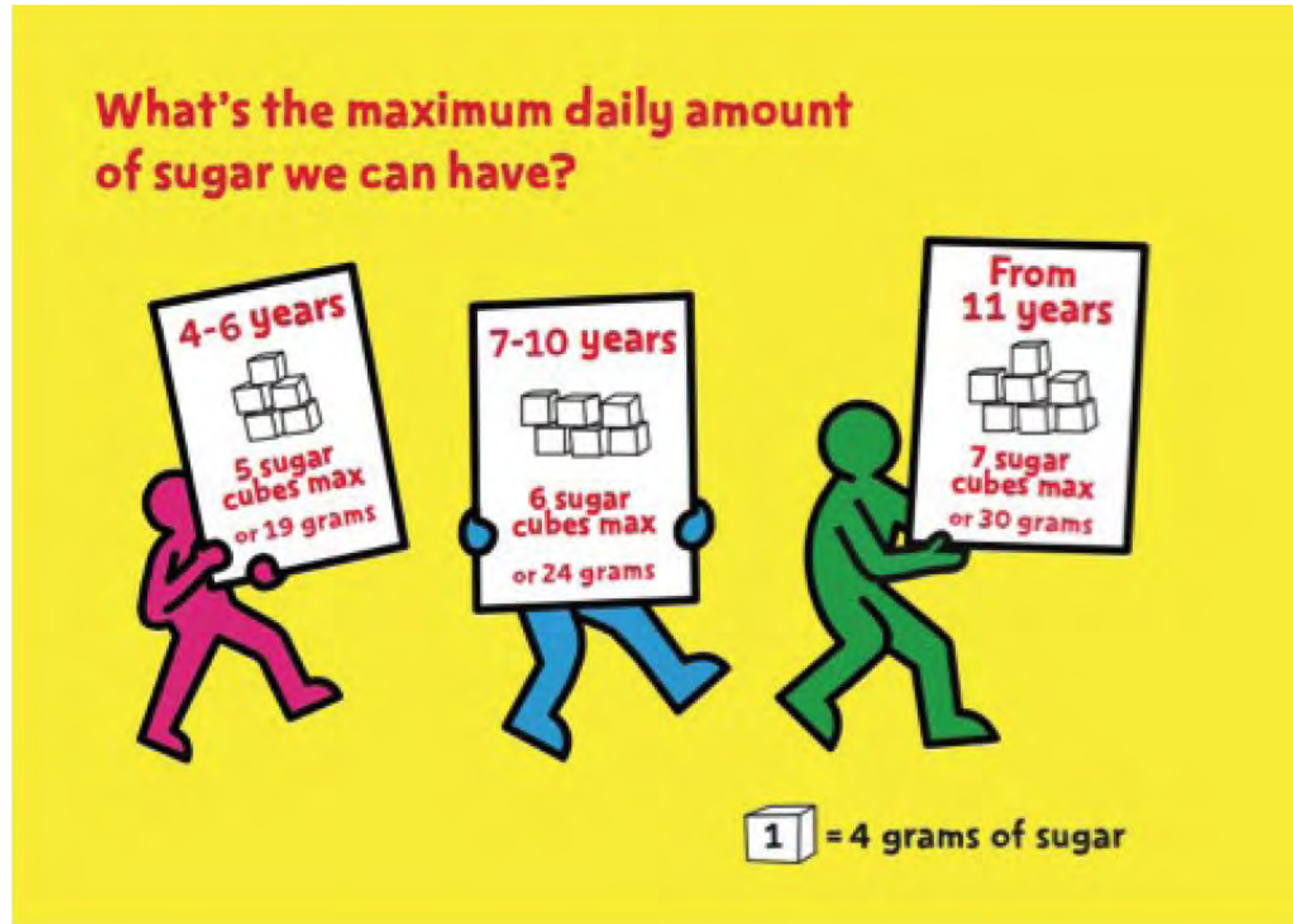




Accessing the session

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- Use the chat function to ask questions

How much is too much?



What is the issue in Ealing?



What do Sugar Smart Schools receive?

£500 for
first 10~~2~~
schools



5
Healthy
Schools
points

Pre-filled
Sugar
Smart
template

Certificate
& invite to
Sugar Smart
celebration
event

SUGAR SMART TEMPLATE

Healthy Schools London Achieving Healthy Schools London (HSL) Silver and Gold Awards

INTRODUCTION

This document includes both the HSL Silver Award Planning Template and the HSL Gold Award Reporting Template.

- *Please only complete the Silver Plan to apply for the HSL Silver Award. The Silver Plan must be for work that the school is planning to do and cannot be retrospective.*
- *Please only complete the Gold Report to apply for the HSL Gold Award. The Gold Report is to present the activities that you did and their outcome/results.*

Silver Award

A school will identify a main health priority for their pupils and devise new projects, practices and interventions to target the priority. Example health priorities might include healthy weight, oral health, emotional resilience, keeping safe and positive relationships.

In order to achieve the Silver Award, a school should:

- Undertake a needs analysis of the unique health and wellbeing issues affecting the school.
- Use the needs analysis to identify and define group/s and number of pupils e.g. whole school or year group, plus any smaller targeted group.
- Develop planned measurable outcomes and an action plan to achieve the health priority.
- Show how it will monitor and evaluate the project to measure success and demonstrate improvements.

NOTE: Projects and interventions undertaken as part of a Silver Plan should run over at least 2 terms or 6 months.

Gold Award

HSL recognises good practice in demonstrating, sustaining (and learning from) outcomes and impact in supporting children and young people to achieve and maintain good health and wellbeing.

In order to achieve the Gold Award, a school should:

- Have achieved the HSL Silver Award.
- Record results and outcomes.
- Detail approach taken.
- Provide analysis of results.
- Explain how activity is being sustained.



How do I achieve Sugar Smart status?

1

Become a water only school

2

Reduce sugar in food eaten at school

3

Raise awareness around sugar

Sugar Smart checklist – how to complete it

Sugar Smart checklist for Ealing Primary Schools

Name of school:				
Staff member responsible:	Name:		Resources for each action	Explanation of evidence required
	Email:			

Pledge 1. *Encourage pupils to drink plenty of water*

(Achieve a minimum of 4 out of the 5 below to become a Sugar Smart school. Actions with an asterisk are mandatory.)

Tick when you have completed your action

Actions with an asterisk are mandatory

✓	Action	Available resources	Evidence required	Provide evidence here	Date
<input type="checkbox"/>	Free drinking water is available in the lunch hall and in the playground.	N/A	Briefly explain how you make sure drinking water is freely and easily available.		
<input type="checkbox"/>	We encourage children to bring to class reusable water bottles and drink water during class.	N/A	Briefly explain how you encourage pupils to drink more water in class.		
<input type="checkbox"/>	*We have a water-only drinks policy at school (or allow plain milk and water only).	<u>Packed lunch policy</u>	Provide link to this policy on your school website.		
<input type="checkbox"/>	We don't serve fruit juice or squash at breakfast club.	N/A	List the drinks you provide at breakfast club.		
<input type="checkbox"/>	We have set a Sugar Smart challenge to give up consumption of sugary drinks for a week or month.	<u>Sugar Smart Chart</u>	Briefly explain the challenge you set.		

Date of action completed

1. Become a water only school

Section 1: Become a water only school

(Complete 4 out of 5)

<input type="checkbox"/>	Free drinking water is available in the lunch hall and in the playground.	N/A
<input type="checkbox"/>	We encourage children to bring to class reusable water bottles and drink water during class.	N/A
<input type="checkbox"/>	*We have a water-only drinks policy at school (or allow plain milk and water only).	<u>Packed lunch policy</u>
<input type="checkbox"/>	We don't serve fruit juice or squash at breakfast club.	N/A
<input type="checkbox"/>	We have set a Sugar Smart challenge to give up consumption of sugary drinks for a week or month.	<u>Sugar Smart Chart</u>

Packed lunch Policy

In **xx**, **xx** pupils at **xx** Primary School completed an online survey to find out about their eating habits. The survey found that **xx**% of packed lunch pupils included any salad or vegetables, only **xx**% included any fruit and only **xx**% of packed lunches contained any

Lunch Policy

Based on the results of the survey, we want to support more pupils in the introduction of a packed lunch policy.

- To improve the nutritional quality of packed lunches
- To ensure that all packed lunches brought from home provide the child with healthy food that is similar in its nutritional value to food served in schools.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.
- To contribute to the self-evaluation for review by Ofsted

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. This packed lunch policy promotes a whole school approach to food and healthy eating.

[illegible]

CROYDON | Delivering
www.croydon.gov.uk for Croydon

2. Reduce sugar in food eaten at school

Section 2: reduce sugar in food eaten at school

(Complete 6 out of 9)

<input type="checkbox"/>	We worked with our caterer to make our school lunch menu healthier	<u>Recommendations for school meals</u>
<input type="checkbox"/>	*We have a packed lunch policy	🕒 <u>Packed lunch policy</u> 🕒 <u>Packed lunch policy assembly</u>
<input type="checkbox"/>	*We have a whole school food policy.	<u>Whole school food policy</u>
<input type="checkbox"/>	We introduced a Sugar Reduction challenge to the whole school.	N/A
<input type="checkbox"/>	We celebrate birthdays and other special events in ways which don't involve high sugar foods	<u>Whole school food policy</u>
<input type="checkbox"/>	We reward pupils who have vegetables and fruit at lunchtime	🕒 <u>Healthy Lunchtime Toolkit</u> 🕒 <u>Token poster</u>
<input type="checkbox"/>	We use other creative ways to raise money	N/A
<input type="checkbox"/>	We only offer healthy food at our breakfast club	<u>Breakfast Club Nutrition</u>
<input type="checkbox"/>	We hold Fruity Fridays	N/A

Support resources

Healthy Lunchtime Toolkit

A step-by-step guide for primary schools to help pupils eat a healthy lunch at school

Packed
lunch
Toolkit

Health Improvement in Schools

MODEL WHOLE SCHOOL FOOD POLICY

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. **(Include details of any healthy eating working groups and consultation with parents etc.)**

The nutritional principles of the policy are based on the National Diet and Nutrition Survey of 4-5 year olds (for Food Energy and Nutrients for 4-5 year olds (index 1)).

FOOD POLICY

This school
(insert details)

CON

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1. To
dev

2. To prov

These aims will

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas, we recognise the value of the individual and strive to provide equal access to opportunity for all.

2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

Healthy eating assembly

Sugar
Smart
assembly

To score a...
GREEN TOKEN

OR SCHOOL MEAL MUST HAVE:

















Token
poster

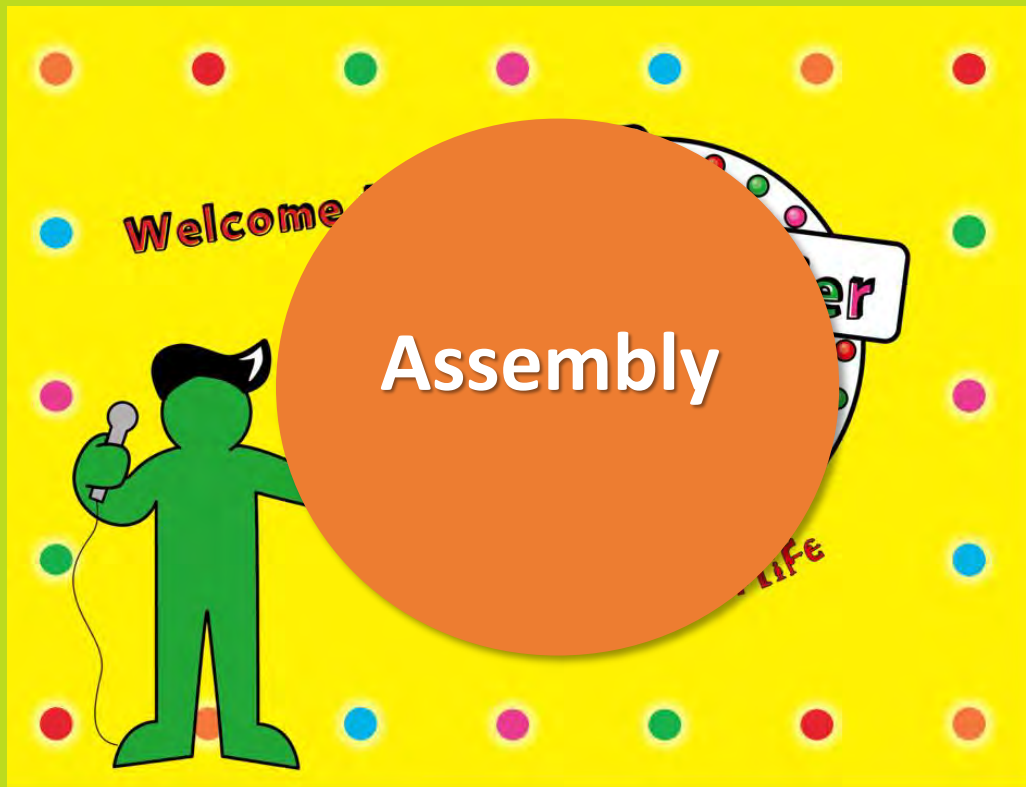
3. Raise awareness around sugar

Section 3: Raise awareness around sugar

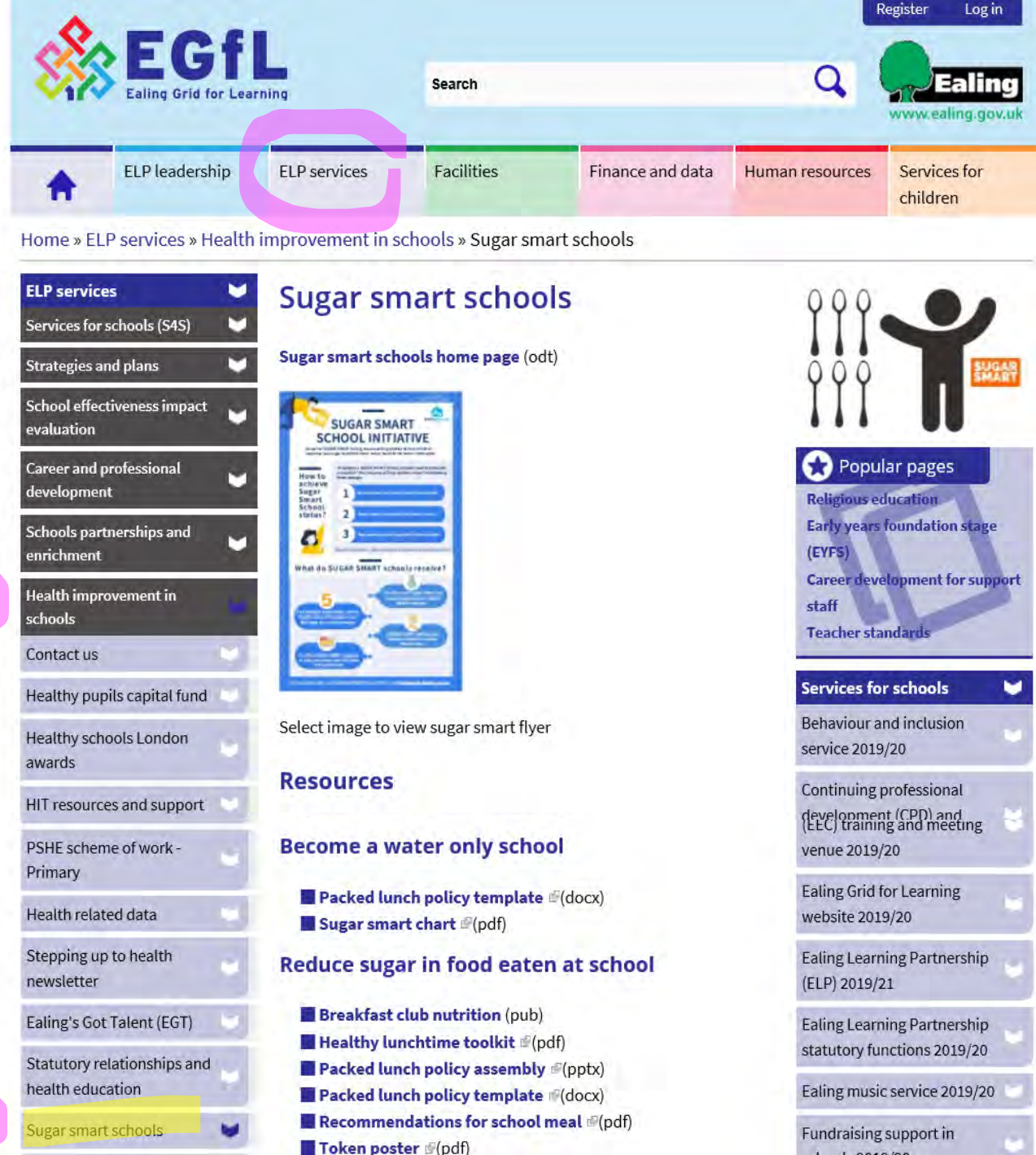
(Complete 4 out of 9)

<input type="checkbox"/>	We have conducted at least one assembly to help pupils become more Sugar Smart	 <u>SUGAR SMART assembly</u>  <u>Healthier snacking show</u>  <u>GULP KS2 assembly</u>
<input type="checkbox"/>	We have conducted lessons on sugar and/or where food comes from.	 <u>Change4Life lesson ideas for maths, English and science</u>  <u>Jamie's Sugar Rush documentary</u>
<input type="checkbox"/>	We use low sugar recipes in cooking lessons.	 <u>Recipe handouts</u>  <u>Change4Life recipes</u>
<input type="checkbox"/>	We asked pupils to come up with a Sugar Smart initiative.	N/A
<input type="checkbox"/>	Challenge pupils or staff to give up sugary drinks for a set period.	 <u>Give up pop challenge</u>  <u>GULP KS2 assembly</u>
<input type="checkbox"/>	We have a display in the school about sugar content in foods and drinks.	N/A
<input type="checkbox"/>	We delivered parent sessions on healthy eating/sugar awareness.	 <u>Parent training PowerPoint</u>  <u>Are you sugar savvy game?</u>
<input type="checkbox"/>	We include information on sugar in our newsletter.	<u>Healthy eating newsletter snippets</u>
<input type="checkbox"/>	Pupils have completed activities at home on sugar with their parents.	 <u>Supermarket sugar swap</u>  <u>Sugar weekly diary</u>  <u>Sugar Smart World home pack</u>

Support resources



Sugar Smart resources



EGfL
Ealing Grid for Learning

Search

Register Log in

Ealing
www.ealing.gov.uk

Home » ELP services » Health improvement in schools » Sugar smart schools

ELP services

- Services for schools (S4S)
- Strategies and plans
- School effectiveness impact evaluation
- Career and professional development
- Schools partnerships and enrichment
- Health improvement in schools**
- Contact us
- Healthy pupils capital fund
- Healthy schools London awards
- HIT resources and support
- PSHE scheme of work - Primary
- Health related data
- Stepping up to health newsletter
- Ealing's Got Talent (EGT)
- Statutory relationships and health education
- Sugar smart schools**

Sugar smart schools

Sugar smart schools home page (odt)

SUGAR SMART SCHOOL INITIATIVE

How to achieve Sugar Smart School status?

1. Establish a school health team
2. Conduct a school health audit
3. Develop a school health plan

What do SUGAR SMART schools receive?

Select image to view sugar smart flyer

Resources

Become a water only school

- Packed lunch policy template (docx)
- Sugar smart chart (pdf)

Reduce sugar in food eaten at school

- Breakfast club nutrition (pub)
- Healthy lunchtime toolkit (pdf)
- Packed lunch policy assembly (pptx)
- Packed lunch policy template (docx)
- Recommendations for school meal (pdf)
- Token poster (pdf)

Popular pages

- Religious education
- Early years foundation stage (EYFS)
- Career development for support staff
- Teacher standards

Services for schools

- Behaviour and inclusion service 2019/20
- Continuing professional development (CPD) and (EEC) training and meeting venue 2019/20
- Ealing Grid for Learning website 2019/20
- Ealing Learning Partnership (ELP) 2019/21
- Ealing Learning Partnership statutory functions 2019/20
- Ealing music service 2019/20
- Fundraising support in 2019/20

Where do I go for support?

**Packed
lunch policy
training:
26 January**

**For bespoke
work or
queries:
McGregorN@
ealing.gov.uk**

**Purchase the
'Reducing
Obesity'
package**

THANK YOU FOR ATTENDING

