



Stepping up to health



Features

- Our survey results
- The Daily Mile in Ealing
- The Felix Project Schools Programme
- St Augustine's Priory focuses on mental health
- Mental health ambassadors
- Parents supporting parents
- FGM awareness at Downe Manor
- Southall primary transforms RSE

Health education becomes compulsory

Draft guidance published to ensure all pupils are taught the skills to prepare them for life in the modern world

Teaching health education will become compulsory from September 2020. Under the new guidance, all children will be taught about physical and mental health, healthy relationships and how to stay safe on and offline under the new proposals published on 19 July 2018. The current guidance was last updated in 2000.

Building on existing best practice, materials to assist teaching about a range of topics including the benefits of a healthy lifestyle and how to recognise when you or a friend may be struggling with mental health will be available from September 2019.

Following the Childhood Obesity Plan and the Children and Young People's Mental Health Green Paper, these proposals come at a crucial time to ensure that health promotion is part of a whole school approach.

Education secretary Damian Hinds said:

"Good physical and mental health is at the heart of ensuring young people are ready for the adult world. By making health education compulsory we are giving young people the tools they need to be ready to thrive when they leave school."

This is exciting news for Ealing with over 90% of primary schools already using the Ealing PSHE scheme of work every week and many high schools delivering lessons on important topics such as healthy relationships, mental health and online safety.

For information about resources and support to deliver relationships and health education to your pupils, sign up to the PSHE and mental health network meetings or contact the health improvement team on healthimprovement@ealing.gov.uk.

Healthy Schools London Ealing award tally



Book your school visit



To receive your school's health data, PSHE resources and contact lists, book your one-hour Health in School Visit here: hisv.acuityscheduling.com.

Health Improvement in Schools



Did you know?



92% of primary schools in Ealing have packed lunch policy.



In Ealing, 60% of primary schools are getting pupils to run a mile every day.



According to the HRBS 2017, 60% of year 4 and 6 pupils said their teachers have talked to them about puberty and growing up.

Key health improvement dates

| Event | When and where? | More information |
|--|---------------------------------------|--|
| Healthy Schools Awards and Training workshop 1 | 27 September 2018, 1:30 – 3:30pm, EEC | Register via Ealing CPD online |
| Book your annual Health in School Visit | Booking begins September 2018 | Book via hisv.acuityscheduling.com |
| Healthy Schools London briefing | 30 October 2018, 3:30 – 4:30pm, EEC | Register via Ealing CPD online |
| Autumn term deadline to submit HSL awards | 9 November 2018 | Submit to Stacey on paynes@ealing.gov.uk |
| Healthy Schools Awards and Training workshop 2 | 21 November 2018, 1:30 – 3:30pm, EEC | Register via Ealing CPD online |
| Primary school PSHE network | 28 November 2018, 1:30 – 3pm, TBC | Register via Ealing CPD online |
| High school PSHE network | 29 November 2018, 3:30 – 5pm, TBC | Register via Ealing CPD online |

Key health promotion dates

| Event | When and where? | More information |
|----------------------------|-----------------------|--|
| International Day of Peace | 21 September 2018 | un.org/en/events/peaceday |
| Black History Month | October | blackhistorymonth.org.uk |
| Walk to School Month | October | livingstreets.org.uk |
| World Mental Health Day | 10 October | mind.org.uk |
| Big Me Week | 8 – 12 October 2018 | actionaid.org.uk |
| Anti-bullying Week | 12 – 16 November 2018 | antibullyingalliance.org.uk |
| Alcohol Awareness Week | 19 – 23 November 2018 | alcoholconcern.org.uk |
| Road Safety Week | 19 – 23 November 2018 | think.direct.gov.uk |

For more information about the above dates, contact Claire on meadec@ealing.gov.uk. Details will also be communicated in our fortnightly eNews.



★ New training brochure

Our new training brochure aims to assist PSHE and Healthy Schools co-ordinators in their role. Training is practical and will help them understand initiatives and policies related to nutrition and exercise, safeguarding prevention, PSHE, RSE and mental health and emotional wellbeing. Download a copy of the brochure from the Health Improvement page on EGFL, under the training tab.



★ HAT celebration event

On 5 July the health improvement team held a celebration event for Healthy Schools Awards and Training (HAT) package members at W7 Emporium. Five schools gave a presentation on the impact of their health and wellbeing projects and two pupils from St Vincents Primary School presented on their school's prize winning sugar smart project.



★ Healthy Schools London Celebration event

This year's Healthy Schools London celebration event was on 28 June at City Hall and was chaired by Joanne McCartney Deputy Mayor of Education and Childcare. The inspirational award ceremony showcased excellent work from a number of schools across the capital and the Ealing's Got Talent winners and finalists performed their act in front of over 300 delegates.

Health improvement survey results

What you told us and what we will do next



A big 'thank you' to the 42 headteachers and PSHE co-ordinators who completed our annual survey in June this year. We have taken on board your feedback to improve the service that you will receive in the new academic year.

We were pleased to hear that 95% of respondents believe their school 'very highly' or 'highly' values health (up from 86% in 2016/17) and 92% believe our service has had a positive impact on pupils' health and wellbeing (up from 90% in 2016/17).

We were delighted to learn that 100% of respondents said they found their Health in School Visit useful.

At 92% our most used service was our Health in School Visit. Also popular are our central trainings at the EEC, HRBS and annual conference.

We were delighted to learn that 92% of schools have a packed lunch policy (up from 77% in 2016/17). Another area to celebrate is the percentage of schools participating in the Daily Mile, which has increased from 40% last year to 60% this year. Schools are also showing they are prioritising mental health; 57% of schools

have a mental health lead and 24% have a mental health working group. Schools have also responded to RSE becoming mandatory as 78% of schools updated their RSE policy this academic year.

Congratulations to our survey winners!

A big 'congratulations' to Benjamin Fajmut from Tudor Primary School for winning a £30 Sainsburys voucher for completing our survey. The first twenty respondents to complete our survey have also won a leisure centre pass.

“ The Health Improvement Team have provided outstanding support. The training, toolkits, information and advice offered by the whole team has been exceptional! ”

*Helen Harrison
Deputy Head
Horsenden Primary School*

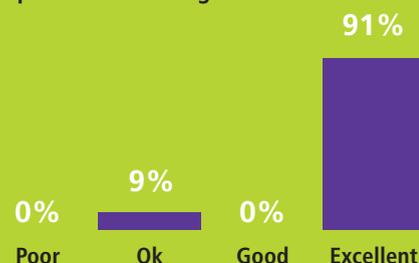


QUICK LOOK

BESPOKE WORK

Our team have worked hard to improve the quality and effectiveness of our bespoke activities and our hard work appears to have paid off. Our survey found that 91% of schools rated our bespoke work as 'excellent'. Schools said they bought back bespoke support because they believe it's effective and saves them time, they value the help in school and like that the service is tailored.

Bespoke service rating 2017/18



HAT PACKAGE

This year, 100% of our Healthy Schools Awards and Training (HAT) package members said they found it rewarding to be part of this partnership and find the Healthy Schools London (HSL) award support very useful. Also, 90% of schools who achieved the HSL silver or gold awards were members of the HAT or the bespoke programme, demonstrating that schools are significantly more likely to achieve the HSL awards by buying back one of the health improvement team's support packages.

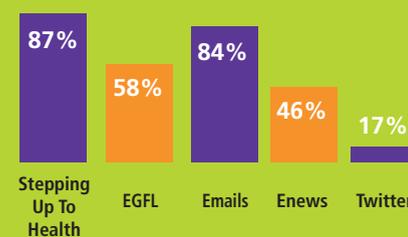
Did you enjoy being part of the HAT?



COMMUNICATION METHODS

We asked you which of our methods of communication you find most useful. We were pleased to learn that 87% of you are aware of Stepping Up to Health newsletter, read it and find it useful (up from 74% in 2016/17), 84% receive our emails and find them useful, 46% are aware of our enews and find it useful and 17% of you use our Twitter and find it useful (up from 6%).

Communication methods I am aware of, use and find useful





The Felix Project Schools Programme

The Felix Project is a London based charity that collects surplus food from suppliers and delivers that produce to charitable organisations and primary schools. The food collected is perfectly edible but is surplus for various reasons. The Felix Project work with a range of food suppliers such as supermarkets, wholesalers and farms, so they have a vast range of produce to offer our schools and charities, including fresh fruit and vegetables, cooking ingredients, bread and drinks.

Schools that are part of the Schools Programme receive a free weekly delivery of healthy produce. The primary purpose for the produce is for it to be made available to pupils and their families to take home and enjoy. However, the produce can also be used in food exploration lessons or in before- and after- school clubs etc.

This programme also aims to raise awareness of the issue of food waste - particularly the associated environmental impact when food is sent to landfill.

If you are interested in becoming part of The Felix Project Schools Programme please contact Anne Elkins on schools@thefelixproject.org.

The Daily Mile in its second year in Ealing

Two years on, what have we achieved?



The Daily Mile is a programme where all pupils aim to walk, jog or run a mile (or as far as they can in 15 minutes) every day whilst at school. This project started in St Ninian's Primary School in Scotland in 2012 and the Scottish Government now formally recommends the Daily Mile for all its primary schools. In Ealing, 46 primary schools participate in the Daily Mile since it launched in Ealing two years ago, which is 60% of all Ealing primary schools.

In July 2018, 31 primary schools in Ealing completed a survey on the Daily Mile.

Our survey found that 9 in 10 schools doing the Daily Mile get all year groups to participate in the programme and an additional 62% of schools also get reception year to do the Daily Mile.

According to our survey, 46% of all year groups do the Daily Mile at least four times a week, 32% of schools said frequency varies between year groups where some year groups do the Daily Mile every day and some only a couple of times a week, and 20% of schools said most year groups do the Daily Mile two to three times a week.

Schools who have introduced the Daily Mile have seen a significant improvement

in their pupils' fitness, resilience, emotional health, self-esteem and social skills. In 2016, researchers from the University of Edinburgh carried out a study at St Ninians Primary, and found rates of obesity had almost halved since the school launched the Daily Mile in 2012.

Research also shows that physical activity positively influences achievement. According to a study published in the Journal of Neuroscience, pupils who exercise for 15 minutes every day during school are 20% more likely to earn a top grade in Maths or English compared to pupils who don't exercise for 15 minutes every day at school. Also, the teachers who participated in this study reported spending 30% less time managing pupils' behaviour.

How to set up the Daily Mile

To help schools introduce the Daily Mile we are offering a free staff INSET, assembly and Daily Mile toolkit to all new schools that sign up. For more information, email Nicole on McGregorN@ealing.gov.uk. Schools can also attend the Daily Mile training at the EEC. Register for this event via Ealing CPD online. For free Daily Mile resources, go to the 'Training' tab on our EGFL page.



Saint Augustine's Priory focus on mental health

Developing a whole school approach

Developing mental health ambassadors in high schools

Three pupils in every classroom will experience a mental health problem and half are established by the age of 14. Therefore, high school is a crucial time to help pupils understand and support their mental health.

Mental health ambassadors in schools can help to prevent the development of mental health problems.

On 4 July, pupils from year 8 to year 12 from Ealing high schools were invited to the EEC to learn about becoming a mental health ambassador. They were introduced to the topic of mental health and asked to think about the impact they would like to have in their school.

To develop ambassadors in your school, a workshop for pupils is being held on 4 October by Time to Change. To find out more contact Stacey at paynes@ealing.gov.uk.



Saint Augustine's Priory bought back the combined package from the health improvement team to prioritise mental health in their junior school. As an independent Catholic girl's school they pride themselves on preparing girls for life long success and aim to have a holistic view of their pupils.

To help the school develop their mental health plan, Stacey Edmead-Payne, health improvement officer, used the mental health toolkit as a blueprint. The school was already on step one of the toolkit which is to set up a working group, which included Mrs Costello (PSHE lead), Miss Keane (head of prep and pre-preps), Mrs Knowles (deputy head, juniors) and Mrs Raffray (headteacher).

Stacey designed a survey for staff and parents who were also invited to a focus group to gather further information and identify needs.

Feedback showed that some areas were working well. For example, the Ealing PSHE scheme of work is taught to all year groups and effective policies and support for pupils and staff are in place. However, mental health had not been talked about

across the whole school and staff were worried about the pressures the girls are under to achieve and fit in. Therefore, awareness workshops were developed and delivered to staff, pupils and parents as part of their bespoke support package.

The parent workshop was oversubscribed with over 50 parents in attendance. One parent commented... "Stacey was very informative and responsive to the parent's questions and issues. It is great that this issue is being talked about and highlighted and the school provided a forum for people to talk about it!"

After successfully engaging the whole school community with the topic of mental health, Saint Augustine Priory's next steps are to focus on staff and pupil wellbeing.

The Department for Education (DfE) identifies a whole school approach to promoting good mental health as a key protective factor for children's mental health and all schools are now encouraged to take this approach.

If your school is prioritising mental health or would like further information on the mental health package, or how to implement the toolkit, please contact Stacey at paynes@ealing.gov.uk.



Parents supporting parents

Viking Primary School is one of the pilot schools for the Empowering parents, empowering communities, (EPEC) parent project, funded by Ealing CCG. Viking engaged over 20 parents in the 10-week programme, 'Being a parent', which was delivered by two trained teachers. Parents who attended, reported improved relationships with their children, more positive behaviour at school and at home, and more confidence in themselves.

To address parent social isolation, school-based coffee mornings were successfully restarted following the programme. Every Friday parents have informal talks about a range of topics and do a variety of arts and crafts, cooking or dawning which helps them enhance their wellbeing.

A new project to support parents with mental health problems will launch in the spring term. To find out more, contact Stacey at paynes@ealing.gov.uk.

Raising the awareness of FGM at Downe Manor Primary School

Written by Janine Grech, FGM project lead at Downe Manor



This year Downe Manor were selected to be part of a year-long project entitled 'A community led approach to end FGM.' This is an Ealing wide safeguarding project funded by the John Lyons Charity. As part of this project, our school delivered staff training sessions, parent workshops and specific safeguarding lessons to pupils focused on raising the awareness of FGM with support from Claire Meade, Ealing Health Improvement Officer and Hoda Ali, Community Outreach Project Manager for Safeguarding.

This project has been invaluable in improving our staff and parents' knowledge and understanding of how to keep their children and pupils safe and has also supported them to become more confident discussing sensitive topics.

Parental feedback

The parent workshops were tailored to topics that parents requested after the initial workshop; this is one of the reasons why we had such consistently high attendance. The feedback from our parents has been overwhelming positive. A comment from one parent was:

"Very informative, feel much more confident that my child is being taught about a lot of sensitive issues that I may not feel comfortable discussing with them."

Feedback from the parent session showed that 100% of parents agreed or strongly agreed that the workshops were useful and 100% of parents would recommend the workshops to other parents.

Pupil voice

Our pupils thoroughly enjoyed the FGM awareness lessons. Some comments from pupils include: *"FGM is a big issue and the government in every country around the world should be doing more."* Year 6 boy.

"The lessons were important because lots of children don't know how to keep themselves safe." Year 5 girl.

"It was an inspirational lesson because it made us realise that FGM not only affects the girls, it affects everyone around them." Year 6 boy

Overall, we feel that this project has enhanced our school's role in safeguarding and we look forward to continuing this vital work.



Southall primary transforms relationships education in culturally conservative community.

Written by Alison Reed, deputy head at Dairy Meadow Primary School.

Dairy Meadow School serves a diverse community in Southall. Until 2017, the school delivered a very 'light' version of the Ealing Relationship Education curriculum and 25% of children in year 5 and 6 were withdrawn from sex education lessons.

To address this, the school started by delivering relationship lessons from the new Ealing PSHE scheme of work. Claire Meade, from the health improvement team, made a powerful presentation to governors to ensure they were on board with the school's new approach to RSE. The school's HRBS data showed that the pupils wanted clearer information on puberty. This and the safeguarding agenda was enough to convince them.

Next the school focused on staff knowledge and confidence by introducing a staff training that explained how to prepare for lessons and ways to respond to parental concerns. Parents were invited to a workshop delivered by Claire Meade, to discuss the changes, and the deputy head met with the three parents who continued to have concerns: the result was only one child was withdrawn from across the entire school.

Parents are now onboard and the whole process has run smoothly thanks to the excellent support from Claire. An unexpected pleasure has been the thoughtful conversations with parents.

If you would like support to improve RSE in your school, email Claire on MeadeC@ealing.gov.uk.

Active Travel Challenge

How schools can promote active travel and get pupils moving more

Ealing Council's Active Travel Challenge took place during May, with over 30,000 children walking, scooting or cycling to school for at least ten days of the month. The challenge helped schools to increase physical activity and reduce congestion, supporting their STARS travel plan.

The school travel team provided Terri the Tiger stickers and special bookmarks for the children to record every time they travelled to school by an active mode of transport – their feet, a scooter or a bike.

They were also invited to take part in a competition to design the bookmark showing what they enjoy on their way to school. The fantastic winning design, from a pupil at Selborne Primary School, will be used for the Autumn term challenge.

October is National Walk to School Month and we are encouraging schools to take part in the Active Travel Challenge as part of the campaign. They can choose any ten days during the month to increase



walking, scooting and cycling, or run an event to promote active travel for the school journey. You will find ideas for

activities on the STARS website: stars.tfl.gov.uk/Explore/Idea.

Contextual safeguarding

Contextual Safeguarding is an approach to understand, and respond to young people's experiences of significant harm beyond their families. It recognises different relationships that young people form in their

neighbourhoods, schools and online, and how they can be violence and abusive, but that parents and carers often have little influence over these contexts.

Work has started in Ealing looking at adapting social care processes to reflect this new approach. A new adolescent vulnerabilities tool replacing the CSE matrix has also been introduced. It is for professionals to use when there is a concern that a child may be at risk of harm outside the family home.

If you would like to find out more, search 'contextual safeguarding' on EGFL. On this page there is a link to the tool and information on how to book a place to attend the next contextual safeguarding training on 26 September.

Catherine Imobeke, Ealing's partnership lead for vulnerable adolescents can also be contacted on 020 8825 8313 or ImobekeC@ealing.gov.uk.



Healthy Schools London – Ealing awards during the summer term

The Healthy Schools London awards are a London wide awards based programme that recognises school health and wellbeing achievements.

We would like to congratulate all schools in Ealing that have worked hard to achieve their Healthy Schools London (HSL) awards this term. If you want to get your award, we advise you to attend our Healthy Schools London training. For more information, email Claire:

MeadeC@ealing.gov.uk.

| Bronze | Silver | Gold | Platinum |
|--|-------------------------|--------------------------|-------------------------|
| Perivale Primary School | Gifford Primary School | Hambrough Primary School | Castlebar School |
| Oaklands Primary School | Havelock Primary School | Stanhope Primary School | Selborne Primary School |
| Saint Anselm's Catholic Primary School | Stanhope Primary School | | |
| Our Lady of the Visitation School | | | |
| Saint Vincents Catholic Primary School | | | |
| Montpelier Primary School | | | |
| Petts Hill Primary School | | | |

Health Improvement CPD

Take a look at the table below to see if there are any workshops this half term that interest you or would help you in your role in school. Register by going to www.ealingcpd.org.uk

| Workshops | Dates | Time | Cost | Location |
|--|--------|----------------|-------|-------------------------|
| Mental health network | 20 Sep | 3:30 - 5pm | Free | Ealing Education Centre |
| Mental health awareness | 10 Oct | 9:00 - 4:30pm | Free* | Ealing Education Centre |
| Anti-bullying resources and ideas | 18 Oct | 1:30 - 3:00pm | Free* | Ealing Education Centre |
| Healthy Schools London briefing | 30 Oct | 3:30 - 4:30pm | Free* | Ealing Education Centre |
| A whole school approach to mental health | 8 Nov | 9:00 - 11:30am | Free* | Ealing Education Centre |
| Induction meeting for new PSHE leads | 13 Nov | 1:30 - 3:30pm | Free* | Ealing Education Centre |
| An introduction to mindfulness | 5 Dec | 1.30 - 3.30pm | Free* | TBC |
| 5 minute daily HIT training | 12 Dec | 2:00 - 3:30pm | Free* | Ealing Education Centre |

* Free to 'Healthy Schools Awards and Training Package' members. All other schools pay £90

Our Services

All Ealing schools get access to our buy back packages including the Awards & Training package, 4 Day Bespoke Package and four new specialist packages.

Specialist packages: RSE; Mental health; Reducing obesity; Keeping children safe

Includes pre and post surveys to measure impact, pupil assembly, parent workshop, staff INSET, policy review, central trainings in the health area, and up to four targeted activities in the health area.

Awards & Training Package

Includes six practical workshops to help you achieve the HSL awards, access to the Ealing Healthy Schools partnership, a celebration event, plus a choice from over 30 training workshops.

4 Day Bespoke Package

Provides four days of comprehensive bespoke work, pre and post surveys to measure impact, an impact report and, phone and email support.

For more information on our services, contact Nicole: McGregorN@ealing.gov.uk

Editorial Committee

Nicole McGregor – Senior Health Improvement Officer
Claire Meade – Health Improvement Officer
Stacey Edmead-Payne – Health Improvement Officer

To keep up with the latest news, follow us on Twitter:

 @EalingPshe

Subscribe to our fortnightly eNews by emailing Claire: MeadeC@ealing.gov.uk



Ealing Council 14-16 Uxbridge Road, London W5 2HL
Tel: 0208 825 5484 Email: McGregorN@ealing.gov.uk

www.egfl.org.uk/healthy-schools

Please dispose of this newsletter in a green box.