



Stepping up to health



Features

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A community led approach to ending FGM

Schools can now apply to be part of a project aimed at ending FGM.

Perivale Primary School received funding from the John Lyons charity in 2017 to support primary schools in Ealing to develop a whole school approach to ending FGM. This three-year project aims to work with parents, staff, pupils and members of the community to increase their awareness of FGM. Hoda Ali, a lead national campaigner against FGM, was appointed as the project lead.

Three schools were involved in the first year of the project, six schools were involved in the second year of the project and there are spaces for nine schools to be part of the third and final year of the project. Feedback from the first two years of the project show that:

- ❖ 90% of staff agreed or strongly agreed that the training provided was useful
- ❖ 100% of parents agreed that the workshops were useful, and
- ❖ 100% of parents would recommend the workshops to other parents.

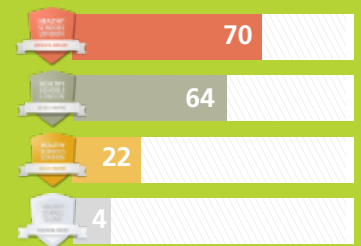
So far, over 600 parents from across Ealing have engaged in the project and we have worked with over 1,000 pupils, raising their awareness and understanding of FGM.

As part of the project each school is offered:

- ❖ Staff training on FGM
- ❖ Six parent workshops based on safeguarding, including FGM
- ❖ Staff training on RSE
- ❖ Two days of modelled RSE lessons
- ❖ Baseline and endline surveys, and
- ❖ An impact report

To apply to be part of this project, email Claire for an application form: meadec@ealing.gov.uk. The deadline to submit applications is 21 June 2019. Successful schools will be notified by 1 July 2019.

Healthy Schools London Ealing award tally



Survey



Complete the Health Improvement Team's annual survey before 14 June here: [surveymonkey.co.uk /r/HISurvey2018](https://www.surveymonkey.co.uk/r/HISurvey2018). Every 10th survey completed will receive a Boots voucher.

Health Improvement in Schools

Did you know?



Schools doing the Daily Mile can sign up to the Daily Mile website to receive a free welcome pack and other goodies.



Summer term is a great time to run RSE parent workshops. Visit the HI pages in EGFL for resources to use in parent workshops.



The health improvement team can deliver mindfulness lessons to your pupils. To find out more contact Stacey on paynes@ealing.gov.uk

Key Health Improvement dates

Event	When and where?	More information
HSL drop in	22 May, 9am – 1pm, EEC	Book via Ealing CPD online
HAT workshop	22 May, 1:30 – 3:30pm, EEC	Book via Ealing CPD online
Deadline to submit HSL awards for HSL City Hall event	23 May 2019	Contact Stacey on paynes@ealing.gov.uk for more information
Deadline to submit HSL awards for HAT celebration event	14 June 2019	Contact Stacey on paynes@ealing.gov.uk for more information
Deadline to apply for FGM project	21 June 2019	Contact Claire on meadec@ealing.gov.uk for more information
HSL celebration event	27 June 2019, City Hall	Contact Stacey on paynes@ealing.gov.uk for more information
Deadline to spend Healthy Pupil Capital Funding	28 June 2019	Contact Nicole on mgregorn@ealing.gov.uk for more information
HAT celebration event	4 July 2019, W7 Emporium	Contact Stacey on paynes@ealing.gov.uk for more information

Health weeks

Event	When?	More information
National Sun Awareness Week	6 – 10 May 2019	bad.org.uk
World Red Cross Day	8 May 2019	redcross.org.uk
Mental Health Awareness Week	13 - 17 May 2019	mentalhealth.org.uk
International Day Against Homophobia and Transphobia	17 May 2019	diversityrolemodels.org
Walk to School Week	20 – 24 June 2019	livingstreets.org.uk
Pride Month	June	diversityrolemodels.org
Child Safety Week	3 – 7 June 2019	capt.org.uk
World Environment Day	5 June 2019	worldenvironmentday.global
Healthy Eating Week	10 – 14 June 2019	nutrition.org.uk

For more information about the above dates, contact Claire: MeadeC@ealing.gov.uk. Details can also be found in our fortnightly eNews.



★ Free mental health training

Mental health first aid two day training helps staff respond to mental health issues in young people with confidence and know where to go for support. The final training of the year will take place on 12 and 13 June. Two members of staff from primary and high schools in the borough can attend. Book via Ealing CPD online.



★ Weight workshop

On 21 May, 1-5pm, Karan Thomas, public health consultant (who presented at our conference) is hosting a half day workshop on 'How to talk to parents about their child's weight and survive!' This training is free to schools who purchased any of our 2019/20 packages. In this workshop, learn how to raise the issue of weight sensitively. Book via Ealing CPD online now.



★ School Nursing in Ealing

Ealing have a team of 13 school nurses and every mainstream school in Ealing has a named nurse. The team provides support to schools, families and young people on health and safeguarding topics and they run the National Child Measurement Programme. They are offering training sessions to all schools on medical conditions policy and practice and managing medical emergencies. Visit EGFL for details.

Talking about health: Approaching difficult conversations with confidence

A conference that didn't shy away from challenging topics



Thank you to the 84 delegates who attended our annual health improvement conference on 21 January entitled 'Talking about health: Approaching difficult conversations with confidence'. This year, we chose to focus on the theme of difficult conversations - how to have them, how to raise conversations on uncomfortable topics and why this is important.

Sixty-nine percent of delegates said they found the presentation on 'The importance of talking openly about FGM' from our main speaker Hoda Ali 'extremely useful'. Hoda explained what FGM is, where it happens and why, and what delegates can do if they suspect a girl may have had or be at risk of FGM.

Half of delegates rated our keynote speaker Kate Hutinchson's presentation as 'extremely useful'. Kate talked about her experience of being trans and explained how schools can be more transgender inclusive.

Ian Russel's presentation on 'Why talking about suicide is so important' was the

most well attended break out session. Ian openly talked about his daughter Molly's experience with depression and how she took her own life. He talked about warning signs of suicide and strategies if you suspect a person may be suicidal.

Public health consultant Karan Thomas delivered a presentation entitled 'How to talk to parents about their child's weight and survive'. In this session, delegates learned how to raise the issue of weight sensitively, appropriately and more confidently. Feedback on Karan's presentation at our conference included: 'very relevant', 'good ideas' and 'very useful strategies'. By school's request, Karan is returning to Ealing on 21 May to deliver a half day workshop on this theme. Book a place via Ealing CPD online.

In addition, Jac Bastien from Diversity Role Models presented on transgender inclusive practices and Janine Jimmy from Downe Manor Primary delivered a presentation on 'A whole school approach to ending FGM'.

The conference closed by celebrating the success of the Healthy Schools London programme with 17 schools receiving their HSL silver, gold or platinum award.

If you would like two free tickets to our conference next year (valued at £200) buy back one of our health improvement packages by emailing Karen on KGibson@ealing.gov.uk.

Conference feedback

Delegates were predominantly headteachers and PSHE co-ordinators working in primary schools, followed by teachers working in high and special schools. According to evaluations, 56% of delegates said the conference was 'extremely useful' and a further 44% said they found it very useful. No participants said they didn't find the conference useful.

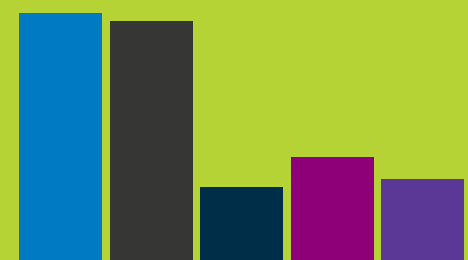
Usefulness of conference



- Extremely useful: 56%
- Very useful: 44%
- Useful: 0%
- Somewhat useful: 0%
- Not useful: 0%

Delegates told us that the main reason they attended the conference was because of the content, followed by the opportunity for professional development. Other reasons for attending included networking opportunities and to hear specific speakers.

Reason for attending



- Content: 33%
- Professional development: 32%
- Networking: 10%
- Speakers: 14%
- Other: 11%

Evaluations showed 65% of delegates found out about the conference via email. The PSHE network and gatekeeping were other ways you were made aware of this event.

*Thank you for a very well presented afternoon".
Staff member from
Sybil Elgar School.*



Fruity tuckshop

Woodlands Academy have been promoting healthy snack choices by running a 'fruity tuck shop' in the playground at playtime, which sells small pots of fruit and fresh fruit. Two pupils work as part of the fruity tuck shop team. The school has seen a huge improvement in the number of children eating fruit at playtime.



Walpole Park Workshops

Walpole Park has developed outdoor workshops for Early Years, KS1 and KS2 to enthuse and educate pupils about wildlife, plants, habitats and ecosystems while building resilience, honing physical skills and gaining a deeper understanding of healthy bodies and healthy minds. To book, please email Natasha on: gavinn@ealing.gov.uk. Each workshop costs £45 (for 30 pupils).



Healthy Eating Week

The British Nutrition Foundation (BNF) Healthy Eating Week is taking place from 10-14 June 2019 and registration is now open. This is a dedicated week in the year when nurseries, schools, universities and workplaces can simultaneously focus on promoting health. Free activity ideas and downloadable resources are available to support planning for the week. Register via the BNF website.

Embedding fitness across the whole school

By Victor Guerra, PSHE Coordinator at Stanhope Primary School



To see Stanhope's activities in action, attend the school's learning walk on 19 June.

At Stanhope Primary school, we highly value our pupils' health. Every year we buy back the Health Improvement Team's Four Day Bespoke Package to sustain our whole school approach to healthy eating and exercise and to introduce and trial new initiatives.

Promoting the take-up of school meals is an important part of our whole school approach to healthy eating. School meals that comply with the School Food Standards can provide a balanced meal which meets approximately one third of children's recommended daily nutrient requirements, making school meals a healthy choice for children and young people. In addition to promoting school meals, we have worked with our catering team to improve the nutrition of school meals and to offer more fruit-based desserts.

At Stanhope our Health Champions promote healthy habits by delivering assemblies about wellbeing; leading a daily HIIT (High Intensity Interval Training) after play time; managing playground zones; awarding green tokens to school dinner or pack-lunch children who make healthy

choices; and promoting the Daily Mile.

We run an afterschool gardening club where the children learn how to plant organic fruit and vegetables and use our garden produce in school lunches. We also have chickens in our garden which we have found to be therapeutic and calming for children who are anxious, stressed or angry, and our school chefs use the chickens' eggs in school meals.

If you would like to find out more about what we do at our school around exercise and nutrition, attend a learning walk at our school on 19 June at 12:30pm. You will get to see our garden and chickens, hear from our Health Champions about their roles in the school, and then see our health fair at 2pm. To book a place on this learning walk, email Claire on MeadeC@ealing.gov.uk.

If your school achieved HSL Silver or Gold this year, you will be invited to attend the Healthy Schools London celebration event on Thursday 27 June at City Hall where you will see our pupils present on our activities.



Let's Talk: Mental health for young people

A conference to raise pupil voice and promote mental health

Mental health education will be compulsory for schools in from September 2020, so there's no better time to start the conversation.

To celebrate Time to Talk day on 7 February, Ealing Clinical Commissioning Group, West London NHS Trust, Ealing health improvement team and Ealing music service hosted a conference for high school pupils in the borough. Stacey Edmead-Payne, children's mental health improvement officer, worked with young mental health ambassadors and the young Ealing safeguarding group to shape the conference into an event that would give young people the platform to speak up and break the silence surrounding mental health.

"Our students really enjoyed the event, they said they felt part of the community and cannot wait to get involved again next year."

Michelle Taylor,
wellbeing leader,
Springhallow Special School.

Over 70 people attended the event from high schools students to mental health organisations such as Papyrus, the suicide prevention charity.

Jamie Campbell, who's story inspired the theatre production 'Jamie' and Diversity Role Models' ambassador, delivered an inspiring key note about his experience of homophobic bullying and the impact this had on his mental health. When asked by a young person how he overcame his difficulties he said, "I chose to focus on the people that cared about me for who I am. Little did I know that years later I would have my name in lights, simply for being me!"

There were workshops on a wide range of topics. Greenford High School's cyber mentors talked about the impact of social media on wellbeing, where students were given top tips on how to keep safe online and have a digital detox. Dormers Wells High School's mental health ambassadors presented on the topic of panic attacks and how you can manage them or help a friend.

The West London NHS neuro developmental team and eating disorders team also presented about ADHD, autism and eating

disorders and informed young people of the support available.

Feedback from school staff that attended the event has been excellent and 90% of delegates said the event was useful. Michelle Taylor, wellbeing lead at Springhallow special school said, "Our students really enjoyed the event, they said they felt part of the community and cannot wait to get involved again next year".

All students who attended made a pledge to go back to their schools and promote mental health. High schools can receive a free mental health ambassador workshop and resources from Time to Change to develop the role. If your school would like to access the resources or any other support following this event please contact Stacey on paynes@ealing.gov.uk.

The event ended with a special live final of Ealing's Got Talent, where acts from primary and high schools in the borough performed on the theme of mental health. To find out more about the competition read the article on the following page and visit EGFL/egt.

Ealing's Got Talent results

Ealing's Got Talent (EGT) the live final, a spectacular borough wide talent competition for Ealing schools took place on 7 February 2019 as part of the Let's Talk Mental Health Conference held in Ealing. It was led by Ealing music service, Talented Schools Ltd, West London NHS Trust and Ealing's health improvement team.

EGT was launched to unite Ealing schools through a borough wide talent competition shining the spotlight on Ealing's most talented pupils who have a passion to perform using music, dance or drama. Original work was created under the theme of mental health to raise mental health awareness in schools during mental health week and provided a platform for pupils to have their say, build their confidence and share issues around mental health.

Ten finalists were selected from the online auditions in December 2018 by the EGT online judging panel. They had a difficult task to select five acts from primary schools and five acts from high schools who went on to compete in a live final with a live audience voting as part of the conference.

The winners of EGT were decided by our



fantastic celebrity judges; reality TV star Jamie Campbell, the hilarious actor Crissy Rock and record label executive Mick Lister. Ayanna, a year 6 singer songwriter from Dairy Meadow Primary School won the primary school category and Layla, a year 9 contemporary dancer from Barbara Speake Stage School won the high school

category. Both pupils were awarded a gold medal, a trophy for their school, a certificate, tickets to see 'A Simple Favour' at the Southbank Centre and bespoke prizes. The Institute of Contemporary Music Performance awarded a bespoke prize to Ayanna, which included a studio session to record her original song, 'Fighter' in a professional studio. The National Centre for Circus Arts awarded a bespoke prize to Layla, which included a youth experience day learning a range of circus skills, diabolo, trapeze and tightwire walking.

Congratulations to Liam, a year 6 pupil from Our Lady of the Visitation Primary School and Sheida, a year 9 pupil from Ealing Fields High School who were the winners of the People's vote collated from the audience voting app at the live final. They received tickets by Classical Opera to see the opera 'Piramo e Tisbe' composed by Johann Adolph Hasse.

For EGT news, visit: egfl.org.uk/egt.

E SAFETY- Stay Safe Online

By Sinnit, Year 6 Cyber Mentor at West Acton

Cyber-bullying means using computers, mobiles or other technology to hurt, scare or embarrass other people. Even if you think someone was mean to you, being mean back is not a safe way to handle the problem. To prevent this from happening to you, it's important to get help from an adult you trust. If you notice anyone cyberbullying, please have the courage to speak up.



Q & A

Hutoon, a Cyber-Mentor at West Acton.

Q. How do you stay safe online?

A. I make sure that any account I have is on private and all the games I play are age appropriate. Also, I don't give out personal information, I never post photos I don't want the world to see and I don't make friends with someone I don't know.

Q. If someone online asks for your address what would you do?

A. I would not give it to them and I would tell an adult.

Q. What is your most important tip for staying safe online?

A. Make sure you have permission from your parents/careers.



Who Cares? A project for schools

A whole school approach to parental mental illness

Parental mental illness affects eight children in every classroom. However, this group of children will often go undetected for a number of reasons. It can often be very challenging to know that a parent is experiencing a mental health problem and children are likely to hide this issue as they are worried about what will happen to their parent or carer. Childhood experiences, both positive and negative, have a tremendous impact on lifelong health and opportunity. Parental mental illness is cited as one of the 'adverse childhood experiences' that can affect health in later life.

Ealing health improvement team know this issue is affecting thousands of children in the borough and have collaborated with the charity Our Time to support schools address this need.

Woodlands Academy, West Acton Primary, Viking Primary, Clifton Primary and Ellen

Wilkinson High successfully applied in December 2018 to be part of this exciting project which will pilot a range of resources to support staff, parents and pupils.

The Who Cares? project will involve training for staff on parental mental illness and classroom based resources to educate children about this topic. There will also be a series of parent workshops delivered by the health improvement team, Our Time and SAFE teams to raise awareness about mental health, the impact of parental mental illness and help parents access the support they need.

Our Time have been awarded funding which will support the development of Kids Time workshops in the borough. These workshops are community based and are run by local service clinical leads where parents with mental health issues and their children can attend every month for support and meet other families to share experiences.

If you are interested in being involved in the project next academic year or would like to know more about support for parents with mental illness, please contact Stacey on paynes@ealing.gov.uk or visit the Our Time website (Ourtime.org.uk).

Did you know?

Without intervention, 70% of children affected by parental mental ill health are predicted to suffer from mental illness themselves.

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.

We would like to congratulate all schools in Ealing that have worked hard to achieve their Healthy Schools London (HSL) awards this term. For more information, email Stacey: Paynes@ealing.gov.uk.

Bronze	Silver	Gold	Platinum
Khalsa Primary School	St. Augustine's Priory	Ark Priory Academy	
Dormers Wells Junior School	Ravenor Primary School		
Springhallow School	Havelock Primary School		
	Khalsa Primary School		
	Alec Reed Primary Academy		

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 on the courses by going to www.ealingcpd.org.uk

Designated Safeguarding Lead Network	8 May	11am-12:30pm	Free	EEC
How to talk to parents about their child's weight and survive	21 May	1-5pm	Free**	Ark Byron Primary
A whole school approach to mental health	23 May	1:30-4pm	Free*	EEC
Updating your relationship and sex education policy	5 June	3:30-5pm	Free*	Ealing Education Centre
Mental health network	19 June	3:30-5pm	Free	TBC
Preparing for delivering statutory Relationships and Sex Education	20 June	3:30-5pm	Free*	Ealing Education Centre
Primary, special and high PSHE network	25 June	1:30-3pm	Free*	Our Lady of the Visitation Catholic Primary

* Free to 'Healthy Schools Awards and Training Package' members. All other schools pay £85

**Free to schools who bought back any 2019/20 Health Improvement package.

All other schools pay £100.

Our Services

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

Specialist packages: RSE, Mental health and Reducing obesity

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 McGregorN@ealing.gov.uk

Editorial Committee

Nicole McGregor - Senior Health Improvement Officer

Karen Gibson - Health Improvement Manager

Claire Meade - Health Improvement Officer

Stacey Edmead-Payne - Health Improvement Officer

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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

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