



# Stepping up to health



## Features

- Our survey results
- RSE at Hambrough
- New Ofsted framework
- PSHE points scheme
- Sugar tax funded projects
- Mental health first aid
- Junior Travel ambassador
- Sugar Smart schools

## Preparing for statutory Relationships, Sex and Health Education.

**The health improvement team have developed a support plan for schools to help them prepare for the statutory changes.**

From September 2020, Relationships and Health Education will become statutory in all primary schools, and Relationships, Sex and Health Education will become statutory in all high schools. To support schools to prepare for these statutory changes, the health improvement team have developed a support plan.

As part of this support plan, an Ealing wide RSE working party has been set up, which consists of local authority staff, RSE charities, headteachers, PSHE leads and teachers. They will be responsible for developing new resources, materials and support tools for all schools to use, which will be sent via gatekeeping and be available on EGFL from summer 2020.

Working alongside the RSE working party, the health improvement team has set up an additional PSHE working party to update the current primary PSHE scheme of work and ensure it meets the new statutory guidance. These updates will be available for schools to use from September 2020.

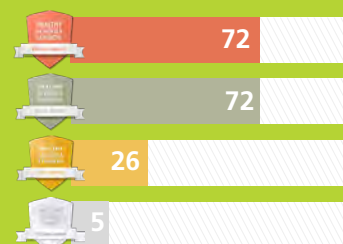
The health improvement team will also develop resources for schools to begin preparing for the new statutory changes.

A Relationships, Sex and Health Education (RSHE) policy template will be developed for primary and high schools to adapt and use. New RSHE lesson plans will be developed for all key stages and will reflect the new statutory guidelines. The health improvement team will also provide resources to share with parents, including information leaflets, FAQ sheets and parent workshop resources. Staff resources will also be developed, including information on answering difficult questions, delivering effective lessons and assessing RSHE.

We recommend schools set up a working group in their school over the coming year with the aim of liaising with key stakeholders, updating their RSHE policy and monitoring how the school is preparing for the statutory changes. Information and resources for a school-based RSHE working party will be updated half termly on EGFL and will be communicated via gatekeeping.

For more information on Relationships, Sex and Health Education, please contact Claire Vaughan on [meadec@ealing.gov.uk](mailto:meadec@ealing.gov.uk)

## Healthy Schools London Ealing award tally



## Book your HISV



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

## Health Improvement in Schools

# Three important changes to how we work with you.



We have produced two videos for PSHE leads; one on the Healthy Schools London awards and one on health improvement key dates and events for 2019/20. The videos are available on EGFL under the health improvement tab.



We have introduced a Healthy Schools points scheme to help schools get the most out of their health improvement service. See page 7 for more details.



Our eNews is now monthly, as suggested by PSHE leads, with some exciting new features.



## New training brochure

Our new training brochure is out now. Our trainings aim to assist PSHE and Healthy School co-ordinators in their role and help them understand and introduce 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.

## Key Health Improvement dates

Event	When and where?	More information
Schools to start Health Related Behaviour Survey with year four, six, eight and ten.	From 16 September 2019 onwards (once parent letter has been sent).	Contact Claire on meadec@ealing.gov.uk for more information
Deadline to complete the Health Related Behaviour Survey.	4 October 2019	Contact Claire on meadec@ealing.gov.uk for more information
Schools can begin booking their Health in School Visit.	Schools can book their visits from 4 November onwards.	Contact Claire on meadec@ealing.gov.uk for more information
Deadline to submit Healthy Schools London awards.	6 December 2019	Contact Claire on meadec@ealing.gov.uk for more information
Health improvement team annual conference.	4 February 2020. More information to follow.	Contact Nicole on mcgregorn@ealing.gov.uk for more information

## Key health promotion dates

Event	When?	More information
International day of Peace	21 September 2019	internationaldayofpeace.org
Black History Month	October	blackhistorymonth.org.uk
Walk to School Month	October	livingstreets.org.uk
Big Me Week	7 – 11 October 2019	actionaid.org.uk/fundraise
World Mental Health Day	10 October 2019	mind.org.uk
National school meal week	11 – 15 November 2019	thegreatschoolslunch.co.uk
Anti-Bullying week	11 – 15 November 2019	anti-bullyingalliance.org.uk
Alcohol awareness week	11 – 15 November 2019	alcoholchange.org.uk
Road Safety week	18 – 22 November 2019	roadsafetyweek.org.uk

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



## HSL Celebration event

This year's Healthy Schools London celebration event was on 27 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 two health champions from Stanhope Primary School presented in front of over 300 participants.



## Daily Mile Day

The 5 July was the first official Daily Mile Day where all schools in the UK were invited to run a mile. In Ealing, Vicar's Green encouraged all pupils to run a mile in the playground, St Raphael's Primary awarded stickers to children who completed the mile, and pupils at Hambrough Primary ran the mile, watched the Daily Mile film then discussed the benefits of running.

# Health improvement survey results

## What you told us and what we will do next



**A big 'thank you' to the 29 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 learn that 83% of respondents believe their school 'very highly' values health (up from 68% in 2017/18) and 100% believe our service has had an impact on their pupils' health and wellbeing (up from 95% in 2017/18).

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

Our most used service was our training workshops at the EEC, used by 79% of PSHE leads, followed by our Health in School Visits, of which 75% of respondents took up.

*"The HIT is always very helpful, flexible and supportive. They are knowledgeable and dynamic, and their support is very motivational and personalised."*

PSHE lead, health improvement annual survey, July 2019

According to our survey, 76% of schools only allow pupils to drink water or milk at school. Another area to celebrate is the percentage of schools participating in the Daily Mile, which has increased from 60% last year to 69% this year. Schools have also responded to RSE becoming mandatory as 65% of schools updated their RSE policy in 2018/19 and 70% of schools held a parents' RSE workshop.

Our survey also found that staff from 55% of schools have attended an FGM inset or briefing in 2018/19, and 86% of respondents who completed our survey said they use the Ealing PSHE scheme of work.

Also, schools are prioritising the mental health of their pupils. According to our survey, 100% of schools teach emotional health and wellbeing as part of PSHE, 38% of staff attended the Mental health first aid training in 2018/19 and 31% of schools said their mental health lead attended the mental health network last academic year.

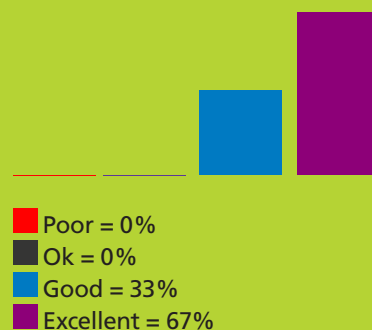
### **Congratulations to our survey winners!**

A big 'congratulations' to Dawn Atkins from Berrymede Infant and Amy Braid from Havelock Primary, who have won a £20 Boots voucher for being the 10th and 20th respondents to complete our survey.

### **Bespoke work**

Our team have worked hard to improve the quality and effectiveness of our bespoke activities. Our survey found that 67% of schools rated our bespoke work as 'excellent' and 33% as 'good'. Schools said they bought back bespoke because they believe it's effective and saves them time. They also value the help they receive in school and like that the service is tailored.

### **Bespoke service rating 2018/19**



### **HAT package**

This year, 100% of our Healthy Schools Awards and Training (HAT) members said this partnership met their expectations.

### **Did the HAT meet your expectations?**

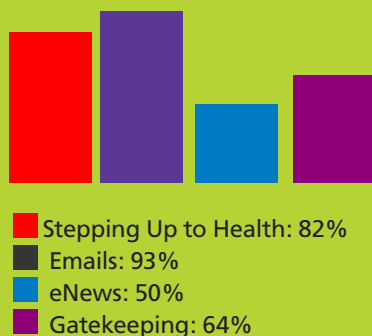


■ No = 0%  
■ Yes = 100%

### **Communication methods**

We asked you which method of communication you find most useful. We were pleased to learn that 82% of you are aware of our Stepping Up to Health newsletter, read it and find it useful, 93% receive our emails and find them useful, 50% are aware of our eNews and find it useful and 64% of you are aware of our gatekeepings.

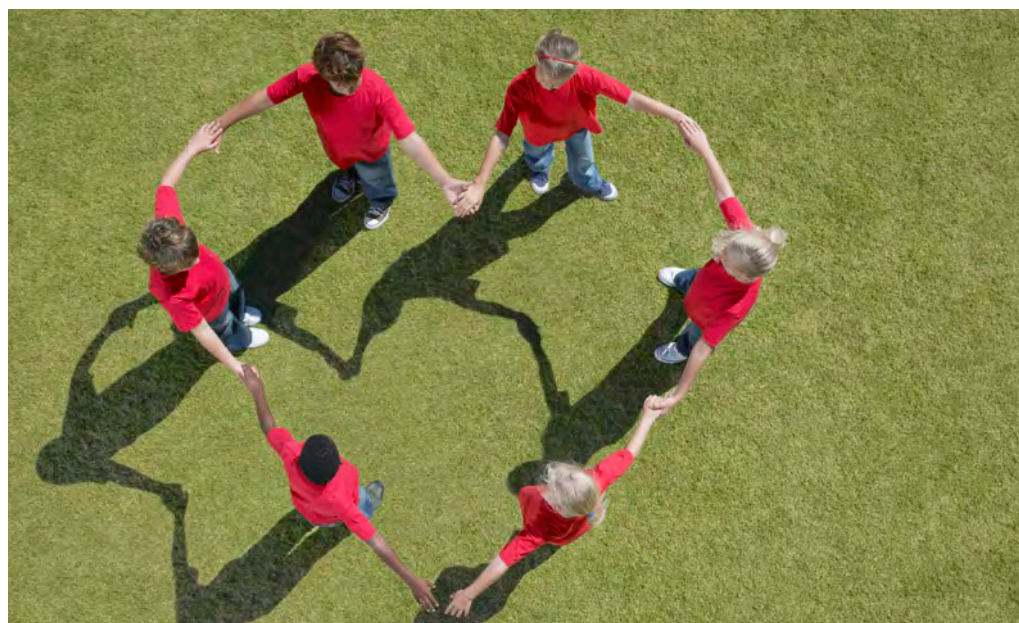
### **Communication methods I am aware of, use and find useful**





## New Ofsted Framework:

The new Ofsted framework that comes into effect this term has a new 'quality of education' judgement, putting the curriculum at its heart. The focus will be on the 'substance of education' and less on performance data. There are separate judgements for 'personal development' and 'behaviour and attitudes'. The former will recognise the work being done to build pupils' resilience and confidence in later life, and evaluate the school's commitment to, and quality of personal development provision. The latter will assess whether schools are creating a safe, calm, orderly and positive environment free from bullying and the impact this has on the behaviour and attitudes of pupils. Safeguarding won't be graded specifically, but it will be referenced in the Leadership and Management section of the report. For support to further enhance your personal development provision, health curriculum or safeguarding practice, please contact the health improvement team.



At Hambrough Primary School, embedding of RSE into the curriculum has been our priority this year, with the intention that when PSHE and RSE become statutory in 2020 we will be prepared. We had already started teaching the subject using Christopher Winter resources, but we wanted to increase our parental involvement so parents were aware of the content of the lessons.

A working party was set up of members of staff and governors that met regularly throughout the year. This was led by the PSHE lead with full support from Claire Vaughan from the health improvement team. Our main aim was to ensure all parents were confident with the content of our lessons, allowing the programme to be taught to all pupils.

Our initial decision was to change the name from Relationships and Sex Education, to Relationships, Education and Growing Up (REGU). We felt the word 'sex' in the original title alienated some parents. The new title has renewed confidence in the programme and there has been no withdrawals from REGU lessons this year.

Through parent workshops, we shared all planning and resources that we use in lessons, showing the progression

of teaching and learning from nursery through to year six.

RSE training for staff allowed us all to discuss any worries or concerns about teaching RSE. Several members of staff received great support from Claire Vaughan from the health improvement team and REGU was successfully taught to all year groups.

The working party and the governing body approved changes to the REGU policy, which has now been uploaded onto our school website. We reviewed the information given to parents to ensure that they were fully informed of the main learning objectives covered.

The staff, pupil and parental surveys at the beginning of the year, and then at the end, show how the improvements have impacted on the acceptance of REGU and we look forward in continuing to maintain this confidence amongst our school community.

If you would like to adopt a similar approach to RSE, contact Claire on [meadec@ealing.gov.uk](mailto:meadec@ealing.gov.uk)



## Become a Sugar Smart School

This year Ealing schools will have the opportunity to become a Sugar Smart School and win monetary rewards to use towards activities and resources that will continue their Sugar Smart message.

Ealing schools can achieve Sugar Smart School Status by undertaking actions and activities, which are split into three key areas: education, school food and water consumption.

Becoming more Sugar Smart can have a range of benefits for schools, such as improving pupil physical and mental health.

For more information, see the Sugar Smart tab on EGFL under 'health improvement'. Alternatively, email Nicole on [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk).

We recommend schools attend the Sugar Smart Schools training on 14 November at the EEC. Register via Ealing CPD online.

# Healthy Pupils Capital Fund school projects

## What did schools spend their funds on and what happens next?

**Fifty-nine eligible primary, special and high schools in Ealing received the Healthy Pupils Capital Funding (HPCF) in January this year. The funds each school received ranged from £4300 to £8331 and this funding was made available from revenues raised from the soft drinks industry sugar levy.**

Schools were required to spend their funds on capital projects that would directly improve pupil health and wellbeing. The most popular idea that schools chose to spend their funds on was active play equipment; 25 schools said they would spend their funds on this. The second most popular idea was a cooling down zone or Safe Space to

support pupils' mental health - selected by ten schools. Other popular ideas included Edible Playgrounds (school vegetable gardens), Daily Mile (a programme where pupils run a mile every day at school), playground zoning (zoning of the playground into activity stations) and a token collector system (a system using tokens to reward healthy lunches).

Schools used their funds to introduce a range of innovative capital projects that aim to enhance pupils' health and wellbeing. **Here are some examples of how schools spent their funds:**

**Coston Primary School** introduced an adventure trail into their KS2 playground.



Coston before



Coston After

**Horsenden Primary School** used their funds to pay for the installation of four raised beds so children could learn how to grow vegetables. The children in years 3 and 4 have planted potatoes, courgettes, strawberries and tomatoes. The produce will be used in year 3 and 4 curriculum cooking lessons.

**Lady Margaret Primary School** introduced a range of playground installations including log snakes, stepping logs, a tee pee for quiet reflective time and playground markings for children to ride their bikes.



Lady Margaret playground before



Lady Margaret playground after

**West Twyford Primary School** used their funds to install a 40-metre running track with four lanes. The children use the track during PE lessons and during break time to race each other.



West Twyford running track

**Gifford Primary School** spent their funds on an active trail, dance markings and a concrete table tennis table. Playtime is now more structured and physical activity at playtime has increased.

**John Perryn Primary School** developed an edible garden for pupils with special focus on SEN pupils to relax and reduce their stress levels. It also provides the school community with vegetables.



John Perryn garden before



John Perryn garden after

**In October, Ealing schools will have the opportunity to apply for unclaimed funds. Look out for more details in the October health improvement eNews and gatekeeping. For more information on the Healthy Pupils Capital Fund project, read the HPCF final report under the HPCF tab on our health improvement EGFL page.**





## Mental health first aid training

### Ealing teachers learn skills in responding to mental illness

Teachers in schools across Ealing are being trained in how to recognise and respond to early warning signs of mental illness. The government funded health programme, delivered by social enterprise Mental Health First Aid (MHFA) England, trains teachers to identify and understand the signs of anxiety, depression and low mood, and aims to ensure there is a member of staff in every school trained to provide the support to affected children and young people.

In the UK, one in eight children and young people have a diagnosed mental health problem such as depression and anxiety, suicide and psychosis, self-harm, and eating disorders. This is according to school mental health experts.

Under the programme, Mental Health First Aiders are taught practical skills to identify a child or young person in distress and know how to support them.

The first cohort for Ealing school staff took place in April 2018 where 33 members of high school staff completed a two-day mental health champion training lead by Ealing's children's mental health officer.

Last academic year, 22 school staff completed mental health first aid training and now have techniques to understand young people's mental health and factors that affect their wellbeing. It also provided them with knowledge to help young people recover their mental health by guiding them through additional resources including self-help sites, the NHS or engaging with external agencies as needed.

Future two-day trainings are set to take place this year, the first of which is fully booked. Two staff members from every school in Ealing will be eligible to receive the training and there are plans to deliver up to three courses over the next academic year. Watch out for gatekeepings that will announce future training dates.

*"This government-backed programme ensures that teachers receive the skills needed to identify and support children struggling with mental illness. We are thrilled to be involved in preparing our teachers to help young people and children get the support needed."*

**Councillor Yvonne Johnson, deputy leader of the council and cabinet member for schools and children's services.**



# Junior Travel Ambassador: A year in review

By Victoria Willis, School Travel Advisor

## Healthy Schools Ealing points scheme

**A new scheme to help schools get the most out of our service**

We want schools to get the most out of having a health improvement service. Therefore, this year we are excited to announce that we will trial a scheme to reward you and your school's participation in our service. If your school is already actively involved in our service, you will be in with a good chance of being a high scoring school. If your school is not actively involved or if you have been thinking of doing more with the health improvement team then now is your time and it might even make you a prize winner.

### How does the point scheme work?

1. Schools can earn up to 5 points by completing activities. For example, opening our monthly eNews earns one point, attending a training or network, or having a health in school visit earns you 2 points, achieving a HSL award earns you 3 points, you will score 4 points by presenting at our events and 5 points by achieving Sugar Smart Status (see page 4 for more details on the Sugar Smart initiative).
2. We will announce the top scoring schools in our monthly eNews. At any time, ask to see how you are doing.
3. In June 2020, we will reveal the three highest scoring schools. Prizes will be awarded in July.

### What can I win?

1st place: £500 for your PSHE budget or HAT membership in 2020/21

2nd place: £250 for your PSHE budget

3rd place: £100 for your PSHE budget

For more information on the award scheme, see the Healthy Schools Ealing Points System tab on our health improvement EGFL page.

Alternatively, email Nicole on [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk).



**In 2018/19 the School Travel Team launched a new JTA (Junior Travel Ambassador) annual programme. It was a busy year and nine new schools have now registered their JTAs.**

JTAs are pupil councils that promote active travel and road safety. They have proved indispensable to schools working towards TfL STARS accreditation, helping to deliver assemblies and competitions and write stories.

The year commenced in October with a JTA Fun Day at Ealing Town Hall. JTAs learnt about running campaigns and promoting events, and they took part in an investiture ceremony with the mayor.

Next came our winter competition to create a noticeboard; the winner was St Raphael's with their wonderful zebra crossing design.

In January we welcomed the first of our team's new Active Travel Officers, Helen Collinson. Helen's role involves supporting schools in a hands-on capacity with sustainable travel activities, for example by doing assemblies, helping to organise walking buses, and importantly, training JTAs.

This September we welcomed an additional Active Travel Officer to our

team, Cici Leung, who will be continuing this support. March brought us the spring competition to produce a video, where we were impressed by the winning entry from Mayfield Primary telling us how important it is to walk, scoot and cycle, even when it is raining!

Finally, we finished on a high with the JTA Awards Ceremony held at Ealing Town Hall in June, where we recognised the hard work of JTAs and their leaders by awarding the winners trophies and certificates. Award categories and winners were as follows: Golden Shoe award won by Sam Maloney from Southfield Primary, Best JTA leader won by Charlotte Martin from Ark Priory Primary, Rising STAR award won by Rayjolina from Featherstone Primary, Most Innovative JTA-run event won by JTAs of Khalsa Primary, and Best JTA team won by the JTAs at St Raphael's Primary.

This academic year (2019/20) we will be continuing the JTA programme with new activities and competitions. Sign up for JTAs now using our form here: <https://bit.ly/2mar2JS>.

Book your place at the JTA Fun Day on 16 October at: [jta-fun-day-2019.eventbrite.co.uk](http://jta-fun-day-2019.eventbrite.co.uk).





**For more info about JTAs, search for 'JTA annual programme' in EGFL.**



# Healthy Schools London – Ealing awards last 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 last 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.

 <b>Bronze</b>		 <b>Silver</b>		 <b>Gold</b>		 <b>Platinum</b>	
Dormers Wells Junior School		Montpelier Primary School		Vicar's Green Primary School		Stanhope Primary School	
Springhallow School		St Raphael's Catholic Primary School		Woodlands Academy			
Hobayne Primary School		Our Lady of the Visitation Catholic Primary School		Tudor Primary School			
Selborne Primary School		Edward Betham CE Primary School		Mayfield Primary School			
Sybil Elgar School		Three Bridges 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 on the courses by going to [www.ealingcpd.org.uk](http://www.ealingcpd.org.uk)

HRBS briefing	12 September	3.45 – 4.45pm	Free	Ealing Education Centre
Mental Health First Aid	18 and 19 September	8.30am – 4.30pm	Free	Ealing Education Centre
Anti-Bullying Week – resources and ideas	9 October	1.30 – 3.00pm	Free*	Ealing Education Centre
RSE briefing	15 October	3.45 – 4.45pm	Free*	Ealing Education Centre
Induction for new PSHE leads	6 November	3.30 – 5.00pm	Free*	Ealing Education Centre
Mental health network	13 November	3.30 – 5.00pm	Free	Ealing Education Centre
How to achieve Sugar Smart school status	14 November	2.00 – 4.00pm	Free*	Ealing Education Centre
PSHE network	26 November	1.30 – 3.00pm	Free*	Ealing Education Centre
Analysing your HRBS	5 December	3.30 – 5.00pm	Free*	Ealing Education Centre
Mental health awareness	10 December	1.30 – 3.30pm	Free*	Ealing Education Centre
A whole school approach to mental health	10 December	1.30 – 4.30pm	Free*	Ealing Education Centre

\* Free to 'Healthy Schools Awards and Training Package' members. All other schools pay £92.

### 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](mailto:McGregorN@ealing.gov.uk)

#### Editorial Committee

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