



Stepping up to health



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Young people are asking for more mental health lessons at secondary school

Find out more about the new report from the Anna Freud Centre

A survey asking over 3000 young people for feedback on mental health and wellbeing at school has found that 93% want more lessons on mental health, and for conversations about mental health to be normalised. The top five requested topics were depression and anxiety, body image, identity, self-harm, and eating disorders.

The data, gathered by the Anna Freud Centre between November 2020 and January 2021, captures how young people were feeling after nearly 12 months of the pandemic. In England, we know that the proportion of young people who are experiencing a mental health issue has increased from 1 in 8 in 2017, to 1 in 6 in July 2020.

Young people said that designated lessons for mental health topics are important for supporting their own and each other's mental health, and to encourage people to look after their mental health. As one student says: 'It's just as important as physical

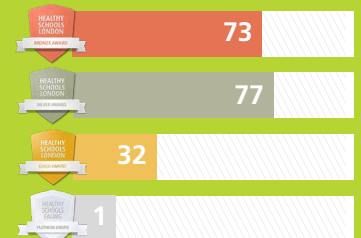
health and not talked about enough. People feel too ashamed to get help and this needs to change.'

In terms of what helps, trusted relationships came out on top. Friendships, family, and relationships were the top three factors that young people say have a positive impact on their wellbeing, and 92% said that friendships have the biggest positive influence.

There is still some work to be done in terms of normalising speaking about mental health, as 48% said that if they were worried about their mental health, they wouldn't talk to anyone at school. For those who would, they would most likely go to a favourite teacher, highlighting the need for all members of staff to be trained.

Visit the Mentally Healthy Schools website to read the full report, and for lots of other great resources from the Anna Freud Centre. For guidance and resources, email Emily on RayfieldE@ealing.gov.uk.

Healthy Schools London Ealing award tally



HI survey & prizes



Complete the health improvement team's annual survey before 30 June here: [surveymonkey.co.uk/r/HISURVEY2021](https://www.surveymonkey.co.uk/r/HISURVEY2021). Every 10th survey completed will receive a £10 Love to Shop voucher.

Health Improvement in Schools

Did you know?



Ealing has the second highest number of Bronze, Silver and Gold awards in London out of 32 boroughs, with an impressive 77 silver awards!



Mental Health Awareness week is coming up soon, and this year the theme is 'nature'



We have produced three short videos to help you achieve your Healthy Schools London awards. Watch them now on our EGFL page.

Key health improvement dates

Event	When and where?	More information
Healthy Schools Awards and Training (HAT) package workshop 5	26 May 2021	Book via Ealing CPD online
Mental health awareness	27 May 2021	Book via Ealing CPD online
Mental health network	9 June 2021	Book via Ealing CPD online
PSHE network	15 June 2021	Book via Ealing CPD online

Key health promotion dates

Event	When?	More information
LGBT Pride Month	June	stonewall.org.uk/best-practice-toolkits-and-resources-0
World Environment Day	5 June	worldenvironmentday.global/
My Money Week	14-20 June	young-enterprise.org.uk/teachers-hub/financial-education/financial-education-programmes/my-money-week/
World Drug Day	26 June	unodc.org/drugs/indexNEW.html
International Friendship Day	30 July	un.org/en/observances/friendship-day

For more information about the above dates, email Emily on RayfieldE@ealing.gov.uk and keep abreast of key health promotion dates by reading our monthly eNews.



★ **NEW Staff Wellbeing Working Group in Ealing**

The new Staff Wellbeing Working Group is now up and running, as a forum for Ealing staff to identify wellbeing priorities, share good practice, and develop a wellbeing charter for schools. Everyone is welcome, so if you would like to join or for more information, please email Emily at RayfieldE@ealing.gov.uk.



★ **Last chance to get your points!**

Schools have until the 31st June (31st August for Harrow schools) to get their Healthy Schools points. First, second and third place will receive £500, £250 and £100, respectively. Achieve one of the HSL awards to get your school three more points. Email mgregorn@ealing.gov.uk for upcoming workshops in May, and for new videos and templates to help you achieve these awards.



★ **HSL videos and templates**

To help schools achieve their Healthy Schools London (HSL) awards, the health improvement team have produced a series of short videos on how to complete the Bronze, Silver and Gold applications. We have also written example silvers on a range of different health areas. View these on our EGFL page under the 'HSL tab'.



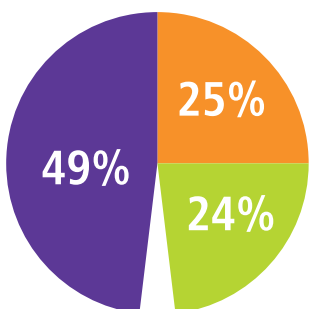
Coronavirus and UK kids:

A BBC Newsround Survey of 2000 six to sixteen year-olds.

After the unprecedented year that we have had, Newsround surveyed over 2000 school-aged children to find out about their experience of a very unusual year. Here's what they learned.

For half of the children in the survey, time spent during lockdown has either been a better experience or it hasn't really changed things. Children were asked to think about how they have felt during the last year - and 24% said they felt better, 49% said they felt worse, while a quarter (25%) felt the same as usual. Spending more time together with family was obviously a nice change but many others had a different experience.

Which of the following best describes how you have felt?



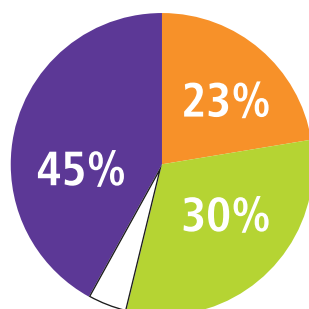
- Better than usual: 24%
- No better or worse: 25%
- Worse than usual: 49%
- Don't know: 2%

When it came to what was most important, seeing family and friends came out on top - with more than nine out of 10 (98%) saying that was important to them - with 70% of girls saying it was very important.

Next came health - and more than nine in 10 (93%) said it was important to them.

One of the biggest changes to the lives of children during the last year has been the interruption to schooling. Nearly one in four (23%) told us they were happy about not going into school, and nearly a third (30%) didn't mind either way. But the biggest group was those who didn't enjoy it. Almost half (45%) of those home-learning said they were unhappy about not being in school.

Thinking about the school you've missed - which is closest to your view?



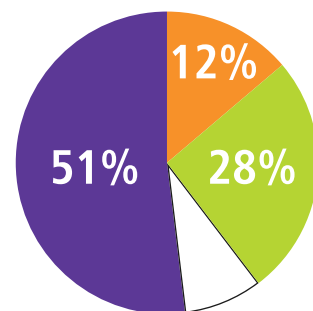
- Happy: 23%
- Neither happy or unhappy: 30%
- Unhappy: 45%
- Don't know: 2%

A third of children said the schooling they received at home was better than usual, while 16% said it was the same. But half (50%) said it was worse than being in school.

When it comes to the amount of time in school that has been missed, it's

estimated that many pupils have lost around half a school year in face-to-face learning. More than half (51%) of those who replied said that they felt they were where they should be in their schoolwork. More than one in 10 (12%) felt they were actually ahead of where they should be, but more than a quarter (28%) said they felt they were behind.

Which of these reflects the progress you have made?



- I am ahead: 12%
- I am where I should be: 51%
- I am behind: 28%
- Don't know: 9%

Also, some experts say that while extra learning will help, lessons and even tuition, will be useful for some pupils, it will also be important not to overwhelm students.

The BBC Own It website has loads of tips for managing life online and in person for young people, as well as ideas for how to reach out to others and support friends. The NSPCC website also has lots of advice for children and young people.

Getting back into sport after lockdown

Patrick Amara, PE Leader, Selborne Primary

As we move out of lockdown it is very important that we start to work on ourselves again, start improving our energy levels, start rebuilding our confidence, and to give ourselves a challenge of regaining the fitness and healthier lifestyle we once had.

During lockdown, we have all missed school, friends, our sports teams/clubs and competing against others. We can now get back to being competitive and start to challenge ourselves into being fit and healthy, and feeling full of energy, confident and happy.

Before starting to exercise again, you must consider:

- » What you enjoy, what motivates you, what sports and activities do you love to do?
- » What can you do? There are so many online fitness programmes and videos: Boxercise, Pilates, HIIT or PE with Mr. Amara on Youtube!
- » Set a goal to help keep you focused. What do you want to achieve? What is your outcome? Is it strength, agility, speed that you want to work on?
- » Make sure goals are SMART (specific, measureable, achievable, relevant, time-



bound)

- » Remember you do not need to train every day but manage your rest days as part of your programme. On rest days you can do gentle exercises like stretches, a walk or bike ride.
- » Find a time in the day when you are most energetic and ready to succeed, feeling happy to exercise is so important!
- » Find a workout buddy, someone who you like, who you can have fun with and keep each other motivated.
- » Start small and gradually build up over

time. Doing too much too soon can be overwhelming and put you off.

- » Listen to your body, so you do not over train and end up with an injury. Make sure you warm up and cool down properly.

Remember, hand in hand with exercise is diet. Think about what you are eating. Your body will respond better to healthy diet. Dust off your PE kit and rise to the challenge.

Increased risk of online radicalisation

Article by Sonita Pobi, Prevent Education Officer

Our lives have been largely lived virtually over the last year and extremist groups are no different. As a result, we have seen an increase in online radicalisation, and a recent increase in arrests for terrorism-related activities, especially in relation to the Far Right.

To support secondary schools with the Far Right narrative, Hope not Hate sent a free copy of the guidance on Far Right symbols to every secondary school in England. A copy of the guidance can also be purchased on their website.

In an ever changing digital landscape, it is important for trusted adults such

as teachers and parents to keep up and Common Sense Media is a website that provides information and reviews about all the latest games and apps.

Online gaming has become increasingly popular with a large percentage of children and young people, and the danger with gaming sites is that they often provide unregulated opportunities to chat with complete strangers. To understand terminology used in the gaming world, Vodaphone have produced a comprehensive list of online and online gaming terms (see the Digital Parenting website for details).

If you require support regarding extremism, please contact the Ealing Prevent Team on preventschoolsinfo@ealing.gov.uk.





A Small Step in a Healthy Direction at Dairy Meadow Primary School

By Davinder Sahota, PSHE and Health Improvement Lead

Mental and physical wellbeing have recently been brought to the forefront of our minds as a result of the pandemic. Media and Government guidance reflect the urgency to live healthy lifestyles and the onus is on educational settings such as primary schools to lay and build on the foundations for the physical wellbeing and mindfulness of young children.

The results of our school's Health and Wellbeing survey reveal opportunities to fill previously unseen gaps in our provision as a healthy school. We have begun a journey to further enrich the physical and mental wellbeing of the pupils at Dairy Meadow with the ambition to achieve a Healthy Schools London Gold Award. The introduction of an additional after school fitness club has proved very popular. It has incorporated physical activity, and motivated and inspired pupils to ingrain the ethos of physical and mental wellbeing into their

everyday lives. The concept behind this new club is to combine brisk cross-training activities with the use of gym equipment. It teaches children about the productive use of muscle groups. It advises on balanced nutrition, particularly for pre and post exercise. It has proved to be a well-received addition to the popular sports clubs already on offer. In addition, the regular visits from 'Milo the Frog' have been the icing on the healthy cake!

A year five pupil commented: 'I really enjoy it because you have about a minute of exercise and about 45 seconds of rest and it really gets you sweating! You feel like you are getting fitter by doing little things.'

Although this is a small step, it has contributed to a Healthy School's Bronze Award. We are heading in the right direction. Activities on the Meadow's Silver award horizon include a lunchtime 'Funky Feet' dance club run by a

professional choreographer, an after-school gymnastics club, active travel activities linked to a STARS Bronze award and the introduction of a healthy packed lunch policy. My reason for documenting the start of our journey is to enthuse, encourage and drive other PSHE Leads, to start with small steps, which in turn will certainly lead you in a healthy direction!

Avoiding a physical inactivity pandemic

By Selina Connick, Cannon Lane Primary

Sport England released data from the Active Lives Children Survey Academic report for 2019-2020 academic year in January and the results show a decline in activity; 31% of children are less active and do less than 30 minutes of physical activity and 24% are fairly active but still not meeting the recommended hour a day, and that's a total of four million children.

Children will have missed months of school due to school closures, although we must not only focus on catching up on the 'important subjects' which have the most pressure on them for attainment and progress. We must also catch up on the physical activity that they have missed to ensure that

our children aren't victims of an inactivity pandemic too. The need for schools to nurture the whole child has never been greater; we need to help children develop the tools for a healthy lifestyle and prevent their vulnerability to illness later in life because some children won't be getting all these skills from home.

We should remember that the recommended hour a day doesn't need to be all in one go - little and often is good enough. Let us all promote and reward active travel to school, complete The Daily Mile, have movement



breaks between subjects, encourage playground games and support children in participating in lunch time team sports. Perhaps most important, remember that we mustn't give up our PE session to finish that English work.

Active 30:30 at Stanburn

By Katherine Hartland, Stanburn primary school

All young people should have the opportunity to live healthy and active lives. A positive experience of sport and physical activity at a young age can build a lifetime habit of participation and is central to meeting the government's ambitions for a world-class education system.

Physical activity has numerous benefits for children and young people's physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are

physically active are happier, more resilient and more trusting of their peers.

The School Sport and Activity Action Plan sets out the government's commitment to ensuring that children and young people have access to at least 60 minutes of sport and physical activity per day, with a recommendation of 30 minutes of this delivered during the school day.

At Stanburn we ensure children are as active during learning time as they can be so that the 30 minutes activity

from school is achieved daily. We have used a number of different techniques and programmes to help achieve this. But first, we introduced the concept to the children and explained the benefits, 'Young people report that being physically active improves their mood, behaviour and schoolwork.' This was to ensure they understood why we were doing this, and we then created a display so children could log their active minutes each day and finally we planned in meaningful opportunities for children to be active in class.

Resources such as Go Noodle have been great as the children really enjoy the videos and songs, but there are many other great resources including BBC Super Movers. Pupils have said, "I love Go Noodle as it makes me feel energised and ready to learn." We have used these clips in Maths and English lessons daily, especially in our starter activities. So what are you waiting for? Plan active opportunities into your learning now and you will soon see the benefits to both learning and children's mental health and well-being.



Social care and education forum

Safeguarding all children and young people presents additional challenges against the backdrop of a global pandemic. To address this and forge a stronger working relationship, a small group of Designated Safeguarding Leads (DSLs) met with social care leaders to share ideas and find solutions to the top four challenges.

DSLs shared 'decision making' as an important area of focus. DSLs explained how they often had a difference of opinion in the action decided by a social worker after referring a case to ECIRS. DSLs also reflected on the need for school involvement in the decision to close cases. This is to ensure the school can offer the best possible support for the child and family moving forward.

As expected, the group generated multiple ideas and consequently three significant changes to practice were agreed:

- » *DSLs would be more involved in decisions to close cases by involving them in the child and family assessment process*



- » *DSLs would receive regular updates of the changing context within which the social care teams operate to increase their understanding of decisions made*
- » *DSLs would be made aware of, and included in contingency planning before a case is closed*

The next meeting promises to be equally productive and will focus on 'information sharing'. It is scheduled for early May.

Relationships and Health Education in Summer 2021

Schools across Ealing have been preparing for Statutory Relationships, Sex and Health education (RSHE) which came into effect from September 2020. The health improvement team have developed a range of support tools, policy templates and lesson plans to support schools in getting prepared for these curriculum changes.

The primary Ealing PSHE scheme of work has been updated to reflect all statutory changes. The health improvement team have also rewritten a series of Relationship and Health (RHE) lessons for primary schools and Relationship, Health and Sex Education (RHSE) lessons for high schools to use. The primary lessons will be embedded within the revised PSHE scheme of work. These lesson plans are available on EGFL.

Schools are reminded to ensure they have revised their RSE policy to reflect the statutory changes and RSE policy templates for primary, faith, special and high schools are available on the EGFL. A wide range of other support materials can also be found on EGFL including staff training PowerPoints, sample letters, sample surveys, sample parent workshop presentations and RSE leaflets.



If you have any questions relating to RSE, please email Karen Gibson, KGibson@ealing.gov.uk

KidsTime mental health workshops for families

Now up and running in Ealing and open for referrals

Ealing KidsTime Workshops are fun group workshops for children and young people aged 5-18 and their parents/carers, where a parent or carer in the family has a mental illness. They offer a safe, non-judgmental place where families can come together to talk and learn about mental illness.

How do workshops support families?

- » *Helping children and teens to make sense of what it feels like when a parent is unwell, and to share worries and ask questions about mental illness in a safe place and where they can get some understandable answers*
- » *Helping parents to cope with the stress of being a parent while also managing mental health problems*
- » *Helping families to be more confident to talk together about problems and solutions*
- » *Providing an opportunity to meet other families who might be in similar situations*

Why attend?

- » *Have some time out for the whole family - a chance to have fun*



- and talk in an informal and confidential space*
- » *Make some new friends and share knowledge and experiences*
- » *Get helpful information about mental illness and ask questions*
- » *Explore myths and fears about mental ill health*
- » *There is no pressure to talk and no-one is judged. Our KidsTime team members are knowledgeable and respectful*

For more information or to make a referral, please email Catherine Hanley, the Ealing KidsTime Workshop Coordinator on catherine.hanley@ourtime.org.uk or visit www.ourtime.org.uk/ourwork/kidtime-workshops/.

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	Platinum
Lady Margaret Primary School	Clifton Primary School	Alec Reed Primary School	Clifton Primary School
Mandeville School	Dairy Meadow Primary School		
Ark Byron Primary Academy	Beaconsfield Primary School		
Ark Priory Primary Academy			
Beaconsfield Primary School			
Dairy Meadow Primary School			
Glebe Primary School			
Norbury School			
St John Fisher Primary School (Harrow)			
St Berndadettes Primary School			
Castlebar 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	Location	Cost
Healthy Schools Awards and Training (HAT) package workshop 5	26 May 2021	Teams	Free*
Mental health awareness	27 May 2021	Zoom	Free*
Mental health network	9 June 2021	Zoom	Free for all schools
PSHE network	15 June 2021	Zoom	Free*

* Free to Harrow schools, 'Healthy Schools Awards and Training Package' members or to schools that bought back a specialist package in this health area. All other schools pay £92.

Our Services

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

Specialist packages: RSE, PSHE, 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, email Nicole at McGregorN@ealing.gov.uk

Healthy Schools Ealing points scheme

Healthy Schools points scheme			
	First	Second	Third
Ealing Primary Schools	Selborne Primary (49 points)	Brentside Primary (38 points)	Coston Primary (36 points)
Ealing High Schools	Villiers High (13 points)	Featherstone High (13 points)	Elthorne High (11 points)
Harrow schools	Norbury School (16 points)	Cannon Lane (16 points)	Priestmead Primary & Nursery (16 points)

Editorial Committee

Nicole McGregor – Senior Health Improvement Officer
 Karen Gibson – Health Improvement Manager
 Emily Rayfield – Health Improvement Officer

For all our resources and past issues of Stepping Up to Health newsletter, see our webpages on EGFL

 @EalingPshe



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www.egfl.org.uk/elp-services/health-improvement-schools

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