



Stepping up to health



Features

- Mental health awareness week
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Coping with exam stress

Helping pupils stay mentally healthy during exam time

Exams can be a stressful time for pupils and staff alike. Balance is the key to wellbeing and reducing anxiety. Helping pupils identify activities that they enjoy can help them remember that taking time out from studying can help them manage exams better. Everyone is different so what works for one person will not necessarily work for another. Some might prefer reading, drawing, listening to music, whilst others may prefer something more physical like sport, dancing round their room, or playing an instrument. It can be helpful to get pupils to come up with ideas of things they like to do and include these activities in their revision timetable.

Introducing mindfulness and breathing techniques to pupils can help them manage their anxiety as can reinforcing the idea that anxiety is a normal emotion that everyone feels at times. Naming and sharing our feelings can help take the power away from them so they don't overwhelm us. Eating healthily, getting good sleep and exercise can be easily dismissed but their importance to a healthy body and mind cannot be underestimated. It can be easy to get stuck in

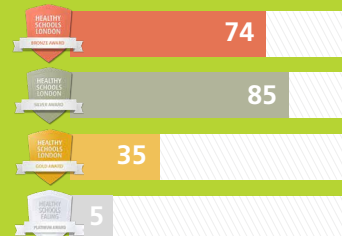
patterns of negative thinking around exam time, worrying about not having studied enough, or worries about how much it will impact the future. Helping pupils challenge the negative thoughts and replace them with positive ones can help reduce the anxiety.

Top Tips for pupils

- Anxiety is a normal emotion we all feel. It is important to accept our feelings before we can learn how to manage them.
- Remember balance! – Include fun things in revision timetable
- Think positive – challenge negative thoughts
- Breathe – breathing techniques and mindfulness help reduce anxiety
- Look after yourself – sleep, eat and exercise all help your brain work to its best

The Young Minds and the Anna Freud Centre websites have more ideas of how to support pupils and teachers during exam time.

Healthy Schools London Ealing award tally



HI survey & prizes

Complete the health improvement team's annual survey before 30 June here: <https://www.surveymonkey.co.uk/r/HISurvey2022>. 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 Healthy Schools London awards in London out of 32 boroughs, with an impressive 85 Silver awards!



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



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
Primary PSHE network	11 May 2022	Book via Ealing CPD online
High PSHE network	12 May 2022	Book via Ealing CPD online
HAT workshop 4	18 May 2022	Book via Ealing CPD online

Key health promotion dates

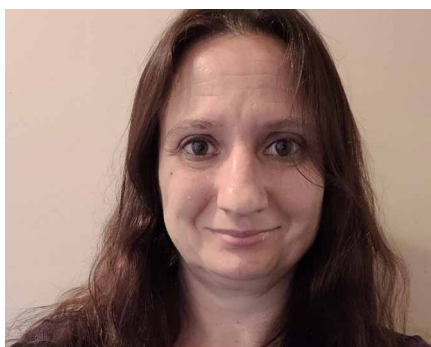
Event	When?	More information
Mental Health Awareness Week	9-15 May 2022	mentalhealth.org.uk/campaigns/mental-health-awareness-week
LGBT Pride Month	June	stonewall.org.uk/best-practice-toolkits-and-resources-0
World Environment Day	5 June	worldenvironmentday.global/
My Money Week	13-17 June	young-enterprise.org.uk/teachers-hub/financial-education/financial-education-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 Nicole on McGregorN@ealing.gov.uk and keep abreast of key health promotion dates by reading our monthly eNews.



★ Sugar Smart School prize

This year, all Ealing schools that achieve Sugar Smart School status, will be entered into a draw to win £500 towards sustaining their Sugar Smart activities. Ealing schools can achieve Sugar Smart status by undertaking activities, which are split into three key areas: education, school food and water consumption. For more information, see the Sugar Smart tab on EGFL or email Nicole on McGregorN@ealing.gov.uk.



★ Introducing Liz Ainsworth

We are delighted to introduce our new mental health and wellbeing officer, Liz Ainsworth, to the Health Improvement Team. Previously Liz worked in the Ealing Mental Health Support Team (MHST) as an education wellbeing practitioner. In this role she worked with Ealing schools delivering mental health interventions with children, young people and parents. Prior to this she worked in pregnancy and parenthood, substance misuse and teenage cancer.



★ Staff wellbeing survey findings

Schools have until 31 June to get Healthy Schools Ealing points. In July, we will announce the schools who achieved the top three highest scores. First, second and third place will receive £500, £250 and £100, respectively. And this year, the school with the 'most improved' score will receive the HAT package for free. For last minute points why not renew or get a new Healthy Schools London award or get Sugar Smart Status to get your school five more points.



The BNF's 10th Healthy Eating Week

'Eat well for you and the planet'

Are you looking for a way to get your pupils engaged and excited about healthy eating? Well schools can now register for the British Nutrition Foundation's (BNF's) 10th Healthy Eating Week, taking place from 13 - 17 June 2022.

The message for the Week this year is, 'Eat well for you and the planet'! Each day of the Week will have a different theme:

- Monday: Focus on fibre - for meals and snacks
- Tuesday: Get at least 5 A DAY - put plenty on your plate
- Wednesday: Vary your protein - be more creative
- Thursday: Stay hydrated - fill up from the tap
- Friday: Reduce food waste - know your portions

Schools that register can access activity packs, posters, health trackers and certificates from the BNF's website to help everyone have an enjoyable, healthy week.

Why get involved?

- It is a chance to get everyone focusing on having a healthier and more sustainable diet.
- The BNF are creating lots of free resources to help you run your Week.
- It shows that you value and are committed to supporting and promoting health.

To get involved, simply complete the registration form on the BNF's website.

Mental Health Awareness

The experience of loneliness and its effect on our mental health



The Mental Health Foundation has announced the dates and theme of this year's Mental Health Awareness Week. It will run from Monday 9 May until Sunday 15 May 2022 and the week will explore the experience of loneliness, its effect on our mental health and how we can all play a part in reducing loneliness in our communities. Reducing loneliness is a major step towards a mentally healthy society.

Loneliness affects millions of people in the UK every year and is a key driver of poor mental health. The Foundation's 'Mental Health in the Pandemic' research has found that loneliness has been exacerbated by the Covid pandemic. The Foundation has been tracking loneliness levels in the UK during the pandemic and found the experience has been much higher with devastating impact. Loneliness has been an important factor contributing to higher levels of distress, resulting from people's sense of isolation and reduced ability to connect with others. Further polling also found that loneliness was one of the leading issues that the public felt needed to be addressed.

Mark Rowland, Chief Executive of the Mental Health Foundation, said: "Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. That is why we have chosen it as our theme for Mental Health Awareness Week 2022. Our connection to other people and our community is fundamental to protecting our mental health so we must find better ways of tackling the epidemic of loneliness. We can all play a part in this. The week is also an invaluable opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice."

The Mental Health Foundation has set the theme, organised, and hosted Mental Health Awareness Week for the last 22 years, during which time the event has grown to become one of the biggest awareness weeks across the UK and globally. Further details can be found on the Mental Health Foundation website.



How to become an Eco school

The Seven Steps to Eco-Schools Green Flag success

The Daily Mile's 10th birthday

On the 28th of April 2022, the Daily Mile celebrates its 10th birthday. To help celebrate, 10 years of the Daily Mile, all schools signed up to the Daily Mile will receive a free, downloadable pack containing fun resources. If your school hasn't signed up, register now via The Daily Mile website to make sure you don't miss out on these exciting new resources.

Regular physical activity has lots of benefits for children. We know that one third of children are active for less than 30 minutes a day and over one third of children in Year 6 are overweight. The Daily Mile can help improve physical health, mental health and well-being.

Primary schools in London can sign up to The Daily Mile via the The Daily Mile website. Schools will receive a welcome pack and can opt in to receive additional free resources from London Marathon Events - this includes 'The Daily Mile Challenge' each half term (assembly pack, classroom posters and certificates), as well as the chance to win prizes to help schools keep their children active and visits from elite athletes.

Please contact thedailymile@londonmarathonevents.co.uk if you would like any further information about the opportunities available to London primary schools.



Eco-Schools is a seven-step framework that thousands of schools around the world use to introduce, manage and complete environmental actions in their organisation and local community. Uniquely, the Seven Steps aim to place young people at the heart of these environmental actions. This approach engages, motivates and empowers young people to care for our planet now and throughout their lifetimes.

When a school has worked through each of the Seven Steps they can then apply for Eco-Schools Green Flag accreditation. The Eco-Schools Green Flag is international and recognised by organisations such as UNESCO. It is a symbol of a school's commitment to environmental education.

Below, is a brief summary of each step, but further details, examples, criteria and resources can be found on the Eco Schools website:

1. Eco-Committee, a group of students and adults responsible for all things Eco-Schools.
2. Environmental Review, a free-to-download resource which has been designed to review learning environments and provide inspiration to Eco-Committees.
3. Action Plan, a plan for environmental actions in your school, college or nursery.
4. Curriculum Links, including environmental issues in your school's, college's, or nursery's learning.
5. Informing and Involving, including all pupils, staff members and your local community in Eco-Schools work.
6. Monitoring and Evaluation, measuring the impact of the projects in your Action Plan.

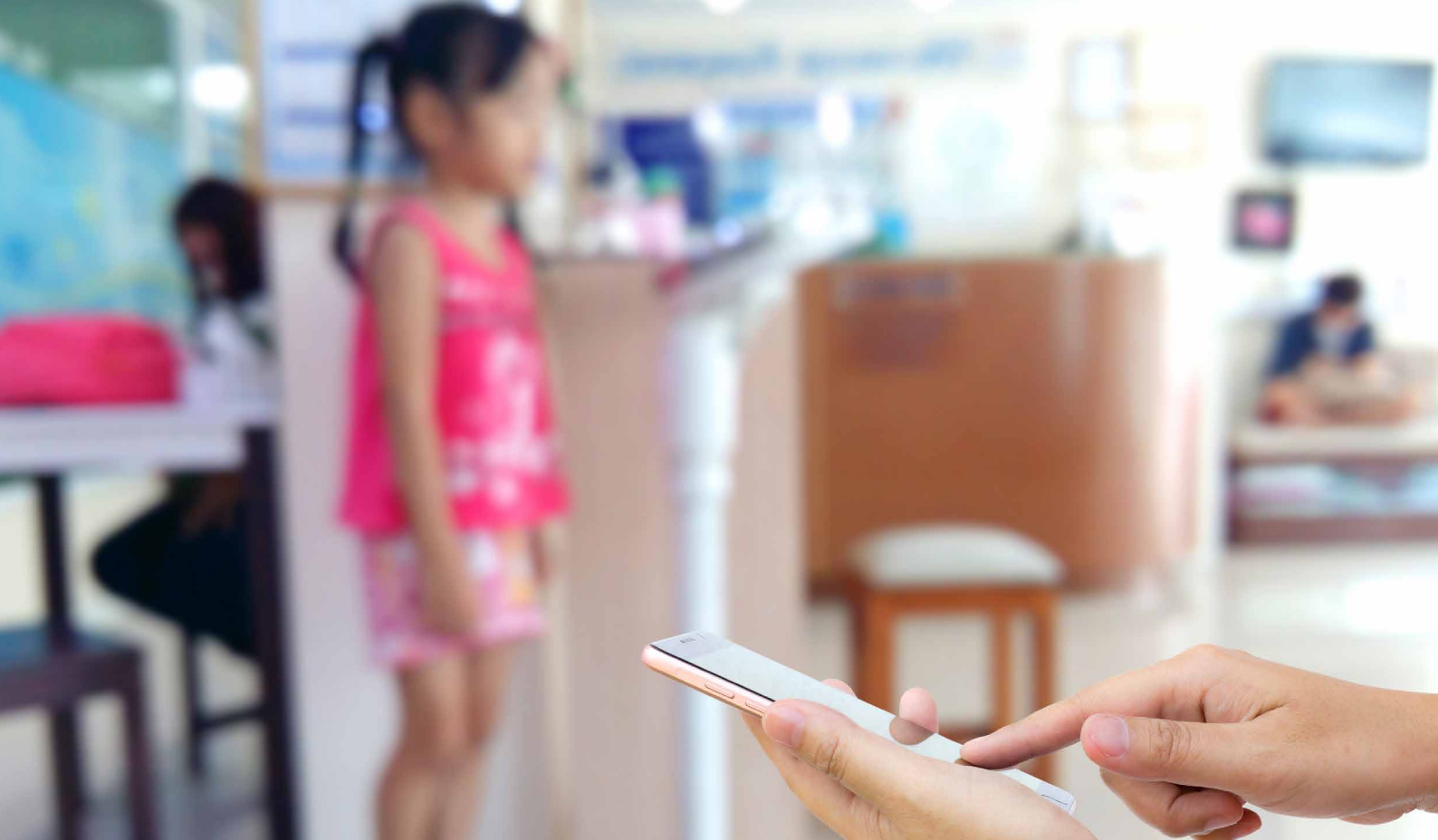
7. Eco-Code, a rallying call that everyone can get behind!

When creating an Action Plan, Eco-Committees choose three topics to work on from the Ten Eco-Schools topics below.

- Biodiversity, caring for all plants, animals and insects.
- Energy, reducing energy use and investigating greener energy sources.
- Global Citizenship, working with others on local and global issues.
- Healthy Living, improving mental and physical well-being.
- Litter, taking action to reduce litter in your local area and beyond.
- Marine, protecting rivers, canals, lakes, oceans and the plants and animals that inhabit them.
- School Grounds, enhancing your learning environment.
- Transport, travelling in an environmentally-friendly manner.
- Waste, refusing, reducing, reusing, repairing and recycling.
- Water, protecting our most important natural resource.

A common question asked is why does Eco-Schools not have a climate change or climate crisis topic? This is because all the topics relate to this issue in some way. By breaking this global is-sue into smaller 'topics' it helps guide young people to consider the manageable changes they can make in everyday life and helps to avoid eco-anxiety.

You can find out more about the Eco-Schools Green Flag and other Eco-Schools awards by clicking on the Eco Schools website or email Nicole on McGregorN@ealing.gov.uk.



National data shows the impact of the pandemic on pupils' obesity

NCMP finds the largest increases in obesity since the programme started in 2006

The NCMP is an annual programme that in a normal year measures the height and weight of over 1 million children per year in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years) in mainstream state-funded schools in England.

Prior to 2020 to 2021, prevalence of obesity has seen only small annual changes that have not exceeded 1.1 percentage points, since the start of the NCMP in 2006.

In 2020 and 2021, unprecedented increases were seen in the prevalence of obesity of 4.7 percentage points in Reception boys, 4.4 percentage points in Reception girls, 5.6 percentage points in Year 6 boys and 3.3 percentage points in Year 6 girls. Boys, particularly in Year 6, have experienced the largest increases in obesity and severe obesity. In Ealing, our sample of eight schools showed a 5-percentage point increase in obesity in Year 6 pupils, mirroring this trend.

These increases in child obesity prevalence in 2020 to 2021 follow the

COVID-19 pandemic which resulted in school closures and other public health measures. More data is needed to know whether this is a long-term increase.

The largest increases in the prevalence of obesity has occurred in the most deprived areas of England, resulting in the large and persistent disparities in child obesity having worsened.

Children spend six hours a day, 30 hours a week, 1,170 hours a year in school and may have up to two meals a day there too. Therefore, the school environment presents a substantial opportunity to positively influence food choices and physical activity participation.

So, what can schools do to help reduce rates of obesity?

- Become a Sugar Smart school in three easy steps. Find out more on our EGFL page and sign up to the Sugar Smart training on EGFL.
- Introduce a water-only Packed Lunch Policy and Whole School Food Policy in your school. To get started, download our Healthy Lunchtimes Toolkit on EGFL.

“ In Ealing, rates of overweight and obesity in Year 6 pupils has increase by 5-percentage points ”

- Introduce the Daily Mile in your school. To get started, email Nicole at McGregorN@ealing.gov.uk.
- Get more pupils participating in more clubs and broaden the offer to encourage them to take part.
- Encourage families to join ALFIE, a free, virtual, and interactive healthy lifestyle programme for children aged 5 to 13. For more information email clcht.ealinghealth4life@nhs.net.



LGfL wins BETT Award for new Extremism Resource for Schools

By Mubina Asaria, Online Safeguarding Consultant, LGfL

We're delighted that Going too Far—The Law and Extremism won the 'Best Wellbeing, Digital Wellness & Safeguarding Resource' at this year's BETT Awards, which is recognised globally as a benchmark of excellence, creativity and innovation in education.

What is 'Going too Far' and who is it for?

Developed in partnership with the Department for Education, this interactive classroom resource is designed to help students understand extremism and how online behaviour can be dangerous or even illegal. Experts explain the law, and how to get help, and lesson activities explore motives with real-life examples. Aimed at secondary schools, it also has many excellent applications for primary transition.

How will it help?

The resource focuses on teaching critical thinking to help young people stay safe by recognising motives, threats and challenges online and offline.

Is it real?

Yes. Not only do we use real examples from social media and online gaming, we have case studies of young people groomed by extremists to show in a non-scary way that it could happen to anyone but we don't need to panic.

What's in it?

- Starter videos featuring subject experts
- Scenario-based activities to explore potential risks, whether gaming, or on social media
- Getting help area, trusted sources for support and reporting channels
- Teacher mode tab with access to printable notes, extension activities, mini video guides and suggested answers to help lead informative discussions
- SEND & Inclusion area with video with audio narration, alternative text versions and differentiated questions

Is it just about Prevent?

Going too Far supports your Prevent duty as a school but goes much wider than

“Ofcom found that 20% of child gamers chat to strangers. Can your students spot extremist grooming techniques, to stay safe (and avoid breaking any laws)?”

that, teaching life skills to keep children and young people safe. All activities have cross-curricular relevance, facilitate a whole-school approach in line with RSHE guidance, Keeping Children Safe in Education, and link to statements in the UKCIS Education for a Connected World framework.

Download the resource at goingtoofar.lgfl.net. For further details, contact Mubina Asaria at mubina.asaria@lgfl.net.

Mini First Aid at Alec Reed Academy Primary

By Katie Smith, PSHE Lead, Alec Reed Primary

At Alec Reed Academy Primary school we recognise how important it is for our pupils to be as independent as they can be. On Thursday, 6 January this year we were fortunate to have a company come into to our school called 'Mini First Aid' and work with our three year six classes. In the one-hour session children learned to: deal with bumps, burns, breaks and bleeding; carry out CPR; and deal with choking.

The lesson was practical and really hands on, all the children were able to access the learning and have a turn. As a result of this session, the

children have learned basic first aid skills that they can use for life and will be much more confident if an emergency was ever to occur. Some children were even heard in the lunch time queue talking about how they would react to an emergency.

Mini First Aid have lots of other lessons and training ranging right from early years up to teaching adults. The company provide all the equipment and the skills. It was easy to book, just visit their website minifirstaid.co.uk, make an enquiry and someone will get back to you with prices.



Asthma in the Spring

Article by Louisa Erasmus, Integration Project Manager

As Spring blooms, many people suffer severe asthma symptoms. This can be extremely uncomfortable, especially for children living with asthma. Asthma is an inflammatory disease, which causes a person's airways to become extremely sensitive to various allergens. Symptoms include shortness of breath, wheezing and chest tightness.

A child can suffer from an asthma attack if they are exposed to triggers they are sensitive to. It is crucial that parents and carers of asthmatic children carry prescribed inhalers with them at all times to prevent asthma attacks. Other

advice is to keep children away from the following triggers as much as possible including dust, food allergies, furry animals, mildew and mould, tobacco smoke, pollen and pollution.

For additional information about asthma visit asthma.org.uk/ or contact the Asthma UK helpline on 0300 222 5800.



MVP Masterclass

Article by Graham Goulden

My name is Graham Goulden and the MVP Programme has been part of my life since 2009 when I first introduced it in to Scottish High Schools when I was part of the Scottish Violence Reduction.

People often ask why do you talk about MVP so much? That's simple. I believe in it, I've seen it work and I know it's more than a tool to reduce violence. The focus on building relationships supports academic attainment also. Think about it. When you feel safe in any relationship you feel great don't you? Ready to take on any challenge the world throws at you.

The upcoming masterclass will provide an

opportunity for attendees to further build their MVP knowledge. We will learn to deliver aspects of the programme. As they say practice makes perfect. Importantly, we will listen to examples of where MVP has already landed in your area. This sharing of experience will ensure good practice is able to be used in other schools.

The power of the young person will also help shape understanding of the MVP Programme. The presence of some MVP mentors will allow 'us adults' to see the world through the lens of a young person. Something that 'us adults' often forget to do.



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
Featherstone Nursery and Primary	Mandeville School	Perivale Primary	
Vicars Green Primary	Castlebar School		
	John Perryn Primary		

Healthy Schools points scheme

2021/21 points tally for Ealing schools

Healthy Schools points tally			
Schools	First	Second	Third
Ealing Primary Schools	Little Ealing Primary School (25 points)	Alec Reed Primary School (23 points)	Beaconsfield Primary School (22 points)
Ealing High Schools	Alec Reed Academy High (12 points)	Northolt High (10 points)	Elthorne Park High (8 points)

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	Date	Location	Cost
CP for Experienced DSLs	10 May	Book via Ealing CPD online	Free*
Primary PSHE Network	11 May	Book via Ealing CPD online	Free*
High School PSHE Network	12 May	Book via Ealing CPD online	Free*
CP for NEW DSLs	17 May	Book via Ealing CPD online	Free*
HAT workshop 4	18 May	Book via Ealing CPD online	Free*
DSL Network	18 May	Book via Ealing CPD online	Free*
DSL Network	22 June	Book via Ealing CPD online	Free*
CP for Experienced DSLs	5 July	Book via Ealing CPD online	Free*
CP for NEW DSLs	12 July	Book via Ealing CPD online	Free*

* Free to 'Healthy Schools Awards and Training Package' members and 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 three 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 four practical workshops to help you achieve the HSL awards, access to PSHE network, a celebration event, plus a choice from over 20 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

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

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

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