

ealing schools



a health & wellbeing toolkit

health. fair

Ealing Extended Services Locality

September 2013



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The Design of the Toolkit

This toolkit is designed to be used as an electronic resource with relevant hyperlinks included for immediate access to external sites which may be useful to you

Templates and Tools

In order to assist you in your planning for the Health Fair, we have prepared a Contact List and many useful templates, letters, checklists and posters you can adapt.



Grange Primary School Health & Wellbeing Fair

22nd May 2013



Special thanks to Karen Merison, the staff and children at Grange Primary school who assisted in the development of this toolkit and who held their Health & Wellbeing Fair in May 2013.

This was the finale to a themed week which included activities and events across the whole school.

Children and over 200 parents had lots of fun, opportunities to participate and increase the knowledge and awareness of health & wellbeing issues. The children enjoyed cycling to power the smoothie making machine, dancing, skipping, football, healthy meal tips and so much more.



Aims of the Toolkit

- To construct a model toolkit in order that school's can organise a health fair individually or collectively
- To support schools evidence
- To provide a core and options framework to meet the widest needs of the schools

Objectives

A health wellness fair is an event to:

- Increase health awareness by providing, activities, materials, demonstrations and information;
- Increase awareness of local, regional, and national health services and resources;
- Potentially provide check-ups for children and adults (e.g. blood pressure)
- Motivate parents and children to make positive health behaviour changes;
- Teach self-care practices;
- Identify topics and participants for future educational health programmes



The Context

Ealing Child Health Profile

It is important to understand the local context related to the health and well-being of children and Ealing and there are tools to help you keep up to date.

The current Ealing Child Health Profile for 2012 can be downloaded [here](#) and it gives a snap shot of child health in the Area.

The key findings are as follows:

- Around 23% of the population of Ealing is under the age of 20. Around 81% of school children are from a black or minority ethnic group.
- The health and well-being of children in Ealing is generally better than the England average. The infant mortality rate is similar to the England average and the child mortality rate is worse than the England average
- The level of child poverty is worse than the England average with 29% of children aged under 16 years living in poverty.

- Children in Ealing have higher than average levels of obesity. 11% of children in Reception and 21% of children in Year 6 are classified as obese. 59% of children participate in at least three hours of sport a week which is better than the England average.

- The MMR immunisation rate is lower than the England average. Immunisation rates for diphtheria, tetanus, polio, pertussis and Hib in children aged two are similar to the England average.

- GCSE achievement in this area is lower than the England average. Only 56.1% of young people gain five or more GCSEs at A* to C grade including maths and English.

- The percentage of young people aged 16 to 18 not in education, employment or training is lower than the England average.

Marmot Indicators for Local Authorities

[**Fair Society, Healthy Lives: The Marmot Review**](#) report was published in February 2010.

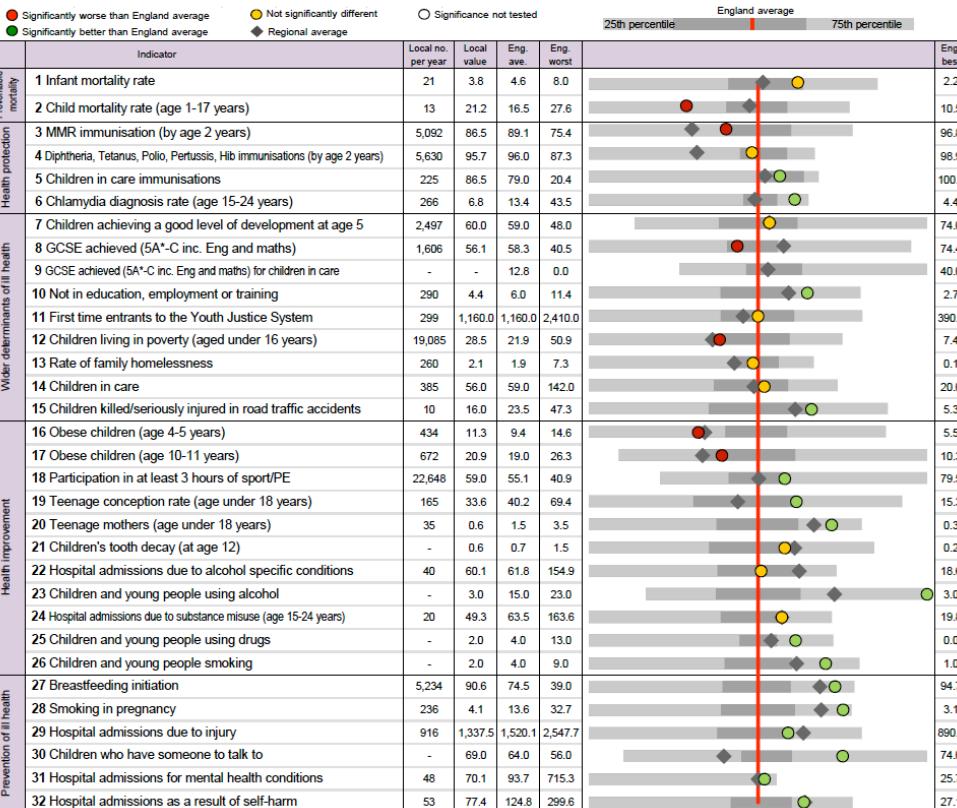
The report stated that reducing health inequalities is a matter of fairness and social justice.

It finds that health inequalities result from social inequalities. Therefore action on health equalities requires action across all social determinants of health.

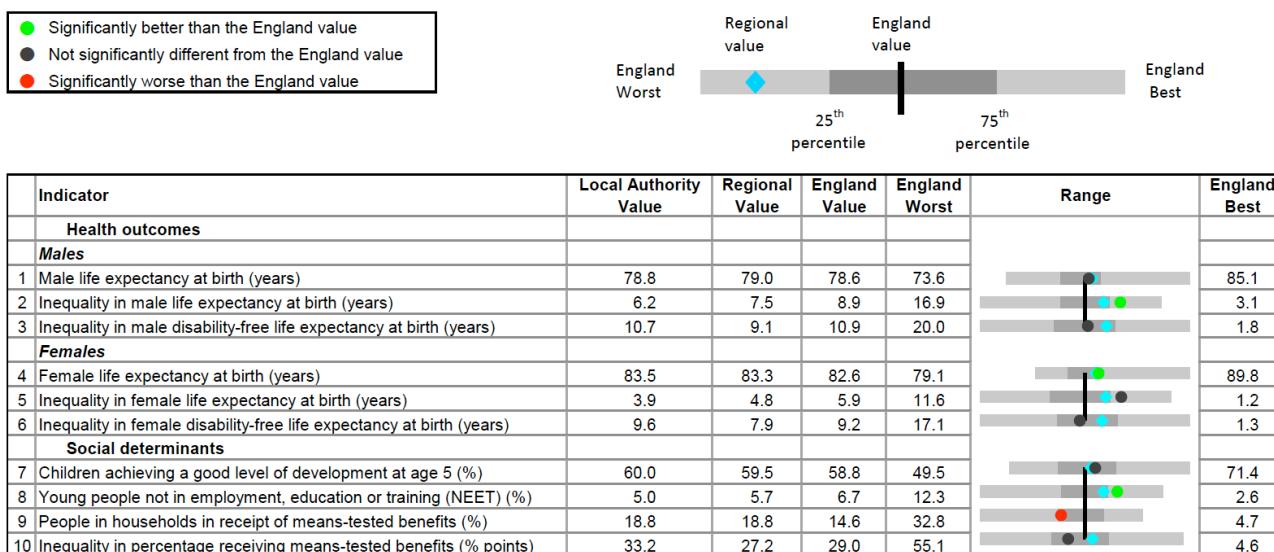
However to reduce the steepness of the social gradient in health, actions must be universal, but with a scale and intensity that is proportionate to the level of disadvantage-*proportionate universalism*

Summary of child health and well-being in Ealing

The chart below shows how children's health and well-being in this area compares with the rest of England. The local result for each indicator is shown as a circle, against the range of results for England which are shown as a grey bar. The red line indicates the England average. The key to the colour of the circles is shown below.

**Marmot Indicators for Local Authorities in England, 2012 - Ealing**

The chart below shows key indicators of the social determinants of health, health outcomes and social inequality that correspond, as closely as is currently possible, to the indicators proposed in Fair Society, Healthy Lives. Results for each indicator for this local authority are shown below. On the chart, the value for this local authority is shown as a circle, against the range of results for England, shown as a bar.



Marmot Objectives

1. Give every child the best start in life
2. Enable all children, young people and adults to maximise their capabilities and have control over their lives
3. Create fair employment and good work for all
4. Ensure healthy standard of living for all
5. Create and develop healthy and sustainable places and communities
6. Strengthen the role and impact of ill-health prevention.

chang e4life

Change4Life's aim is to inspire a broad coalition of people, including the NHS, local authorities, businesses, charities, schools, families, community leaders - in fact anyone working with families or individuals - to all play a part in improving the nation's health and well-being by encouraging everyone to eat well, move more and live longer.

Launched in 2009, Change4Life was aimed at parents with children. The movement now encompasses adults, and has a sister brand, Start4Life, which introduces healthy habits right from birth. Change4Life uses cartoon imagery and informal, non-judgmental language to suggest easy diet and exercise swaps. It also offers support so that our audience is more likely to make the changes they need to a more healthy lifestyle.

In addition to talking to people directly through TV advertising and online, a key part of Change4Life is its partnership with others to deliver its message. While Change4Life was government instigated it has never been a government owned brand.

Instead, everyone with an interest in improving health to partner with Change4Life in a wider social movement for health. To that end a large set of Change4Life resources and branding is available for partners and supporters to use free of charge to support their health and well-being work.

The aim of this campaign is to target young families and action changes to modern life instead of pointing the finger at parents. If plans of this nature are not implemented it has been predicted that 90 percent of today's children could be overweight or obese by 2050.

Change4 Life website

Click here



The information and key messages of the pack will be aligned to the nationwide Change4Life campaign



Eat well

Move more

Live longer

health & well being

Health
is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Wellness
encompasses emotional stability, clear thinking, the ability to love, create, embrace change, exercise intuition and experience a continuing sense of spirituality.

(World Health Organisation)

Your school health fair can also include exhibitors and resources promoting “well-being” activities supporting better health outcomes



Health	Wellbeing
Dental Health	Yoga
Food and Diet	Meditation
Physical Fitness	Coping skills and resilience
Alcohol related misuse	Stress Management
Smoking Cessation	Massage
Mental Health	Circus Skills
Screening tests and Immunisations	Gardening
Sexual Health	Dancing
Personal Safety	Bicycle Maintenance

let's begin

Planning a Health & Wellbeing Fair

Successful Health Fairs /Wellness Fairs require a tremendous amount of planning beginning at least six months before the target date; Forming the planning/ coordinating committee is key to the successful organisation of the health fair, and it is strongly suggested that a health professional be invited to participate on this committee



Your 11 Step Planning Guide

Step 1.

Form a committee and develop a budget

Once the committee is formed, establish a reasonable goal or goals for your health fair. Your goal is the reason why you're having your fair. Your goal guides your event planning.

Set Reasonable goals for the health fair , for example:

- to increase awareness of health resources in your community.

- Spreading the word about your community's new clinic could be a health fair's goal.
- to provide participants with preventative care information. One example is to provide 100 women with literature about exercise
- to screen individuals for certain conditions.
- to enrol people into medical or wellness programmes. An example of this goal would be signing fifty people up for an exercise class.

Consider your budget.

Hospitals, clinics and other health care agencies are often willing to send a representative for free, however, some do charge for screenings. Will you need to rent or purchase tables, chairs, and/or tents? For outdoor events, you may need generators to provide electricity for sound systems, medical equipment, etc. Providing free food for attendees and staff adds cost but will attract participants.

Your next actions

- Determine your goals and what issues you want to focus on.
- Check on legal requirements, insurance coverage, and waiver forms

for the school (photographs etc.).

- Establish operating rules, including reimbursement procedures, status reports, sponsor support, storage locations for materials/ donations, and committee member back-up.
- Delegate responsibilities, including those related to obtaining clearances, security, transportation, parking, vendor recruitment, publicity and other printed materials, volunteer recruitment, refreshments, vendor lunches, display setup/ breakdown/cleaning, contracts, donations, and insurance.
- Establish milestones and timelines

Top Tip 1

Start planning early, and form the planning committee well in advance.

The last month before the event is time-consuming no matter how well you've planned.

Step 2.

Determine the date and location

Find a location for your fair and book it for your desired date and time. This step may seem obvious, however, it's surprising how many organisations don't do this important step in the early stages. Consider having all or part of your event outdoors if you'd like passersby to attend. For outdoor events, think about what you'll do in case of inclement weather. Will you move indoors or have a previously announced rain date?

Also think about accessibility of the site. Is there adequate parking? Can wheelchair-bound attendees access the site? If the site is unfamiliar to your attendees, provide directions and post signs. Use balloons near the event's entrance to help people find your event.

Your next actions

- Determine the date, and confirm the location.
- Identify a guest speaker for opening remarks at the kick-off ceremony.

Step 3.

Agree the theme, target audience and target exhibitors

Decide on a theme for your health fair. Considering your audience and your goal are the most factors in deciding your theme. Your theme should be appropriate for your population.

Your next actions

- Agree a theme and target audience for the Health fair
- Initiate organisational planning to accommodate exhibitors, including those related to exhibitor requirements, clearances, contracts, security requirements, parking, and transportation.
- Determine the number of Exhibitors and Workshops the location can fit
- Determine if you want Exhibitors that represent business, non-profit, and/or government organizations, NHS etc.
- Exhibitors should all have a health mission

Step 4.

Select Activities and develop/adapt materials

Decide what activities to have at the health fair. Use your theme as a guide. Information stalls, health screening booths, demonstrations and exhibits are standard. Keep speaker presentations short, but allow a brief period for questions and answers.

Think outside of the blood pressure screening box. What does your audience really need? Perhaps your parents/carers need stress reduction.

Don't stop at inviting someone to pass out literature.

Get massage therapists to do seated massage.

Have an aerobics instructor give an exercise demo.

A nutritionist can do a cooking demonstration that shows attendees how to prepare a healthy meal.

A cardiologist could speak on the signs of heart disease or what to do in the event of a heart attack.

There are lots more possibilities when you consider each healthcare professional from dentists to physical therapists has something to share.

Your next actions

- Develop materials, including evaluation forms, an event logo, promotional media (i.e. for print, internet, TV, radio, email),
- A letter for vendors and product donors about the event.
- A letter of invitation for Parents and Carers

Step 5.

Contact exhibitors- don't go it alone

Invite hospitals, clinics, fitness centres, and other health care providers to partner with you.

Look for local groups of national health organisations, such as the St. John's Ambulance

Partnering with other groups will increase attendance and give your participants access to more information.

A phone call is usually best for an initial contact. You can always follow-up in writing later. If you're calling a large organisation and don't know whom to speak to, ask for the public relations department

Your next actions

- Contact Exhibitors.
- Send an initial letter announcing the event and its sponsors.
- Follow up with telephone calls and emails.
- Contact donors, or purchase items to be given away at the health fair if appropriate
- Contact local press

Step 6.

Plan logistics and confirm arrangements with exhibitors and guests

Make a checklist to handle logistics. At a minimum, you'll want to assign each participating organization a booth and note how many table and chairs are needed at each booth. Always ask participating groups if their exhibits require access to an electrical outlet.

Your next actions

- Send out a confirmation to exhibitors who have agreed to participate.
- Ensure you liaise with the school caterers regarding their contribution to the event

- Confirm donations and material delivery options (i.e. where to unload on the day of the event or where to ship).
- Confirm the guest speaker(s) and obtain speaker support, including a podium, microphone, and audio visual equipment.
- Send a letter to the VIPs, such as School Governors and department heads.
- Use the checklist in this toolkit to handle logistics

If possible, take advantage of social media. Send tweets. Put it on Facebook and ask your Facebook friends to spread the word.

Step 8.

Organise your Adult Volunteers

Obtain your Adult volunteers and establish responsibilities, and create a work schedule.

Responsibilities should include meeting and escorting vendors, providing refreshments in the morning or afternoon, setting up, cleaning up, serving as host/hostess, distributing vendor lunches, working the reception desk, giving out event bags, and distributing and collecting evaluation forms.

Have an orientation meeting with volunteers a week before the event to make sure everyone knows their responsibilities

Top Tip 2

Pay attention to small details, including those related to rubbish bins, water locations, electrical outlets, smoke alarms (if you have something like a popcorn machine), lost and found items, and name tags.

Top Tip 3

Have a back-up plan for last-minute exhibitor cancellations or no-shows. Always have a co-chair on the planning committee, and plan knowing you will probably lose some members of the committee during the planning process

Step 7.

Finalise arrangements and publicise the event

Finalise logistical efforts, including those related to exhibitor display/table layout, table skirts, event bags, audio visual needs, signs, exhibitor lunch selection, confirmation of exhibitor delivery time, waste bins, reserved parking, refreshments delivery room set-up schedule, time the room is accessible to volunteers, and photographer arrangements.

Publicise your event.

Mail flyers four weeks in advance. Add a cover letter asking your partner organisations to inform their members. E-mail your audience the day before the event. Announce the fair in your newsletter. Post flyers in the local shops and community organisations.

Of course, place the event details prominently on your website.

Step 9.

Organise your classroom activities and pupil volunteers

It is recommended that you tie in the health fair into a week of health related activities and awareness raising across all year groups, with the health fair becoming the focus for the week.

Plan a series of classroom activities and if possible invite guests in to speak or work with classes, for example the "Tooth Fairy" to reception class to promote good dental hygiene in a fun and developmentally appropriate way.

Utilise and give responsibility to the school council and other pupils to fully participate in the fair.

Responsibilities should include meeting and escorting VIPs and parents, participating in demonstrations and exhibiting own classwork .

Have an orientation meeting with pupils a day or two before the event to make sure everyone knows their responsibilities.

Step 10.

On the day of the event

Before the event begins

On the morning of the event, arrive early, before the event begins.

Meet with volunteers to answer questions and to set up the reception area (i.e. arranging bags, evaluation forms and drop box,

donated materials, and hostess name tags).

- Meet exhibitors, assist with setup, answering logistical questions, locating booths for specific information, and providing emergency assistance
- Ensure the staff and pupils are briefed about their roles and responsibilities on the day.
- Announce the speaker, thank the volunteers and committee members,
- identify restroom locations, and emergency evacuation procedure including Assembly Point
- Take pictures, (ensuring you have parental permission if pupils are included)

Encouraging parents to participate and evaluate

Have a registration table at each entrance to the fair:

Have each parent fill out a short form or card with blanks that requests all the data you need to track.

Keep the form as short as possible but be sure to ask for what you need to stay in touch. The parents' name, mailing address, phone number, and e-mail address will be sufficient.

If you're afraid that people will not give out their contact information, provide an incentive.

For example, enter each registration form in a drawing for a door prize.

Another incentive is to make a completed registration and evaluation form a requirement to get a desirable freebie such as a "goodie bag" of health related products you have got through donations from exhibitors.

After the event has finished

- Thank the committee and volunteers and pupils for their assistance.
- Replenish refreshments, materials, and other items.
- Remain after the event to meet with the committee and volunteers responsible for clean-up, finalise any payment, collect any undistributed materials, and ensure all equipment signed for is returned.
- Collect the evaluation forms from the drop box.

Top Tip 4

Make it fun and interactive!

Activity-oriented health fairs inspire more learning than a passive look-and-see health fair.

Topic choices are limitless. Your health fair planning committee can help choose topics.

Ask participant agencies to come prepared to provide a hands-on teaching activity in their booth.

These booths should provide something to do that will teach at least one important point about their subject



Step 11.

Evaluate the health fair and keep in touch with parents

Now that you've done all this work to put on a health fair, keep in touch with the parents. ir:

Your next actions

- After the event, analyse the evaluations, and develop a list of lessons learned
- Include any recommendations for the next health fair, such as additional topics or vendors
- Send thank you notes to the committee, volunteers, pupils, sponsors, and others that helped make the health fair a success.
- Continue to keep parents up to date with health related information and events through your school website, newsletters etc.

Logistics are your key to success

When planning a health fair, consider the space you have available. It is best to consider space availability early so you will know how many vendors and exhibits you can accommodate.

A floor plan or layout will help determine the setup and space needs. *We have included an example and proforma in this toolkit*

In designing the floor plan keep the following information in mind:

Space:

The space vendors will need may vary. Let each vendor know in advance how much space they will have, or talk with each vendor before designing the floor plan.

Electricity:

Check with each vendor to determine if they will need electricity for their booth or display. Locate the available electrical outlets and place these vendors in your floor plan first.

Screening Tests:

If you have screening tests such as blood pressure and cholesterol, place these vendors together. Also consider whether one test needs to be performed before another. As screenings are considered personal information, you may want to place these vendors in a quiet area so that test results can be discussed in private.

Traffic Flow:

Some booths and display areas are more popular than others and will cause a line to form. If you anticipate this, allow more space for these booths, or place a less popular booth on either side. That way, people will visit the less popular booths as they wait in line. Consider having an entrance and exit to ease the flow of traffic.

Registration:

Having participants register is a great way to determine the number of attendees at the health fair. This information can be used as part of your health fair evaluation. You can go back to these participants for feedback.

Vendor Information:

To help the day run smoothly, send a copy of the floor plan to vendors, letting them know where they will be setting up their booth. Also remind vendors where to park, which entrance to use to unload their supplies and other relevant information.



Wireless Internet and IT:

Confirm with vendors whether they need access to the internet, or IT equipment and displays.

Have access information and IT equipment available on the day.

Activities

Health fair activity ideas

Activity-oriented health fairs inspire more learning than a passive look-and-see health fair.

Topic choices are limitless. Your health fair planning committee can help choose topics

Ask participant agencies to come prepared to provide a hands-on teaching activity in their stall. These stalls should provide something to do that will teach at least one important point about their subject.

Stalls, Exhibits and Demonstrations

The following are suggestions for hands-on stalls you can put together or solicit others to provide during your health fair

Samples & Freebies

Have your sponsors bring free samples or gift bags to the fair.

Use the samples as prizes, or give them away to participants as they visit booths.

Some good samples to give away would be small tubes of toothpaste, toothbrushes, samples of sunscreen, small bottles of hand sanitizer, and brochures and tip sheets about some of the health concerns covered at the health fair.



Health in the Home

Home Health Centre

Make a display of the health care medicines, supplies, and information to have on hand in the home, including self-care tools (e.g., thermometer, humidifier, cold pack, etc.), over-the-counter products (e.g., cough expectorant, Paracetemol tablets etc.).

Local retailers/chemists might wish to have a stall to demonstrate correct use and storage of medicines and promote their services

Poison Prevention

Many different items look similar and children easily mistake one for another.

With a poison prevention booth, children learn to distinguish between medications and candy or liquid household cleaners and beverages.



Displays include candy and pill comparison or toothpaste and ointment comparison to see if participants can tell the difference. Have a booth to teach participants to beware of “look a likes.”

Many items look similar and can be mistaken for one another. For example, children often mistake medicine for candy or liquid cleaners for beverages. Make a poster with different pills and candies.

Have flaps to conceal what each item is called. See if participants can discriminate between the candy and medicine.

Child Health

Present a short program on child health issues, such as:

- How to care for a child with fever
- Preventing and treating colds & flu
- Preventing ear infections

Hand-washing

A hand-washing booth would be a good attraction for children. Even if you don't have running water available at the fair location, some basins of water would be enough to teach about the length of time to wash and the correct soaps and techniques. Talk about the importance of not spreading germs and washing hands, especially in the cold and flu season.

Activities:

- Put a small amount of glitter on participants' hands. Let one participant wash their hands in a bowl with soap and one without soap. Show how soap gets rid of the glitter (germs) better than water alone (be sure to have fresh water available).
- Put glitter in your hand, shake the hands of participants, and show them how the glitter was transferred. Explain how germs are transferred in this way.

Nutrition

Invite your school caterers and specialist exhibitors to talk about nutritional issues such as:

- What makes a healthy meal
- Portion size,
- Cutting down of sugar and fat,
- Healthy packed lunches
- Reading labels.

Prenatal Care

Ask a dietitian from your local hospital to speak about prenatal nutrition.

[Click here for lots of ideas from the Children's Food Trust](#)

Activity example:

Sugar Awareness

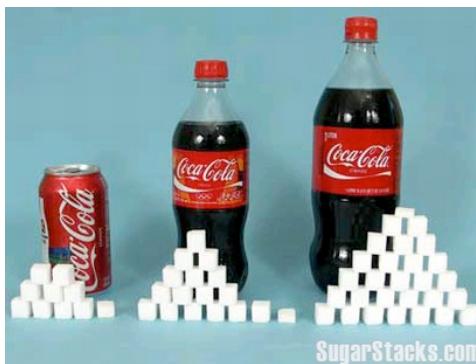
Ask pupils/parents to bring in empty packaging of cereals, fizzy and still drinks, sweet wrappers, biscuits etc.

Distribute boxes of sugar cubes (each cube equates to 4g of sugar)

Ask pupils/parents to stack up, gram for gram the equivalent number of sugar cubes to the total amount of sugar in the products.

Example:

A small can of Coca Cola contains 39g of sugar- **that's 9.75 cubes!**



The website **Sugar Stacks** is a good source of ideas and information.

[Click here](#)

Dental Care

Ask your local dentist or specialist Health Advisor to provide an exhibit or stall on dental care.

Ask if toothbrushes, dental floss, etc. could be given away free of charge at the booth.

Let the dental care provider know he or she can advertise the practice through this booth.

Tobacco Use Prevention

There are a number of organisations who can provide information and activities for your health fair.

Smokefree is the main NHS source of advice for quitting smoking and raising parents's awareness of the effects of their smoking on their children.

The Glasgow & Clyde Smokefree site have resources for activities in schools

[Click here](#)

Kids against tobacco smoke.

Facts and games to help kids stop smoking. Learn about cancer, nicotine and the effect of smoke and join the Kids Against Tobacco Smoking campaign.

[Click here](#)

Smoke Free Schools Seven Steps to Success: [Click here](#)

Activities:

Try these activities with health fair participants:

Grasping for Air

Almost all cases of emphysema are due to cigarette smoking. The Gasping for Air activity will help participants to understand what it feels like to have emphysema.

Materials: one wrapped straw for each participant.

Participation: Give each participant a straw, and ask them to remove the wrapping. Have each participant place the straw in his/her mouth. Ask each participant to pinch his/her nostrils closed and breathe only through the straw in the mouth.

Another version of this is to have participants run in place for one minute. Then place straw in the mouth and breathe for one minute through the straw only. Children and teens like this version.

Caution:

Explain that if any difficulty exists with breathing, they can stop the activity at any time.



Smoke in the Air

This activity only takes 5 minutes and is a good way to help people understand the implications of second-hand smoke.

Materials: spray bottle filled with water; tar-stained handkerchief.

Demonstration: Spray water from the spray bottle into the air as you move around the room.

Participation: Ask participants how they would react if they thought you were spraying perfume? A deadly poison? A virus? Tobacco smoke?

Explain that second-hand smoke is the smoke that's in the air when tobacco is being smoked.

Nicotine is also present in the second-hand smoke. Tar, nicotine, and other harmful substances in tobacco smoke pose a health threat to nearby non-smokers (adults, children, even family pets are affected).

Jar of Tar

This activity demonstrates how much tar goes into the lungs of a smoker in one year.

Materials: Clear jar with a lid. One cup of molasses poured into the jar.

Demonstration: Hold the jar with the 1 cup of molasses.

Participation: Ask participants how long would it take for a 1 pack a day smoker to get this much tar in their lungs. Ask participants what tar has to do with smokers' cough.

Explanation: This is how much tar enters the lungs of a 1 pack a day smoker in one year.

Tar contains the substances that cause damage to lungs resulting in problems like emphysema and lung cancer. Tars also cause damage to the hair cells or cilia in the respiratory tract, causing the hairs

to be flat instead of standing up and sending mucus back up the tract. Mucus collects, and the smoker has to cough to get the mucus out. This is what causes the smokers' cough. As shown in the Smokey Room demonstration above, tars get into the air, and people around the smoker breathe them too



Fire Safety in the Home

Most fires in the home can be prevented, by taking some basic and common sense precautions.

The FireService UK website has excellent advice for parents in their, "Fire Safety in the Home" leaflet, which is also available to download in many community languages.

Click here

A home fire safety guide (foldable card version) is available [here](#)

The London Fire Brigade Schools Team

provides fire safety education to children in primary schools within Greater London.

The following link gives further details and Core lesson Plans

Click here

and developed a range of teaching resources

Click here

Personal Health

Back Health

Ask your local chiropractor to show a display of the backbone and discuss the importance of posture and having a healthy back. Let the care provider know he or she can advertise the practice through this booth by giving out free notepads, pencils, etc. with the business information printed on them.

A local masseuse or chiropractor could set up a massage chair and give free, one-minute massages to health fair participants. Your masseuse or chiropractor can talk about things that can be done to alleviate back pain.

Mental Health/ Wellbeing

Contact the Ealing Mental Health & Wellbeing service [here](#)

They may have stress monitors and computer programmes for biofeedback, which they may be willing to provide during your health fair.

Download the Ealing Wellbeing Services Bluebook directory [here](#)

Heart Disease Prevention Blood Pressure Booth & BMI

Arrange with a local doctor or nurse to give blood pressure readings and help to calculate Body Mass Index (BMI) for participants

They could talk about what the numbers of the readings mean & the different ways to lower blood pressure that is too high.

CPR and First aid Demonstrations

Your local St. John's Ambulance could give a CPR demonstration in a booth or in front of a larger audience. St.John's Ambulance (Ealing Tel: 020 7258 3456 email: enquiries@ealing.sja.org.uk)

Health outside the home

Travel

Road Safety

THINK! is the Department of Transport's suite of road safety resources for teachers, pupils and parents. Their aim is to encourage safer behaviour to reduce the number of people killed and injured on our roads every year.

Click here for Resources for Schools, pupils and parents

Car Seat Clinic

Set up a clinic where parents can have their car seats checked for proper installation. The local fire department is trained to look for proper installation, and can also talk about the importance of car seats, booster seats and safety belts for children and adults.

Further advice **here**



Bicycle safety and bike maintenance

Hold a bicycle safety event.

Provide children with an educational programme about bicycle safety. Have each participant go through a safety course where they must use appropriate hand signals, etc. Then have each participant ride through an (age-level appropriate) obstacle course. Try to include a bicycle maintenance element if possible.

Bikeability -'cycling proficiency' for the 21st Century, gives excellent information, lesson plans and guidance for schools.

Click here



Skin Cancer Prevention

Talk about the importance of applying sunscreen, using appropriate SPF (sun protection factor), and wearing the right clothing outside.

Physical Activities

Have a local aerobics, fitness, or karate expert provide a free, participatory activity, such as beginning step aerobics, or the advantages of strength training, etc.

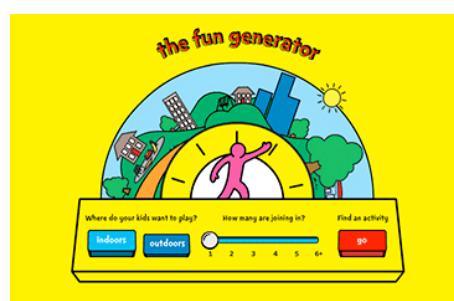
Ask an exercise physiologist, sports trainer, or physical therapist to speak on how to buy appropriate walking shoes or exercise equipment, what sports drinks are best or how to make your own sports drinks, learning to find your target heart rate, safely exercising in heat and cold extremes, or how to start a walking club.

Move More

Change 4 Life has lots of ideas and activities to inspire the parents and children

Why not give the *fun generator* a go?

There are 100 fun ideas to get moving more. **Click Here**



There's also a mobile fun generator app that parents and children can access for their mobiles and tablet devices such as the iPad

Download here



Physical Activities for people with disabilities in Ealing

Active Ealing works with a range of partner organisations to organise activities and competitions for people with disabilities of mixed ages and abilities.

The aim is to provide activities and facilities that are accessible to everyone.

Click here for more information

Children's Safety Organisations

The Child Accident Prevention Trust (CAPT)

is the UK's leading charity working to reduce the number of children and young people killed, disabled or seriously injured in accidents.

Click here

They have an Annual Child Safety week, usually held in June, with lots of resources and ideas

Click here

The Royal Society for the Prevention of Accidents (ROSPA)

ROSPA's mission is to save lives and reduce injuries. This site is an excellent resource for schools and parents alike.

Click on the Heading below for further guidance

- **Road Safety**
- **Home Safety**
- **Leisure Safety**
- **School Safety**
- **Child Safety**



Activities gallery



Online link

Quick links to online resources

As you have seen so far in this toolkit, there are a number of hyperlinks to resources and information in the previous sections. This section has been devised to expand on this and allow you to navigate quickly to the information you need

Organisation	Description	Link
Change4Life-Main Site	The aim of this campaign is to target young families and action changes to modern life instead of pointing the finger at parents	Click
Change4Life-Eat Well	Topics include, shopping tips; snacks; watch the salt; cooking & meal ideas; sugar swaps; breakfast, healthy eating tips; breakfast; cut back on fat; be food smart; lunches and picnics; 5 a Day	Click
Change4Life-Move More	Topics include, Active Travel; Active holiday planner; The fun generator; Mobile fun generator; Get active with Lazy Town; Hobbies & Sports; Get going every day	Click
Change4Life-Choose Less Booze	Topics include, Cutting down on alcohol; Drinks Checker; Drink tracker app;easy drink swaps;Alternatives to drinking; Benefits and Rewards; Alcohol's hidden harms; Existing conditions; Units & Guidelines; Sneaky Drinks	Click
Change4Life-Sneaky drinks		Click
Change4Life-Local Activities	Online directory of hundreds of places where you can have fun and get active. There's something for all the family here.	Click
Bike4Life	Lots of resources and explains the background to Bike4Life	Click
Breakfast4Life	Lots of resources and explains the background to Breakfast4Life	Click
Play4Life	Lots of resources and explains the background to Play4Life	Click
Walk4Life	Lots of resources and explains the background to Walk4Life	Click
Swim4Life	Lots of resources and explains the background to SwimLife	Click
Let's Dance with Change4Life	Lots of resources and explains the background to Let's Dance4Life	Click
Change4 Life apps	Free apps are available for mobiles & iPads; Healthier Recipes;Fun generator; Drink Tracker	Click

Online link

Organisation	Description	Link
British Red Cross	A range of imaginative games, interactive activities and innovative lesson ideas for primary school	Click
Cancer Research UK	SunSmart School Resources, including school policy guidelines, activity sheets and worksheets for all ages	Click
Children's Food Trust	A wide range of topics and materials available including; packed lunch menus; posters about nutrition; British seasonal food chart; Recipe Cards; Little book of goodness; Cook for success-school cooks; a quick guide to reviewing your catering services; ; a quick guide to tendering your catering services; A quick guide to Free School Meals and translated resources	Click
Food for Life Partnership	The Food for Life Partnership is a network of schools and communities across England committed to transforming food culture. We aim to reach out through schools to give communities access to seasonal, local and organic food, and to the skills they need to cook and grow fresh food	Click
Food a fact of Life	Food - a fact of life provides a wealth of free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 16 years. The resources are progressive, stimulate learning and support the curriculum throughout the UK. All resources are designed to ensure that consistent and up-to-date messages are delivered.	Click
Teaching Ideas-Keeping Healthy	A wide range of ideas and resources related to keeping healthy	Click
Public Health England-Hand Washing	Posters and activities related to the importance of hand washing	Click
Child Accident Prevention Trust	Lots of age related activities raising children's awareness about a broad range of safety issues in and out of the home	Click
SafeKids	Safekids provides practical tips, advice and guidance on child safety issues	Click
Tales of the Road	Department for Transport website for children about road safety	Click
Ealing Cycling	Comprehensive guide to cycling in Ealing	Click
Kidsmart	An award winning, practical internet safety programme website for schools, young people, parents, and agencies, produced by the children's internet charity Childnet International.	Click

Visual display information

Child Health infographics



- ## —12— MENTAL BENEFITS of EXERCISE
-
- >>**EXERCISE WILL MAKE YOU FEEL BETTER!**
Exercising releases endorphins, making you feel happy and positive about yourself. Don't we all want that?
 - >>**OVERALL MOOD BOOSTER!**
Exercising regularly will release tension. This translates into solved problems with depression and stress.
 - >>**CONFIDENCE.**
When you exercise and relieve that tension while taking care of yourself, you can't help but be proud of your accomplishments. You feel like a brand new you, and you know you look good.
 - >>**IT HELPS YOUR BODY TO HAVE A HIGH PAIN TOLERANCE.**
Exercise can make you sore sometimes. At first it might be horrible, but after it happens a few times you learn how to deal with it. This leads to an overall increase in your pain threshold.
 - >>**WORK TO IMPROVE YOUR BRAIN POWER!**
Exercise causes your body to create more brain cells and connections. This means your brain becomes more powerful and has a greater capacity for learning.
 - >>**EXERCISE IMPROVES YOUR CHARACTER.**
Sticking to an exercise routine will help you to develop the qualities of discipline, dedication, and determination.
 - >>**SELF DISCIPLINE.**
It also helps you develop the skills of compliance and adherence. These skills will have a positive effect in all areas of your life.
 - >>**EXERCISE CAN HELP WITH ADDICTION RECOVERY.**
As mentioned before, exercise can help you to develop discipline. Overcoming addictions can become a lot easier when a workout routine is in place.
 - >>**IT ALSO HELPS COMBAT DEPRESSION.**
Depression is caused by a chemical imbalance in the brain. Exercise induces "happy chemicals" to be produced more abundantly.
 - >>**FITNESS REDUCES ANXIETY.**
Using your energy in an effective way helps you to relax better.
 - >>**EVER HEARD OF "RUNNER'S HIGH"?**
That's right! Vigorous exercise can make you feel great.
 - >>**CONCENTRATION.**
Exercise can boost your concentration and mental awareness.



Changing the content of the Fair to meet your needs

Children with Special Educational Needs & Disabilities need health care and healthy lifestyles for the same reasons anyone else does

- to stay well,
- active, and to be
- a part of the community.

To be healthy, the children require health care that meets their needs as a whole person, not just as a child with a disability

All of the content of this toolkit is relevant when planning your health and well being fair, but there are some additions you may want to make to meet the needs of your children and parents.

A comprehensive list of local and national organisations you may wish to invite to your event can be found in the **Health Fair Directory for Special Schools**



Get going- active ideas for disabled children

For children to lead a healthy lifestyle, they need to move about as much as they can.

They need to be active for at least 60 minutes each day to make sure they're looking after their hearts and bones, but if they have an impairment, this may be more difficult.

Change 4 life has come up with a range of ideas to help disabled children to be more active every day and these could be introduced at the health fair to the children and their parents

- Fun ways to get going at home
- Family activities outside the home
- Getting Active at School
- Fancy trying something different?

Click [here](#) for more information and ideas



Adapting the fair

Pupil Participation



Defining pupil participation

In *Working together: Listening to the voices of children and young people* (DCSF, 2008), pupils participation is defined as follows:

"By children's and young people's participation we mean that adults working with children and young people ensure that their views are heard and valued in the taking of decisions which affect them, and that they are supported in making a positive contribution to their school and community"

The guidance, sets out a number of principles that should underpin work to develop pupil participation.

Click on the links below to access further information

[DFE Statutory Guidance: Listening to and involving children & young people](#)

[School Councils UK](#)

[Participation Works Partnership](#)

[Save the Children](#)

[Children's Commissioner for England: Children's participation in decision making](#)

[A handbook of children and young people's participation: Perspectives from theory to practice](#)

Pupil participation, in practice, means opening up opportunities for decision-making with children and young people as partners engaging in dialogue, conflict resolution, negotiation and compromise – all important life skills.

Children and young people's personal development and our democracy will benefit from their learning about sharing power, as well as taking and sharing responsibility



Working Together
Listening to the voices of children and young people
[download here](#)

Developing Active Citizenship

Schools should encourage all pupils to become actively engaged and involved in their school community by promoting and offering a variety of opportunities for participation at different levels of school life, including healthy school groups.

For some pupils having the opportunity to have a voice through consultations may be sufficient involvement, but others will value the opportunity to play a more active role in helping to improve their learning and environment.

Channels for developing active citizenship can be seen in the diagram to the right.

Schools should consider how these groups are linked, to ensure communication between them and to avoid duplication.

Groups may be organised as sub-committees of the school council, for instance, or there may be a link member of the school council on each of the other groups.

A senior member of staff and the designated governor should have oversight of all groups, and ensure that they have staff support as necessary.



Active Citizenship





Involving the whole school

Example of a timetable for a themed week

Healthy Week- Monday 20 th May – Friday 24 th May			
PM	KS1	KS2	KS3
Monday	Circus skills activities funded by PTA) 1pm-1:55pm- YEAR 1 CLASS 2:05pm-3:10pm YEAR 1 CLASS	ICT SUITE-Year 5 to research in classes and produce a CLASS QUIZ to be used on a Year 5 stall at the fair. Each class will have to choose 6 children for their stalls and each class will need to type and run off their quiz for Wednesday. On the stalls we need actual bowls of sugar, salt etc (examples of anything covered in the quiz) so children/parents can measure out amounts on the day to see how much is in each food item/drink Class X - amounts of salt in different drinks and food/take away items Eg. How many teaspoons of salt do you think are in... Class Y- amounts of sugar in different drinks and food/take away items Eg. How many teaspoons of sugar do you think are in... Class Z- comparisons of different meals or snacks in terms of how healthy they are. (notg- you could probably find such examples in ladies magazines!!) eg. Which is healthier Sainsburys ready meal lasagne, or a small tesco brand pizza	Eating "Tooth Fairy " working with Year 3 classes on healthy teeth and gums. Some children will be selected to work with Linda at the Fair on stage /on the Year 3 stall. 1:30-2:20-class 1 2:20-3:15-class 2 Year 4- Non Smoking workshops (in classes) Mon 1:40-2:25-class 1 Mon 2:25-3:10-class 2
Tuesday	Circus skills activities (funded by PTA) 1pm-1:55pm- YEAR 1 CLASS 2:05pm-3:10pm YEAR 1 CLASS	ICT Suite- Year 5 continuing their quiz writing and collecting up their equipment for their demo tables for the Fair. *Year 6 have only to prepare some recording sheets for the 'How long can you Hula Hoop?' and 'Keepy uppy competition'. They will need to decide who is doing what on the day, get their equipment ready, decide which tables they are taking out etc. Year 6 will run the competition in the playground at the end of the courtyard.	
Wednesday	Skipping workshop (funded by PTA) 1pm-1:30pm -2 x Yr2 classes in MUGA		
	2-4:30-Health Fair <ul style="list-style-type: none"> • School Council- making smoothies • Selling the 'School Health Directory' book • Year 6- <u>How</u> long can you Hula Hoop? and <u>Keepy uppy</u> competition' 18 Year 6 children (9 for each competition (6 from each class) to run the competition in the courtyard. • Year 5- Health Passports in hall- <u>4</u> children from each class for this please. • 6 children from each Year 5 class each on a class stall • Year 3 Teeth/gum health stall/stage (children selected during workshops with Tooth fairy) 		
Thursday	Circus skills activities (funded by PTA) 1-1:55-1X Reception CLASS 2:05-3:10-1X Reception CLASS Please use the Reception outdoor area		
Friday	Circus skills activities (funded by PTA) 1-1:55-1X Reception CLASS 2:05-3:10-1X Reception CLASS		

The activities taking place in the different classes during the week not only raised awareness and provided stimulating activities for the children, but each class also made a contribution to the Health Fair e.g. construction of the quiz and health “passports”

The members of the school council also assisted in additional duties such as collecting & sorting the fruit donations

Involving the School Council as “health ambassadors”

Meet & greet visitors	Give guided tours of the fair (after being briefed by teacher the day before)	Organising the Health Quiz and be able to give feedback on the stall to children & adults
Helping run the stalls at the health fair	Preparing the fruit and making smoothies	Handing out smoothies to parents



Timetable for the day

Event: School Health & Well-being Fair

Aims

- To plan & deliver a health & well-being fair for all parents & parents of the Primary school to highlight common health & well-being issues
- To involve pupils in the planning, design and implementation of the health fair so that they can learn from taking part & in giving health messages
- To showcase the health fair to other schools in the locality and in order that they can organise their own fair

Objectives

- Increase health awareness by providing materials, activities, demonstrations and information
- Increase awareness of local, regional and national health resources and services
- Provide health checks for parents & pupils
- Motivate parents & pupils to make positive health behaviour changes
- Teach self-care practices
- Identify topics for future educational health programmes

Event details:

2pm - Tour of the health fair for other head teachers & senior leaders who have been invited to the fair. They will receive a talk on how the team organised the event, including lessons we have learned.

School Council members to lead the tour of the health fair

2.30pm - Children from years 1-6 will be participating as well as visiting the stalls at the event,

3pm - Parents will join the children at 3pm & be able to go around all the **stalls at the event**

- Height and weight measurements
- Packed lunches – what makes it healthy
- Bike MOTs
- Stop smoking
- Oral health
- Health quiz
- Circus Skills
- Football challenge
- Skipping Smoothie making
- Police safety
- Hoola Hoop competition
- Smoothy making
- Food tasting with school meals provider (Harrisons)

There will also be demonstrations on the main stage:

- | | |
|-------------|----------------------------|
| 3.20-3.40pm | Year 3 and the Tooth fairy |
| 3.40-4.00pm | SA Dance Co |
| 4.00-4.20pm | Zumba yourself fit! |





Top tips

reflecting after the event



Ok its over to you now - Good luck and have fun!

Extended Services in and around Ealing schools

The extended services team provides support to primary and special schools to further develop and enhance the range and quality of extended services available to pupils and their families through schools.

The vision for the service is:

"To motivate, inspire, support and enhance the wellbeing and achievement of all children, and their families, enabling them to flourish through access to high quality extended services driven by schools and enabled through partnerships and collaboration."

Objectives of the Service

The three key objectives are:

- To work with parents and carers to enhance their skills and confidence so that they can better support their children
- To enrich children and young people's lives through access to wider learning and opportunities outside of school
- To engage partners and the community in schools to improve access to services and child and family wellbeing and achievement

Partnerships

There are four extended services locality partnerships that cover the following areas: Ealing, Acton, Southall and Greenford/Northolt/Perivale.

Each locality has a Locality Steering Group, lead by head teachers and they set the priorities for action in their area under each of the key objectives listed above.



Locality Steering Groups

Details of the Locality steering groups can be downloaded here

[Locality Steering Groups](#)

Health Improvement Team

The Health Improvement team work with the Extended Services Teams and provides support, guidance, advice and training to all schools across the borough to enable them to plan and implement their health improvement work



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