

Health Improvement Resource List

2018/19



Health Improvement Team

Resource List

The Ealing health improvement team are a trusted and qualified team of experts, providing support and training in safeguarding prevention, mental health and emotional wellbeing, nutrition and exercise, Relationships and Sex Education (RSE) and PSHE to help improve your pupils' health and achievement.

About our Services

All Ealing schools get a free health in school visit. Most schools also buy back the Awards & Training package, 4 Day Bespoke Package or one of our specialist packages. Schools that buy back any of our packages get our conferences, networks (PSHE & mental health), newsletters and HSL award support for free.

4 Day bespoke package

Provides four days of comprehensive bespoke work, pre- and post-surveys to measure impact, an impact report and continuous phone and email support.

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.

Specialist packages: RSE, Mental health, Reducing obesity, Keeping children safe

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.

About this resource list

The Health Improvement resource list provides schools with the all the tools needed to develop and deliver health and wellbeing activities in their school. In this resource list we have included the useful resources on each our five health areas. To access the hyperlinked resources, download the electronic version from www.egfl.org.uk/healthy-schools. For more information on these resources, contact one of our health improvement officers:



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Curriculum

Nutrition

Food a fact of life



[Food a fact of life](#) lessons teach children about food and nutrition. The activities and resources provided are in line with the PSHE curriculum. Here you will also find the DT cooking and nutrition scheme of work.

Change4Life school zone

Welcome to the Change4Life School Zone

Helping you teach children to eat healthy and move more with practical resources and ideas



Change4Life's [School Zone](#) provides curriculum-linked materials about healthy eating and being active. Find here lesson ideas for KS1 and KS2 pupils.

The great grub club

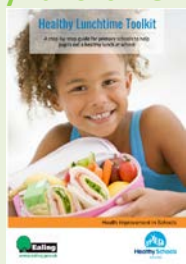


[The Great grub Club](#) website includes lesson plans on healthy eating for primary pupils, assemblies, recipes and interactive whiteboards.

School lunch

Nutrition

Healthy Lunchtime Toolkit



[The Healthy Lunchtime Toolkit](#) explains how schools can successfully introduce a packed lunch policy and reward system in school. The toolkit includes policies, posters, letters, assemblies and surveys that you can adapt. Download a copy from [EGFL](#) under the 'Toolkits' tab.

Healthier lunches for children



The [Healthy Lunch](#) website has developed a new online school lunch audit tool to make it easy to carry out a packed lunch audit. Schools can also modify a multilingual packed lunch leaflet.

Cooking at school

Healthy eating

Food a fact of life



The [Food a fact of life's](#) cooking and food skills module for KS1 and KS2 pupils supports pupils to learn about food preparation and cooking. Find here [schemes of work](#) for cooking in the DT curriculum for KS1 to KS3.

Cooking workshops



[Cooking4Life](#) provide a range of interactive cooking and healthy eating sessions where each participant gets involved in the preparation, cooking and eating of a healthy meal. Sessions start from £55.

Breakfast

Nutrition

Magic Breakfast



[Magic breakfast](#) provide funding to help schools set up a breakfast club. If you have 35% of pupils or more on Free School Meals and currently do not have a breakfast club, email info@magicbreakfast.com.

Breakfast Club Toolkit

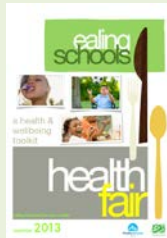


[Breakfast Clubs, more of a head start](#) is a very comprehensive booklet to help schools set up a breakfast club with sample letters, checklists, questionnaires and more.

Parents awareness

Nutrition

Health Fair Toolkit



The [Health Fair Toolkit](#) includes all the tools and information you need to plan a successful health fair in your school. Download a copy of the [toolkit](#) and health fair [contact list](#) from EGFL.

Are You Sugar Savvy?



Play [Are You Sugar Savvy](#) with parents and children at health fairs. Players may be surprised to learn how much sugar some drinks contain.

Newsletter snippets



Fifty plus newsletter snippets on healthy eating for your parent newsletter with images. Download a copy from EGFL [here](#).

Obesity and diet

Nutrition

BNF healthy eating week



Register for [Healthy Eating week](#) 2019 online to receive a free healthy eating week pack full of resources, ideas and activities. To register your school, click [here](#).

Whole school food policy



This [toolkit](#) outlines the steps needed to develop a whole school food policy and includes a range of helpful resources. Use our [model policy](#) on EGFL.

Eat Like A Champ



[Eat Like A Champ](#) is a free six-week healthy eating programme for year 5 pupils. Year 5 teachers can sign up to receive their free resource pack [here](#).

Dining room

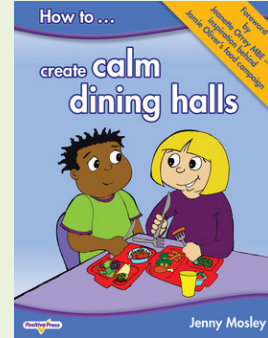
Nutrition

Dining room toolkit



[Improving the dining experience](#) in schools guidance booklet brings together ideas and suggestions for your school to help improve the experience pupils have at lunch time.

How to create calm dining halls



Jenny Mosley's new book on [How to create calm dining halls](#) provides ideas and case studies to improve the lunchtime experience. It retails at £19.95.

Body image

Nutrition

TES Connect



[TES connect](#) resources can be used to spark a discussion or classroom debate and give pupils a chance to express their opinions, or as part of a class project on the topic. For ages 11 to 18.

Dove self-esteem workshops

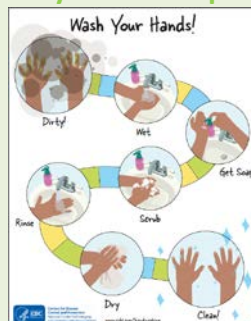


[Dove's self-esteem project](#) website includes PSHE curriculum-aligned body-confidence workshops. Resources are suitable for 10 to 16 year olds.

Personal hygiene

Oral health & hygiene

Wash your hands poster



[Wash your hands poster](#) shows the eight step hand washing technique in pictures.

Glow germ



Teach pupils how to wash their hands properly with the Glow germ activity. Buy a kit [here](#) for \$65US or demonstrate this activity using [glitter](#).

e-Bug



The [e-Bug](#) website includes lesson plans, activities, videos and posters on hand washing and personal hygiene.

Oral health

Oral health & hygiene

Dental buddy



[Dental buddy](#) includes free lesson plans on oral health for KS1 and KS2. Order a range of resources including leaflets, goodie bags, sand timers, teeth models and sugar in foods kit.

The Comic Company



Purchase leaflets, posters, games, bookmarks and postcards on oral health for your school from [The Comic Company](#).

e-Bug



The [e-Bug](#) website includes videos and activities on how to prevent dental decay. All lesson plans are linked to the school curriculum.

Physical activity

Physical activity

Active Ealing



The [Active Ealing](#) website lists the activities available to children in Ealing after school.

Youth Sports Trust



The [Youth sports trust](#) website lists a range of sport programmes available to schools, including some free programmes.

Change4Life Sports Clubs



[Change4Life Sports Clubs](#) aim to engage less-active children in physical activity and school sport. Schools can use their sport funding for this.

The Daily Mile



The [Daily Mile toolkit](#) includes letter templates, flyers, surveys and assemblies to help you set up the Daily Mile. Download a copy from [EGFL](#).

Fit4Sport



The [Fit4Sport](#) team upskills school staff through training courses and resources. They deliver fully inclusive PE and offer structured and fun activities during play times.

Walk to school week



The living streets website includes resource packs and materials for schools interested in getting involved in ['Walk to school week'](#).

Preventing extremism

Safeguarding prevention

Discussing a terrorist attack with children in the primary phases



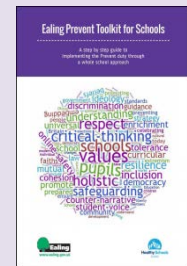
This [guidance](#), which was developed by the PSHE Association, gives practical suggestions for ways that you can structure questioning, discussion or further learning about such events. It is not intended as a script or lesson plan, but to help teachers answer questions, structure discussion and, if appropriate, extend children’s learning and understanding.

Supporting children worried about terrorism



The [NSPCC](#) have developed a series of support tools for teachers and parents to support discussions about terrorism. These resources include top tips for parents, a video to support discussion and signposting to further support tools.

Ealing Prevent Toolkit



[Ealing Prevent Toolkit for Schools](#) includes ideas, resources and practical approaches to support primary and secondary school practitioners to understand the principles of the Prevent strategy and implement the Prevent duty as part of a whole school approach.

FGM

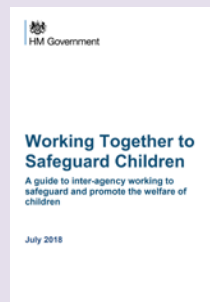
Safeguarding prevention-FGM

Ealing PSHE SOW



The [Ealing primary PSHE scheme of work](#) has lessons focused on raising children’s awareness of FGM. These lessons are taught in the summer term for years 3 – 6.

DfE statutory guidance



[Working Together to Safeguard Children](#) is a framework for all local safeguarding partners to make arrangements to work together to safeguard and promote the welfare of local children

Lesson plan



This [FGM Lesson](#) is for use in KS3 but can be adapted to be used in year 6. It is to raise awareness of the practice of FGM and to inform young people of the facts and issues, and how and where to get help if they need to.

Safeguarding

DfE statutory guidance



<https://bit.ly/2oT1p10> Statutory guidance for schools and colleges on safeguarding children and safer recruitment.

ESCB/ HIT Safeguarding series

| Title | What you will learn | Who for? | School | When? | Venue | Cost |
|--|---|---|----------------------------------|---|-------|------------------------------|
| NEW: Understanding self-harm and eating disorders | <ul style="list-style-type: none"> What is self-harm and why do children do it? Responding to self-harm and eating disorders Identifying key issues | PSHE Leads, NQTs, Teachers, Teaching Assistants | Primary, High 8, Special schools | <ul style="list-style-type: none"> 1pm - 3:30pm, 29/11/17 9am - 11:30am, 17/01/18 | EEC | Free to all schools |
| Female Genital Mutilation (FGM) briefing | <ul style="list-style-type: none"> What is FGM? How to identify risk How to respond and report appropriately What schools can do Where to go for support | CP Leads, Senior Leaders, PSHE Leads, Teachers | Primary, High 8, Special schools | <ul style="list-style-type: none"> 19/09/2017 15/01/2018 20/06/2018 All 3:45pm-5:15pm | EEC | Free to all CPD SLA schools* |
| Child Sexual Exploitation (CSE) briefing | <ul style="list-style-type: none"> Learn what CSE is and the different forms of CSE Learn how to identify risks How to respond and report appropriately using the CSE matrix Find out what schools can do to ensure they are teaching pupils how to keep themselves safe Where to go for support | CP Leads, Senior Leaders, PSHE Leads, Teachers, Teaching Assistants | Primary, High 8, Special schools | <ul style="list-style-type: none"> Primary School: 19/09/2017, 15/01/2018, 21/06/2018 High School: 23/11/2017, 06/03/2018, 19/06/2018 All 3:45pm-5:15pm | EEC | Free to all CPD SLA schools* |

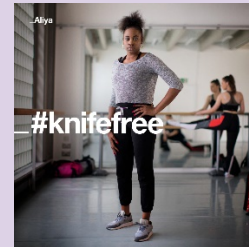
The ESCB runs series of briefings for schools on safeguarding issues such as FGM, RSE and child sexual exploitation. For further information, please look on CPD online at <https://www.ealingcpd.org.uk/cpd> or contact Karen Gibson kgibson@ealing.gov.uk.

Run, Hide, Tell



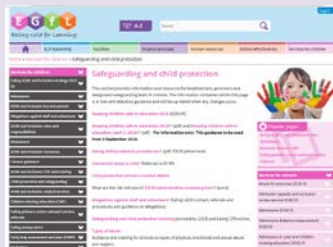
The [Run, Hide, Tell](#) resource pack has been produced by the National Counter Terrorism Security Office, as part of their ACT for YOUTH campaign to inform 11-16 year olds of how best to react to a gun or knife terror attack.

#knifefree



The free-to-download [lessons](#) – one for key stage 3 and one for key stage 4 – will inform young people of the consequences of carrying a knife and inspire them to pursue positive alternatives, using real life stories of young people’s experiences as a basis.

EGFL Safeguarding and Child Protection



The [EGFL Safeguarding pages](#) provide information and resources for headteachers, governors and designated safeguarding leads in schools.

ESCB Multi-Agency Vulnerabilities Screening Tool



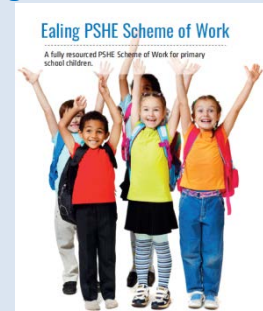
A [vulnerabilities screening tool](#) to complete if concerned about the safety of a child where the primary risk is outside of the family home.

PSHE Association



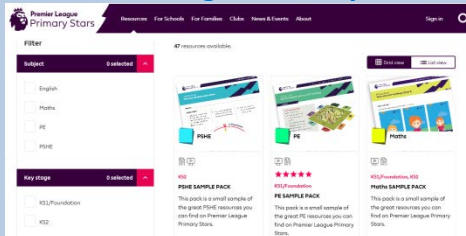
The [PSHE Association](#) have lots of up to date guidance, policies and resources to help you deliver high quality PSHE at your school.

Ealing PSHE scheme of work



The Ealing HI team have re-developed the PSHE scheme of work for Primary Schools. Contact Claire on meadec@ealing.gov.uk for more information.

Premier League Primary Stars



[Premier League Primary Stars](#) uses the appeal of the Premier League and professional football clubs to inspire children to learn, be active and develop important life skills.

Ofsted mapping tool

| Ofsted Standard | How to map your PSHE provision to Ofsted standards |
|----------------------------------|--|
| Quality of Education | <ul style="list-style-type: none"> 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? |
| Personal Development | <ul style="list-style-type: none"> 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? |
| Leadership and Management | <ul style="list-style-type: none"> 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? |
| Behaviour and Attitudes | <ul style="list-style-type: none"> 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? |
| Health and Wellbeing | <ul style="list-style-type: none"> 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? 4. How does your PSHE provision ensure that all pupils are given the opportunity to learn about the world and their own culture and to understand the world and their own culture? |

The [Ofsted mapping tool](#) is designed to help schools use their PSHE provision to provide evidence against the outstanding areas of the Ofsted framework.

econoME



The Bank of England has launched [econoME](#), a free PSHE education resource for students aged 11 to 16 for teaching about economic wellbeing and the economy. The lessons aim to give young people greater economic awareness and the analytical skills to make informed decisions, using real-world examples.

First Aid



[First Aid for Learning for Young People](#), by the British Red Cross, has been designed for KS3-KS5 pupils and aims to give students the confidence, skills and knowledge to help someone in a first aid emergency. The free resource features 16 first aid skills, which are explored using realistic scenarios relevant to young people.

Drugs, alcohol and tobacco education



[Drinkaware](http://drinkaware.co.uk) education resources are aimed at pupils in key stages 2 and 3. These free resources are designed for 9-11 and 11-14 year olds and are flexible, allowing teachers to mix and match activities to suit their needs.



The Christopher Winter Project is a comprehensive scheme of work for primary and secondary drugs and alcohol education. Contact Claire on meadec@ealing.gov.uk for a copy of lesson plans and resources.



[ASH](http://ash.org.uk) provides lots of resources and information to help teach about the dangers of smoking.



[Fresh](http://fresh.org.uk) has resources to help teach about the effects of smoking. They also have great ideas for making this theme cross curricular.

Anti-bullying



The [Anti-bullying Alliance](http://anti-bullyingalliance.org.uk) provides information and advice regarding anti-bullying initiatives around the country and leads on anti-bullying week. They also have activities and resources to teach about homophobic bullying, racist bullying and gender based bullying.



[Kidscape](http://kidscape.org.uk) has a range of advice and information on bullying freely available to young people, parents and professionals who work directly with children. They also have classroom resources to support schools in tackling a range of anti-bullying topics.

Racist bullying



[Show Racism the Red card](#) has a range of resources and materials to help tackle racism in schools.

Homophobic Bullying



[Diversity Role Models](#) offer workshops and teacher training on homophobic bullying.

Relationships and Sex Education

Relationships and Sex Education

Christopher Winter project



The CWP resources can be used in primary and secondary and provide guidance to teachers as well as lesson plans and resources to deliver RSE to all year groups. Contact meadec@ealing.gov.uk for more information.

PANTS Rule



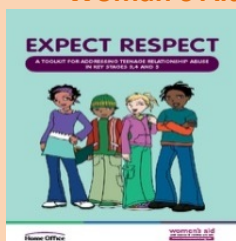
The [NSPCC Pants rule](#) is a simple set of rules for parents and professionals to help children keep themselves safe from abuse. The guidance has been translated into many languages to ensure it can be accessed by all.

Image in action



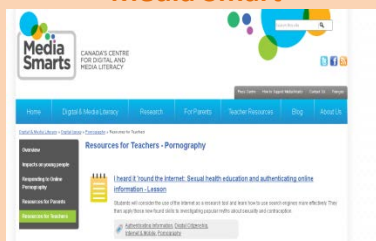
[Image in action](#) - nationally recognised charity that supports schools with delivering RSE for pupils with special educational needs.

Woman's Aid



The [Expect respect](#) toolkit for both primary and secondary schools has lesson plans and activity ideas to help plan and deliver lessons on healthy relationships and domestic abuse.

Media Smart



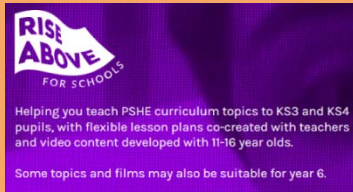
[Media Smart](#) has a range of resources for High School pupils based on healthy relationships and critical thinking skills online. They also have a range of resources based on pornography.

Crossing the line



[Crossing the Line](#) is a series of PSHE lessons for High School pupils. This toolkit contains lessons on sexting, healthy relationships and peer pressure.

Rise Above



[Rise Above](#), developed by Public Health England, has a range of support materials for high schools. These include videos, lesson plans, activity ideas and guidance for teachers on topics such as bullying and cyberbullying, alcohol, positive relationships, smoking, exam stress, online stress, social media and body image in a digital world.

Making sense of relationships lesson plans and guidance



These free resources include; three lessons to support transition and changing friendships at key stage 2 and six lessons exploring healthy and unhealthy relationships at key stage 3. The three lessons at key stage 4 address issues such as abusive behaviour in relationships and pornography.

SRE covered



This resource pack contains a wide range of activities and resources to address the breadth of RSE topics. Lesson plans are provided for KS3 and KS4 and include a range of supporting resources. Email [Claire](#) for a free copy of the resource.

Online Safety

Online Safety

Online-safety toolkit



The [Online-safety toolkit](#) on EGFL has information and advice for schools, parents and pupils.

Safer Internet Day



Safer internet day will take place on the 6th February 2018. Visit the [Safer Internet Day](#) website for resources for teacher, pupils and parents.

ABA – E-safety resources



The [Anti Bullying Alliance](#) have many resources, lesson plans, guidance and activities to teach pupils about online safety.

Share Aware



The [NSPCC](#) online safety campaign Share Aware aims to empower parents and provide support in navigating the online world.

Leaflet for children



[Childnet](#) have produced an online safety leaflet for parents in 11 different languages.

CEOP



The [CEOP](#) Think u know website has lots of resources to teach the skills of online safety to all ages.

Mental Health and emotional wellbeing

Mental health and emotional wellbeing

Resilience Toolkit



The Health Improvement Team has developed a mental health toolkit to support schools develop and embed a whole school approach to mental health.

PSHE Association



The [PSHE Association](#) offer a very comprehensive [scheme of work](#) based on teaching Primary and Secondary children about the importance of Mental Health.

Cooling Down

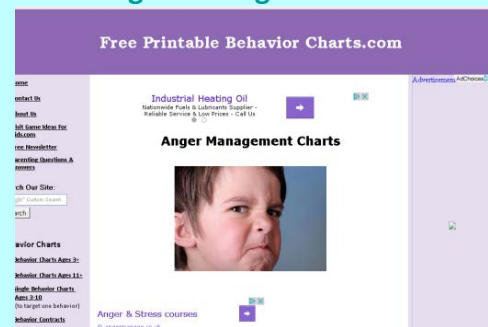
Mental health and emotional wellbeing

Tukker the Turtle



Teach your pupils strategies or dealing with anger and strategies for cooling down using the image of a [‘tucking turtle.’](#)

Anger Management

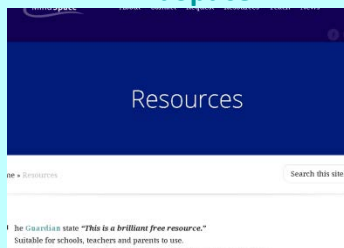


This [website](#) has lots of visual resources to help children develop controlling down strategies including self-regulation charts, strategy card, feeling records, mood indicators and much more!

Mindfulness

Mental health and emotional wellbeing

MindSpace



MindSpace has a range of resources to help introduce mindfulness into classrooms including '5 minutes to a calmer classroom.' All resources can be found [here](#).

Mindful Teacher



[Mindful Teacher](#) offers a range of resources and lesson plans that can be adapted for children of ages. They have broken the mindfulness scripts into subheadings.

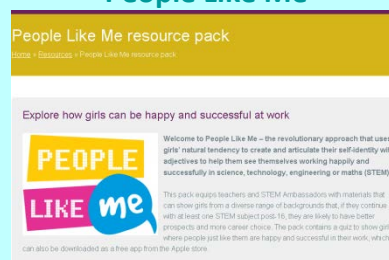
Gender Stereotyping

Like a Girl



Have a range of resources and videos that challenge gender stereotypes. The video explores what doing something 'like a girl means'. Find all resources [here](#).

People Like Me



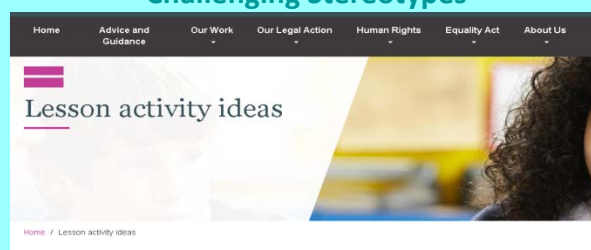
This [pack](#) equips teachers with materials that can show girls that jobs in science, technology; engineering and maths (STEM) are available and open to them.

NUT resources



The NUT has developed a range of resources that challenge gender stereotypes. They outline their initial project in 'Breaking the Mould' and outline practical strategies for challenging gender stereotypes in the classroom in [Boys and Girls Things](#).

Challenging Stereotypes



The Equality and Human right commission have developed a series of lesson plans to challenge gender stereotyping called [Challenging Gender Stereotypes and Discrimination](#).

Mental health and emotional wellbeing

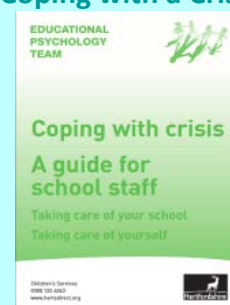
Bereavement

The Elephants Tea Party



[Elephant's Tea Party](#) is an annual event to help teachers give children the emotional literacy and life skills needed to equip them for bereavement.

Coping with a Crisis



This [document](#) outlines how teachers and adults can help a child through grief. Includes practical advice and support for teachers.

Mental health and emotional wellbeing

Stress and Anxiety

Mental health and emotional wellbeing

School exam stress pack



Charlie Waller Memorial Trust have developed a pack for teachers, parents and pupils to help cope with the stress of exams. This pack as well as a whole range of mental health resources can be downloaded [here](#).

Stress reduction activities

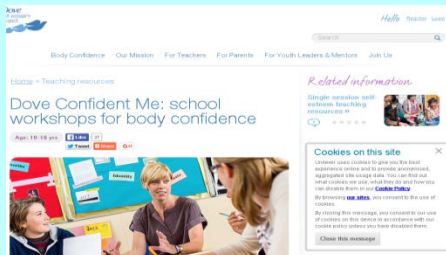


Young Minds has developed a great set of resources aimed at helping teachers develop an emotionally resilient classroom. All the resources can be found [here](#).

Healthy Body Image

Mental health and emotional wellbeing

Dove



[The Dove Confident Me](#) workshops address key topics including social media, peer pressure and strategies for promoting and protecting body confidence. There are 5 lesson plans suitable for Year 5 and 6 pupils.

Healthy Relationships in high schools

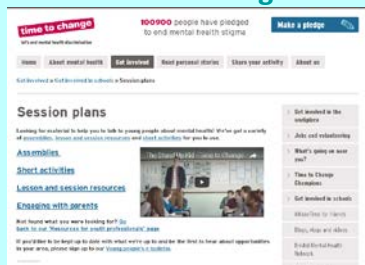


Ofsted good practice example from [Oak Cottage Primary School](#) offers a detailed action plan as well as lesson plans for all ages based on promoting a healthy body image

Mental health awareness and wellbeing

Mental health and emotional wellbeing

Time to change



[Time to change](#) is an anti-stigma campaign. The website has access to tried-and-tested session plans blogs and videos and a huge range of free materials to get young people talking about mental health and wellbeing.

Action for happiness



[The Action for happiness toolkit](#) is available on the Action for happiness website. Its aim is to promote the emotional wellbeing and resilience of 7- 11 year olds.

**For more information about any of the services, please contact Nicole
McGregor**

mcgregorn@ealing.gov.uk

020 8825 5484

www.egfl.org.uk/healthy-schools

Take a look at our **Services for Schools Brochure** and choose a package <http://goo.gl/k0dUaz>