

Enhancing your pupils' personal development, health & wellbeing

Six packages for Ealing primary, high and special schools

2018/19



Who are we?

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

We create, develop and co-ordinate a wide range of programmes and trainings that you can adopt and implement in your school.



Claire Meade
RSE & PSHE
Health Improvement Officer



Nicole McGregor
Nutrition & Exercise
Senior Health Improvement Officer



Karen Gibson
Health Improvement Team Manager



Stacey Edmead-Payne
Mental Health
Health Improvement Officer

Our services

All Ealing schools have access to our six buy back packages. This year we have four new packages.

4 Day Bespoke package	Provides 4 days of practical support in any health area, pre and post surveys to measure impact and an impact report.
Healthy Schools Awards & Training package	Includes access to all 30 training workshops, 3 drop-in days, 6 workshops to help you achieve your Healthy Schools London awards and a celebration event.
NEW Reducing obesity package	Includes 4 of 10 nutrition and exercise initiatives, 8 central trainings on nutrition and exercise, policy review, an assembly, surveys, staff INSET and parent workshop.
NEW Relationships & Sex Education (RSE) package	Includes 4 central trainings on RSE, policy review, staff INSETs, parent workshops, 2 modelled RSE lessons, RSE toolkit, surveys and an impact report.
NEW Mental health package	Includes 6 central trainings on mental health, staff INSETs, policy review, cooling down and mindfulness activities, a parent workshop and 2 modelled lessons.
NEW Keeping children safe package	This package will ensure your school meets the Ofsted criteria for safeguarding and PDBW. Includes whole school safeguarding audit, policy review, curriculum mapping, pupil conferencing, assemblies and parent engagement workshops.

Why buy us back?

Schools that bought our packages have seen:



70% DECREASE
IN THE % OF
PUPILS WHO
EAT CRISPS OR
SWEETS AT
LUNCH*.



125% INCREASE
IN PUPILS DOING
PHYSICAL
ACTIVITY 5 OR
MORE DAYS A
WEEK**.



136% INCREASE
IN STAFF
CONFIDENCE TO
DELIVER
EFFECTIVE RSE
LESSONS*.

*Pre and post bespoke surveys, 2016/17

**HRBS 2017

“The health improvement team’s packages are incredible value for money. I buy back the Healthy School Awards and Training package every year. It’s great support to my PSHE lead. This year we achieved the Healthy Schools London Gold award!”

Kerry Shilling
Headteacher
Selborne Primary School



4 Day Bespoke package

Suitable if you want to:

- Make a measurable impact to the health and wellbeing of your pupils
- Have access to expertise, support and guidance
- Save significant time

£1750 per year (price same as last year)

What's included in this package?



28 hours of activities



Pre & post surveys



An impact report

Why buy back this package?

85%

of schools who bought back bespoke, rated the package as 'excellent' and 15% as 'good'.*

Schools who bought back the bespoke obesity work have seen a

22%

reduction in obesity.**

100%

of schools who bought back bespoke Healthy Schools London awards support achieved their awards.

*Source: Health Improvement Survey 2016/17. **Source: NCMP 2009/10 & 2015/16.

Healthy Schools Awards & Training package

Suitable if you want to:

- Achieve Healthy Schools London (HSL) awards
- Upskill staff in pupil health and wellbeing
- Get support and guidance for your PSHE lead

£995 per year (price as per last year)

What's included in this package?



30 staff trainings



3 HSL drop-in days



6 practical sessions

Why buy back this package?

90%

of schools who achieved their HSL Silver or Gold award were a member of this package.*

100%

of members of this package found the HSL award support very useful.*

92%

of participants said our training workshops increased their confidence.**

Reducing obesity package

Suitable if you want to:

- Reduce obesity, and improve nutrition and fitness
- Improve attainment and attendance

£1495 per year (£1645 for non-ELP schools)

Schools can use their sports premium to pay for this package.

What's included in this package?



A pupil assembly



Pre & post surveys



A parent workshop



4 initiatives from a choice of 8*



8 central nutrition & exercise trainings



Review of food and exercise policies

*Initiatives include The Daily Mile, 3 minute HIT (High Intensity Training), token reward system, Playground Zones, school fun run, active learning, health champions and health fair.

Schools who bought back obesity initiatives have seen a 22% reduction in obesity*.

*Source: NCMP 2009/10 and 2015/16

RSE package

Suitable if you want to:

- Significantly reduce withdrawals from RSE
- Ensure pupils know how to keep safe
- Increase staff confidence in delivering RSE
- Meet the new statutory RSE requirements

£1495 per year (£1645 for non-ELP schools)

What's included in this package?



A pupil assembly



2 parent workshops



Staff training on RSE



2 modelled
RSE lessons



4 central RSE
trainings



RSE policy review

Schools that bought our RSE initiatives have seen a 136% increase in staff confidence in delivering RSE*

*Source: Pre and post pupil online surveys, 2016/17

Mental health package

Suitable if you want to:

- Develop a whole school approach to mental health
- Improve pupils concentration and reduce anxiety
- Improve staff confidence in delivering lessons

£1495 per year (£1645 for non-ELP schools)

What's included in this package?



Cooling down and mindfulness activities for pupils



2 modelled lessons on mental health or resilience



2 staff INSETs on resilience or mental health



2 parent workshops on mental health



6 central mental health trainings



Mental health policy review

Pupils from schools that bought our mental health support have seen a 33% increase in the percentage of pupils better able to cope with stress.*

*Source: Pre and post pupil online surveys, 2016/17

Keeping children safe package

Suitable if you want to:

- Ensure your school is able to evidence a whole school approach to pupil wellbeing and safeguarding.

£1495 per year (£1645 for non-ELP schools)

What's included in this package?



Pupil conferencing and an assembly



Parent workshop



Audit of documents on your website



Whole school safeguarding audit with report



Curriculum mapping of PSHE, SMSC and British values



Review of RSE, anti-bullying, and drugs, alcohol and tobacco policies

If safeguarding is not effective, the lead inspector will convert the inspection to a full inspection*.

*Source: Ofsted guidance 2016

Case study

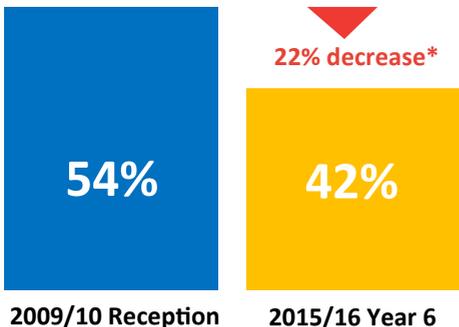
Stanhope Primary School have bought back our 4 Day Bespoke package for the last 3 years to help reduce obesity.

Top 5 bespoke activities:

- Introduced The Daily Mile
- 3 minutes of daily HIT
- Packed lunch policy with token reward system
- Health champions programme
- Playground zones

The results:

We achieved a **22% reduction** in overweight/obesity of Stanhope's Year 6 pupils during their 6 years at school*.



“We have bought back the Bespoke service for the last 3 years. It’s such good value that we bought back 8 days last year! Our goal was to reduce obesity and this year we have seen a 22% decrease!”

Sahreen Siddiqui,
Headteacher
Stanhope Primary
School

**Need a solution
for your school?**

Contact Karen on
020 8825 7707 or
KGibson@ealing.gov.uk

*Source: NCMP 2009/10 & 2015/16. On average, schools have seen a 58% increase in overweight.



Healthy Schools

EALING

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For more information see:
www.egfl.org.uk/healthy-schools

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