

# Health improvement packages

Five packages for Ealing primary,  
high and special schools

**2019/20**



# 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.

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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

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# Our services

All Ealing schools have access to our five buy back 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, 2 drop-in days, 6 workshops to help you achieve your Healthy Schools London awards and a celebration event.

## Reducing obesity package

Includes 4 nutrition and exercise initiatives, 8 central trainings on nutrition and exercise, policy review, an assembly, surveys, staff INSET and parent workshop.

## 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.

## 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.

# 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  
DELIVERING  
EFFECTIVE RSE  
LESSONS\*.

\*Pre and post bespoke surveys, 2017/18

\*\*HRBS 2017

*“We were so proud to achieve the Ealing Healthy Schools Platinum award. We couldn’t have done it without the valuable support given through the Healthy School Award and Training package. I buy into this service every year; it’s well worth the money.”*

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

**£1790 per year (non-ELP schools pay £1970)**

## What's included in this package?



**28 hours of activities**



**Pre & post surveys**



**An impact report**

## Why buy back this package?

**91%**

of schools who bought back our bespoke package rated it as 'excellent'.\*

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 2017/18. \*\*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



**£997 per year (non-ELP schools pay £1097)**

## What's included in this package?



**30 staff trainings**



**2 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 it useful.\*

**100%**

of participants would recommend our training workshops to others.\*\*

\*Source: Health Improvement Survey 2017/18. \*\*Source: Training evaluations 2017/18



# Reducing obesity package

## Suitable if you want to:

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

**£1529 per year (non-ELP schools pay £1679)**

**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 our obesity initiatives have seen a 22% reduction in obesity\*.**

\*Source: NCMP 2009/10 and 2015/16

# RSE package

## Suitable if you want to:

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

**£1529 per year (non-ELP schools pay £1679)**

## 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 delivering RSE\***

\*Source: Post staff training evaluation, 2017/18



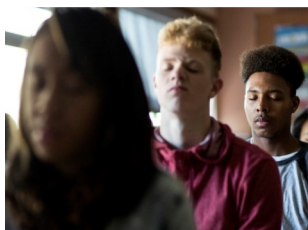
# Mental health package

## 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

**£1529 per year (non-ELP schools pay £1679)**

## 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**



**A parent workshop 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

# Case study

Dairy Meadow Primary School purchased the Relationships and Sex Education package to reduce withdrawals from RSE lessons.

## Top 5 activities:

- Meeting with governors to discuss the importance of RSE
- Staff training to increase confidence in delivering RSE
- General parent workshop to increase understanding of RSE
- Targeted parent workshop for parents who needed further information
- Crib sheet to support staff in answering difficult questions.

## The results:

In 2016/17, 20% of year 6 pupils were withdrawn from RSE lessons\*.

In 2017/18, after the implementation of the above activities, this reduced to 2% of year 6 children being withdrawn\*.

\*Source: School data, 2017/18



***“I thought the Relationships and Sex Education staff INSET was excellent and the relaxed and confident manner of the facilitator encouraged discussion and raised confidence of our staff.”***

Alison Reed  
Deputy headteacher  
Dairy Meadow  
Primary School

**Need a solution  
for your school?**

Contact Karen on  
020 8825 7707 or  
[KGibson@ealing.gov.uk](mailto:KGibson@ealing.gov.uk)

# Case study

St Augustine's Priory purchased the mental health package to improve staff confidence and raise awareness of mental health.

## Top 5 activities:

- Mental health audit
- Staff wellbeing survey
- Anxiety training for staff
- Parent workshop
- Pupil wellbeing lessons

## The results:

- 100% of staff said the training was very good or excellent and 60% of staff said it had greatly increased their confidence to support vulnerable pupils.
- The parent workshop was a great success and parents now engage in regular coffee mornings about wellbeing.
- Following the audit, the school are now developing mental health ambassadors.

\*Source: Post training evaluation, April 2017



***“Stacey was very informative and responsive to our questions and issues. It is great that this issue is being talked about and highlighted. I have learnt new ways to support my child.”***

Parent  
St Augustine's  
Priory School

**Need a solution  
for your school?**

Contact Karen on  
020 8825 7707 or  
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**Healthy Schools**  
EALING

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For more information see:  
**[www.egfl.org.uk/healthy-schools](http://www.egfl.org.uk/healthy-schools)**

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