

# Health Improvement Training Programme

For primary, high & special schools

2019/20



# The team

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.



**Claire Vaughan**  
**RSE & PSHE**  
Health Improvement Officer



**Nicole McGregor**  
**Nutrition & Exercise**  
Senior Health Improvement  
Officer



**Karen Gibson**  
**Safeguarding**  
Health Improvement  
Team Manager

# Our services

All Ealing schools have access to our five buy back packages.

<b>4 Day Bespoke package</b>	Provides 4 days of practical support in any health area, pre and post surveys to measure impact and an impact report.
<b>Healthy Schools Awards &amp; Training package</b>	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.
<b>Reducing obesity package</b>	Includes 4 of 10 nutrition and exercise initiatives, central trainings on nutrition and exercise, policy review, an assembly, surveys, staff INSET and parent workshop.
<b>Relationships &amp; Sex Education package</b>	Includes central trainings on RSE, policy review, staff INSETs, parent workshops, modelled RSE lessons, surveys and an impact report.
<b>Mental health package</b>	Includes central trainings on mental health, staff INSET, policy review, cooling down and mindful activities, a parent workshop and 2 modelled mental health lessons.

# Our training workshops

Our training covers a range of health and wellbeing topics. This brochure provides all the details you need about the content, time, date, venue, target audience and cost of our training.

## **How much do the training workshops cost?**

All training workshops are FREE to schools who purchased the Healthy Schools Awards and Training (HAT) package. Schools who bought a specialist package (RSE, Reducing obesity or Mental health) get all training in the corresponding health area for free. All other schools pay as indicated in the 'cost' column.

## **How do I book?**

Book a place via Ealing CPD online **[www.ealingcpd.org.uk](http://www.ealingcpd.org.uk)**.

## **Terms and conditions**

Workshops require a minimum of four people to run. If a delegate is unable to attend, we must receive a cancellation via [www.ealingcpd.org.uk](http://www.ealingcpd.org.uk) at least four days before the course or your school/organisation will be liable for full costs.

# Why attend our training?



**100%** OF  
PARTICIPANTS SAID  
OUR TRAINING WILL  
**HELP THEM IN THEIR  
ROLE\*.**



**100%** OF  
PARTICIPANTS **AGREE**  
THAT OUR TRAINING  
**IS USEFUL\*.**



**75%** OF  
PARTICIPANTS RATED  
OUR TRAINING AS  
**EXCELLENT\*.**

\*Training evaluations 2018/19

## What schools say about our training

“I have been to other trainings but this was a clear and concise session.”

“The facilitator answered questions I had not even considered.”

“Supportive and helpful in providing examples.”

“I found the trainer's expertise and the subject itself particularly useful and it will definitely improve my work.”

# Relationships & Sex Education (RSE)

Title	What you will learn	Who for?	School	When?	Venue	Cost
Statutory Relationships and Sex Education - a briefing for headteachers	<ul style="list-style-type: none"> <li>What is included in the new guidance for RSE and Relationships Education</li> <li>How your school can prepare for the new statutory guidance</li> <li>How to ensure your school is meeting and evidencing the new statutory guidance for RSE.</li> </ul>	PSHE Leads, Senior Leaders	Primary, Special & High schools	<ul style="list-style-type: none"> <li>3:45-4:45pm, 15/10/2019</li> </ul>	EEC	Free to schools that purchased the HAT or RSE package*
A whole school approach to RSE	<ul style="list-style-type: none"> <li>The 7 steps to embedding RSE</li> <li>What resources you can access to support the embedding of RSE</li> <li>What support tools are available to engage parents, pupils and staff</li> <li>Participants will receive a copy of the RSE toolkit and receive time to develop a bespoke action plan.</li> </ul>	PSHE Leads, Senior Leaders	Primary, Special & High schools	<ul style="list-style-type: none"> <li>3:30-5pm, 28/01/2020</li> </ul>	EEC	Free to schools that purchased the HAT or RSE package*
Updating your RSE policy	<ul style="list-style-type: none"> <li>What needs to be included in an RSE policy to meet new statutory guidelines</li> <li>How to review and write an RSE policy</li> <li>How to engage with key stakeholders</li> <li>Receive time to update your policy with guidance and support.</li> </ul>	PSHE leads, Senior Leaders	Primary, High & Special schools	<ul style="list-style-type: none"> <li>3:30-5pm, 11/02/2020</li> </ul>	EEC	Free to schools that purchased the HAT or RSE package*

*\*This workshop is free to schools that purchased the HAT or RSE packages and £92 for all other schools (or £87 for ELP PAYG schools).*

# Relationships & Sex Education (RSE)

Title	What you will learn	Who for?	School	When?	Venue	Cost
Effective RSE - what is it? Top tips for teaching effective RSE	<ul style="list-style-type: none"> <li>How to deliver effective RSE lessons</li> <li>How to effectively monitor and assess RSE lessons</li> <li>Engaging resources and lesson ideas that help deliver exciting and effective RSE lessons</li> <li>How to set secure ground rules and answer difficult questions.</li> </ul>	PSHE leads, NQTs, teachers	Primary & High schools	<ul style="list-style-type: none"> <li>1:30-3pm, 19/03/2020</li> </ul>	EEC	Free to schools that purchased the HAT or RSE package*
Train the trainer - how to deliver an effective RSE parent workshop	<ul style="list-style-type: none"> <li>What to include in an RSE parent workshop</li> <li>How to effectively run an RSE parent workshop</li> <li>How to answer difficult questions from parents</li> <li>How to reduce withdrawals from RSE lessons.</li> </ul>	PSHE Leads, Senior Leaders	Primary & High schools	<ul style="list-style-type: none"> <li>1:30-3pm, 24/03/2020</li> </ul>	EEC	Free to schools that purchased the HAT or RSE package*
Train the trainer - how to deliver an effective RSE staff training	<ul style="list-style-type: none"> <li>How to run an effective staff training based on RSE</li> <li>What to include in a staff RSE training</li> <li>Resources to use to engage and support staff</li> <li>How to increase staff confidence in delivering effective RSE.</li> </ul>	PSHE Leads, Senior Leaders	Primary, High & Special schools	<ul style="list-style-type: none"> <li>3:30-5pm, 24/03/2020</li> </ul>	EEC	Free to schools that purchased the HAT or RSE package*

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# PSHE

Title	What you will learn	Who for?	School	When?	Venue	Cost
Anti bullying week resources and ideas	<ul style="list-style-type: none"> <li>How to plan for this year's Anti-bullying week</li> <li>Find out this year's theme</li> <li>Resources and ideas for each year group based on the theme</li> <li>How to implement, monitor and assess Anti-bullying week.</li> </ul>	PSHE Leads, NQTs, Teachers	Primary, High & Special schools	<ul style="list-style-type: none"> <li>1:30 -3:30pm, 09/11/2019</li> </ul>	EEC	Free to HAT members*
Induction meeting for new PSHE coordinators	<ul style="list-style-type: none"> <li>How to implement and monitor a PSHE scheme of work</li> <li>How to gather evidence and assessment for PSHE</li> <li>How to achieve the Healthy Schools London awards.</li> </ul>	PSHE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> <li>3:30 –5pm, 06/11/2019</li> </ul>	EEC	Free to HAT members*
PSHE network	<ul style="list-style-type: none"> <li>Hear about the latest updates, resources and local initiatives for PSHE</li> <li>Network, learn from, and share good practice with other PSHE leads</li> <li>Participate in learning walks in local schools to find out about innovative PSHE activities</li> <li>Hear from guest speakers.</li> </ul>	PSHE Leads	Primary, High & Special schools	1:30pm - 3pm <ul style="list-style-type: none"> <li>26/11/2019</li> <li>27/02/2020</li> <li>24/06/2020</li> </ul>	TBC	Free to buy back schools**

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*\*\*This workshop is free to schools that have purchased a health improvement package and £92 for all other schools (or £87 for ELP PAYG schools).*



# Health Related Behaviour Survey

Title	What you will learn	Who for?	School	When?	Venue	Cost
Health Related Behaviour Survey briefing	<ul style="list-style-type: none"> <li>Find out what the HRBS is</li> <li>What resources you will receive to administer the HRBS</li> <li>The steps to follow to administer the HRBS correctly</li> <li>How to get your school's results instantly</li> <li>How to compare 2019 HRBS results to previous surveys.</li> </ul>	PSHE Leads, Senior Leaders, HRBS leads	Primary & High schools	<ul style="list-style-type: none"> <li>3:45 –4:45pm, 12/09/2019</li> </ul>	EEC	Free to all schools
Analysing your Health Related Behaviour Survey	<ul style="list-style-type: none"> <li>Understand your HRBS results in more detail</li> <li>Successfully analyse your HRBS results</li> <li>Identify areas of strength and areas for development</li> <li>Compare your results with previous surveys.</li> </ul> <p>Practical time to create a summary sheet and a HRBS action plan with next steps.</p>	PSHE Leads, Senior Leaders, HRBS leads	Primary & High schools	<ul style="list-style-type: none"> <li>3:30 –5pm, 05/12/2019</li> </ul>	EEC	Free to HAT members*

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# Mental health & emotional wellbeing

Title	What you will learn	Who for?	School	When?	Venue	Cost
<b>A whole school approach to mental health</b>	<ul style="list-style-type: none"> <li>What is a whole school approach to mental health?</li> <li>How to use the mental health toolkit</li> <li>How to complete an audit and measure impact</li> </ul>	PSHE Leads, mental health leads, SENCOs, DHT, pastoral staff	Primary, High & Special schools	<ul style="list-style-type: none"> <li>9:30-11:30, 26/2/2020</li> </ul>	EEC	Free to HAT members and schools that purchased the Mental health package*
<b>Mental health awareness</b>	<ul style="list-style-type: none"> <li>What is mental health and who does it affect?</li> <li>The impact of stigma</li> <li>How to support children with mental health needs</li> </ul>	All staff including middle and senior leaders and support staff	Primary, High & Special schools	<ul style="list-style-type: none"> <li>1:30 - 3:30pm, 10/12/2019</li> </ul>	EEC	Free to HAT members and schools that purchased the Mental health package*
<b>Mental health first aid (2 days)</b>	<ul style="list-style-type: none"> <li>Factors that affect young people's mental health</li> <li>Practical skills to spot the triggers and signs of mental health issues</li> <li>Interpersonal skills to help a young person recover</li> </ul>	All staff including middle and senior leaders and support staff	High, Primary & Special schools	<ul style="list-style-type: none"> <li>8:30am - 4:30pm, 18 &amp; 19 September 2019</li> <li>8:30am - 4:30pm, 10 and 11 June 2020</li> </ul>	EEC	Free to all schools
<b>Mental health network</b>	<ul style="list-style-type: none"> <li>Network, learn from and share best practice with other mental health leads</li> <li>Discover new resources and local initiatives</li> <li>Receive government updates</li> <li>Hear from guest speakers</li> </ul>	Mental health leads	Primary, High & Special schools	<ul style="list-style-type: none"> <li>3:30-5pm, 13/11/2019</li> <li>3:30-5pm, 23/01/2020</li> <li>3:30-5pm, 16/06/2020</li> </ul>	EEC	Free to all schools

*\*This workshop is free for HAT members and schools that purchased the Mental health package, and £92 for all other schools (or £87 for ELP PAYG).*

# Nutrition & Exercise

Title	What you will learn	Who for?	School	When?	Venue	Cost
How to implement a successful packed lunch policy	<ul style="list-style-type: none"> <li>How to introduce a successful packed lunch policy</li> <li>How to use the packed lunch policy toolkit and receive your free copy</li> <li>How to introduce token rewards</li> </ul>	Senior Leaders, PSHE Leads	Primary & High schools	<ul style="list-style-type: none"> <li>2-4pm, 12/03/2020</li> </ul>	EEC	Free to HAT members and schools that purchased the Reducing obesity package*
Daily Mile: fun and fundraising ideas	<ul style="list-style-type: none"> <li>How to set up the Daily Mile</li> <li>Exciting activities and events to keep your Daily Mile interesting and fresh</li> <li>How to use the Daily Mile to fundraise.</li> <li>Receive a free copy of the Daily Mile toolkit and an ideas resource pack.</li> </ul>	Head teachers, PSHE Leads, PE Leads	Primary & Special schools	<ul style="list-style-type: none"> <li>2-3:30pm, 05/02/2020</li> </ul>	EEC	Free to HAT members and schools that purchased the Reducing obesity package*
How to introduce a whole school food policy	<ul style="list-style-type: none"> <li>How to introduce a whole school food policy in your school, how to make your policy successful, and how to get parents on board.</li> <li>Receive sample policies, posters, surveys and letter templates.</li> </ul>	PSHE Leads, SMSAs, Senior Leaders	Primary, High & Special schools	<ul style="list-style-type: none"> <li>2-4pm, 25/02/2020</li> </ul>	EEC	Free to HAT members and schools that purchased the Reducing obesity package*
How to achieve sugar smart school status	<ul style="list-style-type: none"> <li>Learn how to gain Sugar Smart School status (SSSS).</li> <li>Find out what rewards you can gain</li> <li>Receive your Sugar Smart School resource pack.</li> <li>Create an action plan.</li> </ul>	Senior Leaders, PSHE Leads	Primary, High & special schools	<ul style="list-style-type: none"> <li>2-4pm, 14/11/2019</li> <li>2-4pm, 13/02/2020</li> </ul>	EEC	Free to HAT members and schools that purchased the Reducing obesity package*

*\*This workshop is free for HAT members and schools that purchased the Reducing obesity package, £92 for all other schools (or £87 for ELP PAYG).*

# Safeguarding Prevention: Online safety

Title	What you will learn	Who for?	School	When?	Venue	Cost
<b>NEW:</b> <b>ESCB internet safety: CEOP Thinkuknow</b>	<ul style="list-style-type: none"> <li>• What the role of CEOP is</li> <li>• The potential risks children and young people face online</li> <li>• The specific risks associated with new technologies</li> <li>• The range of resources used by different age groups.</li> </ul>	DS Leads, Senior Leaders,	Primary, High & Special schools	<ul style="list-style-type: none"> <li>• 10am-2:30pm, 08/10/2019</li> </ul>	Perceval House , Committee Room 1	Free to all schools
<b>Online safety for schools - Thinkuknow (CEOP accredited)</b>	<ul style="list-style-type: none"> <li>• The potential risks children and young people face online i.e. grooming and radicalisation</li> <li>• Review your Acceptable User Policy</li> <li>• Receive resources and lesson plans</li> <li>• How to deliver a parent online workshop</li> </ul>	DS Leads, Senior Leaders,	Primary, & Special schools	<ul style="list-style-type: none"> <li>• 9am-3pm, 05/02/2020</li> </ul>	EEC	Free to all CPD SLA schools*
<b>Parental engagement in online safety—grooming, gaming and social media</b>	<ul style="list-style-type: none"> <li>• How to engage parents in online safety</li> <li>• How to make parents aware of the risks their children face</li> <li>• How to manage risks of online safety in and outside of home</li> <li>• How to safeguard young people against social gaming and problematic gambling.</li> <li>• Key themes include gangs, grooming, social media and gaming.</li> </ul>	Headteacher inclusion managers, learning mentors, PSHE leads, DS Leads, Senior Leaders,	Primary & High	<ul style="list-style-type: none"> <li>• 9-10:30am 05/03/2020</li> </ul>	EEC	Free to HAT members*

*\*Free for schools who have bought into the CPD SLA and £180 for all other schools (£164 for ELP PAYG schools).*

# Safeguarding: Radicalisation & Prevent

Title	What you will learn	Who for?	School	When?	Venue	Cost
<b>WRAP—online workshop</b>	<ul style="list-style-type: none"> <li>What is the Prevent Duty?</li> <li>Explore radicalisation, building on existing safeguarding processes</li> <li>How to identify risk, respond and report appropriately.</li> </ul>	Staff who have not received basic WRAP training	Primary, High & Special schools	Book dates via: <b>elearning.prevent.homeoffice.gov.uk/</b>	In school	Free to all schools
<b>Advanced WRAP for Ealing schools</b>	<ul style="list-style-type: none"> <li>Recent progress in Prevent</li> <li>Understanding modern extremist narratives.</li> </ul>	Whole school training	Primary, High & Special schools	By arrangement with Anisa Syed <b>preventschoolsinfo@ealing.gov.uk</b>	In school	Free to all schools
<b>Small steps—extreme far right awareness</b>	<ul style="list-style-type: none"> <li>Raise staff awareness of the extreme far right and its threat</li> <li>Enable staff to understand radicalisation including modern methods used</li> <li>Support staff with counter-narratives to the Extreme Far Right.</li> </ul>	All Staff	Primary, High & Special schools	<ul style="list-style-type: none"> <li>10am-12noon, 03/10/2019</li> </ul> <p>OR If you would like this in your school, email <b>preventschoolsinfo@ealing.gov.uk</b></p>	Perceval House	Free to all schools
<b>Holding difficult conversations</b>	<ul style="list-style-type: none"> <li>Why discussing controversial and difficult conversations is important</li> <li>How to hold difficult conversations.</li> <li>Support with controversial views.</li> </ul>	All Staff	Primary, High & Special schools	By arrangement with Anisa Syed <b>preventschoolsinfo@ealing.gov.uk</b>	In school	Free to all schools
<b>Prevent briefing for senior leaders</b>	<ul style="list-style-type: none"> <li>The legal and statutory requirements for schools around Prevent</li> <li>Equalities, safeguarding &amp; the curriculum.</li> </ul>	Heads, Senior Leaders, Governors	Primary, High & Special schools	By arrangement with Anisa Syed <b>preventschoolsinfo@ealing.gov.uk</b>	In school	Free to all schools

# Safeguarding Prevention

Title	What you will learn	Who for?	School	When?	Venue	Cost
<b>Female Genital Mutilation (FGM) briefing</b>	<ul style="list-style-type: none"> <li>• What is FGM?</li> <li>• How to identify risk</li> <li>• How to respond and report appropriately</li> <li>• What schools can do</li> <li>• Where to go for support.</li> </ul>	Designated Safeguarding Leads, Senior Leaders, PSHE Leads, Teachers	Primary, High & Special schools	<ul style="list-style-type: none"> <li>• 3:30-5pm, 10/03/2020</li> </ul>	EEC	Free to all CPD SLA schools*
<b>CP for new Designated Safeguarding Lead (DSL)</b>	<ul style="list-style-type: none"> <li>• DSL role and responsibilities</li> <li>• Recent changes to key legislation and guidance</li> <li>• How best to support staff and to ensure best practice</li> <li>• Know how to assess, refer, record and respond effectively.</li> </ul>	New Designated Safeguarding Leads	Primary & High	<ul style="list-style-type: none"> <li>• 9.30am-4.30pm, 10/10/2019</li> <li>• 9.30am-4.30pm, 30/01/2020</li> <li>• 9.30am-4.30pm, 28/04/2020</li> </ul>	EEC	Free to all CPD SLA schools*
<b>CP update for experienced DSL</b>	<ul style="list-style-type: none"> <li>• Revisit the DSL role and responsibilities</li> <li>• Recent changes to key legislation and guidance</li> <li>• Identify barriers to reporting</li> <li>• Know how to assess, refer, record and respond effectively.</li> </ul>	Established Designated Safeguarding Leads	Primary & High	<ul style="list-style-type: none"> <li>• 1.30-4.30pm, 16/10/2019</li> <li>• 1.30-4.30pm, 06/02/2020</li> <li>• 1.30-4.30pm, 02/06/2020</li> </ul>	EEC	Free to all CPD SLA schools*

*\*Free for schools who have bought into the CPD SLA and £180 for all other schools (£164 for ELP PAYG schools).*

# Healthy Schools London (HSL) awards

Title	What you will learn	Who for?	School	When?	Venue	Cost
Healthy Schools London awards briefing	<ul style="list-style-type: none"> <li>• How to achieve the Healthy Schools London awards</li> <li>• How to complete the Healthy Schools London award templates</li> <li>• How to submit your awards</li> </ul> <p>Receive support tools and resources to help complete these awards.</p>	PSHE Leads	Primary, High & Special schools/ Healthy Schools leads	<ul style="list-style-type: none"> <li>• 3:30-4:30pm, 03/02/2020</li> </ul>	EEC	Free to all schools
Healthy Schools London drop-in day	<p>Come at any time during the day and receive one-to-one support to complete the Healthy Schools London awards.</p> <p>Receive templates, support tools and examples to help complete these awards. Most schools achieve at least one award during this drop-in day.</p>	PSHE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> <li>• 05/12/2019</li> <li>• 01/04/2020</li> </ul> <p>Drop in anytime between 9am and 1pm.</p>	EEC	Free to HAT members*

*\*This workshop is free for 'Healthy Schools Awards and Training' (HAT) members and £92 for all other schools.*

Health improvement team  
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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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