

Health Improvement Training Programme

For primary, high & special schools
2021/22



The team

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



Karen Gibson

Safeguarding
Health Improvement Team
Manager



Nicole McGregor

Nutrition and Exercise
Senior Health Improvement Officer



Emily Rayfield

Mental Health
Health Improvement Officer



Faye Jones

PSHE and RSHE
Health Improvement Officer

Our services

All Ealing schools have access to our six buyback 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	Includes access to all 20 trainings, 2 drop-in days and 6 sessions to help you achieve the Healthy Schools London awards.
Reducing obesity package	Includes nutrition and exercise initiatives, central trainings on nutrition and exercise, policy review, an assembly, surveys, staff INSET and parent workshop.
Relationships & Sex Education package	Includes central trainings on RSHE, policy review, staff INSETs, parent workshops, modelled RSHE lessons and surveys.
Mental health package	Includes central trainings on mental health, staff INSETs, policy review, staff wellbeing workshops, staff and pupil surveys, a parent workshop and pupil workshops or assemblies.
PSHE package	Includes central trainings on PSHE, 14 hours of PSHE activities, 3 PSHE networks and 1 year membership to a digital PSHE library.

Our training workshops

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

How much do the training workshops cost?

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

How do I book?

All trainings can be booked via Ealing CPD online 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 at least four days before the course or your school/organisation may 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 **VERY USEFUL** OR **USEFUL.***



100% OF PARTICIPANTS WOULD **RECOMMEND** OUR TRAINING TO **OTHERS.***

*Training evaluations 2020/21

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 and Health Education

Title	What you will learn	Who for?	School	When?	Venue	Cost
Statutory Relationship, Sex and Health Education - what schools need to know	<ul style="list-style-type: none"> What is included in the guidance for Relationships, Sex and Health Education Consideration of how RSHE fits into your schools response to the Ofsted review into sexual abuse in schools How to ensure your school is meeting and evidencing the new statutory guidance for RSHE 	PSHE Leads, Senior Leaders	Primary, high & special schools	<ul style="list-style-type: none"> 3:45-4:45pm, 07/10/2021 	Virtual	Free to schools that purchased the HAT or RSHE package*
A whole school approach to RSHE	<ul style="list-style-type: none"> The 7 steps to embedding RSHE What resources you can access to support the embedding of RSHE What support tools are available to engage parents, pupils and staff Participants will receive a copy of the RSHE toolkit and receive time to develop a bespoke action plan 	PSHE Leads, Senior Leaders	Primary, high & special schools	<ul style="list-style-type: none"> 3:30-5pm, 25/11/2021 	EEC	Free to schools that purchased the HAT or RSHE package*

**This workshop is free to schools that purchased the HAT or RSHE packages and £97 for all other schools (or £90 for ELP PAYG schools).*

Relationships, Sex and Health Education

Title	What you will learn	Who for?	School	When?	Venue	Cost
Effective RSHE - what is it? Top tips for teaching effective RSHE	<ul style="list-style-type: none"> How to deliver effective RSHE lessons How to effectively monitor and assess RSHE lessons Engaging resources and lesson ideas that help deliver exciting and effective RSHE lessons How to set secure ground rules and answer difficult questions 	PSHE leads, NQTs, teachers	Primary & high schools	<ul style="list-style-type: none"> 1:30-3pm, 12/01/2022 	EEC	Free to schools that purchased the HAT or RSHE package*
Train the trainer - how to deliver an effective RSHE staff training	<ul style="list-style-type: none"> How to run an effective staff training based on RSHE What to include in a staff RSHE training Resources to use to engage and support staff How to increase staff confidence in delivering effective RSHE 	PSHE Leads, Senior Leaders	Primary, high & special schools	<ul style="list-style-type: none"> 3:30-5pm, 01/02/2022 	Virtual	Free to schools that purchased the HAT or RSHE package*
Train the trainer - how to deliver an effective RSHE parent workshop	<ul style="list-style-type: none"> What to include in an RSHE parent workshop How to effectively run an RSHE parent workshop How to answer difficult questions from parents How to reduce withdrawals from RSHE lessons 	PSHE Leads, Senior Leaders	Primary & high schools	<ul style="list-style-type: none"> 3:30-5pm, 22/02/2022 	Virtual	Free to schools that purchased the HAT or RSHE 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"> • How to plan for this year's anti-bullying week • Resources and ideas for each year group based on the theme • How to implement, monitor and assess Anti-bullying week 	PSHE Leads, NQTs	Primary, high & special schools	<ul style="list-style-type: none"> • 3:30 –4:45pm, 02/11/2021 	Virtual	Free to HAT members & PSHE package member*
Induction meeting for new PSHE coordinators	<ul style="list-style-type: none"> • How to implement and monitor a PSHE scheme of work • How to gather evidence and assessment for PSHE • How to achieve HSL awards 	PSHE Leads	Primary, high & special schools	<ul style="list-style-type: none"> • 3:30 –5pm, 14/10/2021 	Teams	Free to HAT & PSHE package member*
Primary PSHE network	<ul style="list-style-type: none"> • Hear about the latest updates, resources and initiatives for PSHE • Network, learn from, and share good practice with PSHE leads • Participate in learning walks • Hear from guest speakers 	PSHE Leads	Primary, high & special schools	<ul style="list-style-type: none"> • 10/11/2021 3:45pm - 5:15pm • 09/02/2022 3:45pm - 5:15pm • 11/05/2022 3:45pm - 5:15pm 	TBC	Free to buy back schools & PSHE package members
High PSHE network	<ul style="list-style-type: none"> • Hear about the latest updates, resources and initiatives for PSHE • Network, learn from, and share good practice with PSHE leads • Participate in learning walks • Hear from guest speakers 	PSHE Leads	Primary, high & special schools	<ul style="list-style-type: none"> • 11/11/2021, 3:45pm - 5:15pm • 10/02/2022, 3:45pm - 5:15pm • 12/05/2022, 3:45pm - 5:15pm 	TBC	Free to buy back schools & PSHE package members

**This workshop is free for Healthy Schools Awards and Training & PSHE package members and £97 for all other schools (or £90 for ELP PAYG schools).*

Mental health & emotional wellbeing

Title	What you will learn	Who for?	School	When?	Venue	Cost
A whole school approach to mental health	<ul style="list-style-type: none"> • What is a whole school approach to mental health? • How to use the Mental Health Toolkit • How to complete an audit and measure impact 	PSHE Leads, Mental Health Leads, leaders, pastoral staff	Primary, high & special schools	<ul style="list-style-type: none"> • 1:30-4pm, 03/11/2021 • 1:30-4pm, 02/02/2022 	<ul style="list-style-type: none"> •Virtual •EEC 	Free to HAT members & mental health package buyback schools*
Mental health awareness	<ul style="list-style-type: none"> • What is mental health and who does it affect? • How to identify mental health issues • How to support children with mental health needs 	All staff including middle and senior leaders and support staff	Primary, high & special schools	<ul style="list-style-type: none"> • 1-3pm, 11/11/2021 • 1-3pm, 23/02/2022 	<ul style="list-style-type: none"> •EEC •Virtual 	Free to HAT members & mental health package buyback schools*
Youth Mental Health First Aid (2 days)	<ul style="list-style-type: none"> • Factors that affect young people's mental health • Practical skills to spot the triggers and signs of mental health issues • Interpersonal skills to help a young person recover 	All staff including middle and senior leaders and support staff	Primary and high schools	<ul style="list-style-type: none"> • 9:30-4pm, Spring and Summer term dates TBC 	Virtual	Free to all schools
Mental health network	<ul style="list-style-type: none"> • Network, learn from and share best practice with other mental health leads • Discover new resources and local initiatives • Receive government updates • Hear from guest speakers 	Mental Health Leads	Primary, high & special schools	<ul style="list-style-type: none"> • 3:30-5pm, 13/10/2021 • 3:30-5pm, 19/01/2022 • 3:30-5pm, 04/05/2022 	<ul style="list-style-type: none"> •Virtual •EEC •Virtual 	Free to all schools

**This workshop is free for HAT members and schools that purchased the Mental health package, and £97 for all other schools (or £90 for ELP PAYG).*

Mental health & emotional wellbeing

Title	What you will learn	Who for?	School	When?	Venue	Cost
Relaxation and mindfulness	<ul style="list-style-type: none"> • What is the difference between relaxation and mindfulness? • Learn practical tips and techniques for you to try • The chance to try out an exercise together 	All staff	Primary, high & special schools	<ul style="list-style-type: none"> • 3:30-4:15pm, 06/10/2021 • 3:30-4:15pm, 02/03/2022 	Virtual	Free to HAT members & mental health package buyback schools*
Managing your everyday anxieties	<ul style="list-style-type: none"> • Understand stress and anxiety, and how they manifest in your body • Practical techniques for managing emotional and physical symptoms 	All staff	Primary, high & special schools	<ul style="list-style-type: none"> • 3:30-4:15pm, 20/10/2021 • 3:30-4:15pm, 16/03/2022 	Virtual	Free to HAT members & mental health package buyback schools*
Managing low mood	<ul style="list-style-type: none"> • Understanding low mood • Practical techniques for managing low mood and boosting your wellbeing • Signposting to apps, resources, and organisations 	All staff	Primary, high & special schools	<ul style="list-style-type: none"> • 3:30-4:15pm, 17/11/2021 • 3:30-4:15pm, 23/03/2022 	Virtual	Free to HAT members & mental health package buyback schools*
Managing stress at work	<ul style="list-style-type: none"> • Understanding stress, where it comes from and how it affects us • Learn practical techniques for managing stress and improving your wellbeing • The chance to try out an exercise together 	All staff	Primary, high & special schools	<ul style="list-style-type: none"> • 3:30-4:15pm, 24/11/2021 • 3:30-4:15pm, 30/03/2022 	Virtual	Free to HAT members & mental health package buyback schools*

**This workshop is free for HAT members and schools that purchased the Mental health package, and £15 for all other schools.*

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"> How to introduce a successful packed lunch policy How to use the packed lunch policy toolkit and receive your free copy How to introduce token rewards 	Senior Leaders, PSHE Leads	Primary & high schools	<ul style="list-style-type: none"> 2-4pm, 03/02/2022 	EEC	Free to HAT members and schools that purchased the Reducing obesity package*
Ideas to encourage pupils to move more	<ul style="list-style-type: none"> Ideas to increase active travel Strategies to increase the number of pupils participating in sports clubs How to introduce the Daily Mile and improve its effectiveness Programmes to get more pupils moving more outside school How to write a PA policy 	Head teachers, PSHE Leads, PE Leads	Primary & special schools	<ul style="list-style-type: none"> 3:30-5pm, 03/03/2022 	Virtual	Free to HAT members and schools that purchased the Reducing obesity package*
How to become a successful eco-school	<ul style="list-style-type: none"> How to get an eco-award How to reduce the cost of water, energy and waste in your school Discover the latest resources, tips and techniques for embedding a fresh, forward-thinking ethos 	PSHE Leads, SMSAs, Senior Leaders	Primary, high & special schools	<ul style="list-style-type: none"> 3:45-5pm, 10/03/2022 	Virtual	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"> Learn how to gain Sugar Smart School (SSS) status. Find out what rewards you can gain Receive your SSS resource pack. Create an action plan 	Senior Leaders, PSHE Leads	Primary, high & special schools	<ul style="list-style-type: none"> 3:30-4:30pm 17/03/2022 	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, £97 for all other schools (or £90 for ELP PAYG).*

Healthy Schools London (HSL) awards

Title	What you will learn	Who for?	School	When?	Venue	Cost
Healthy Schools London awards — lightning trainings	<ul style="list-style-type: none"> How to achieve the Healthy Schools London awards How to complete the Bronze template How to complete the Silver template How to complete the Gold template How to complete the Platinum template 	PSHE Leads, healthy schools leads	Primary, high & special schools	<ul style="list-style-type: none"> 3:30-5pm, 1/12/2021 	Virtual	Free to all schools
Healthy Schools London drop-in day	<ul style="list-style-type: none"> Come at any time during the day and receive one-to-one support to complete the Healthy Schools London awards Receive templates, support tools and examples to help complete these awards. Most schools achieve at least one award during this drop-in day 	PSHE Leads, healthy schools leads	Primary, high & special schools	<ul style="list-style-type: none"> 27/01/2022 21/04/2022 Drop in anytime between 9am and 1pm.	EEC	Free to HAT members*

**This workshop is free to schools that have purchased a health improvement package and £97 for all other schools (or £90 for ELP PAYG schools).*

Safeguarding: Radicalisation & Prevent

Title	What you will learn	Who for?	School	When?	Venue	Cost
WRAP—online workshop	<ul style="list-style-type: none"> • What is the Prevent Duty? • Explore radicalisation, building on existing safeguarding processes • How to identify risk, respond and report appropriately. 	Staff who have not received basic WRAP	Primary, High & Special schools	Complete online: https://www.elearning.prevent.homeoffice.gov.uk/edu/screen1.html	Virtual	Free to all schools
Advanced WRAP Workshop	<ul style="list-style-type: none"> • Understand PREVENT’s aims • Understand the local/national threat and the narratives that underpin this • Consider those who may be vulnerable, and how to help 	Heads, Senior Leaders, Safeguarding Lead	Primary, High & Special schools	10.30-12pm 07/10/21 2-4pm 06/12/21	TBC	Free to all schools
Designated Safeguarding Lead’s Network	<ul style="list-style-type: none"> • Updates on safeguarding issues and areas of priority locally • Policy developments • Practical advice, guidance and support • Share practice and collectively 	Designated Safeguarding Lead	Primary, High & Special schools	11-12.15pm 22/09/2021 24/11/2021 02/02/2022 30/03/2022 18/05/2022 22/06/2022	Virtual	Free to all schools
Internet Safety CEOP ThinkUknow	<ul style="list-style-type: none"> • The role of CEOP and the virtual global taskforce and report abuse mechanism • The risks young people face online • A range of resources and where to 	All staff	Primary, High & Special schools	10.00-2.30pm 12/10/21	Virtual	Free to all schools

Safeguarding Prevention

Title	What you will learn	Who for?	School	When?	Venue	Cost
Contextual Safeguarding *focus on older children	<ul style="list-style-type: none"> The principles of Contextual Safeguarding (CS) Understand more about how Ealing is developing CS practices Consider the role of language in CS work 	Designated Safeguarding Leads, Pastoral, HOY	High & Special schools	10-12.30pm, 23/11/21	Virtual	Free to all schools
Child Protection for new Designated Safeguarding Lead (DSL)	<ul style="list-style-type: none"> DSL role and responsibilities Recent changes to key legislation and guidance How best to support staff and to ensure best practice Know how to assess, refer, record and respond effectively. 	New Designated Safeguarding Leads	Primary & High	9.30am-3.30pm: <ul style="list-style-type: none"> 05/10/2021 30/11/2021 18/01/2022 15/03/2022 17/05/2022 12/07/2022 	Virtual and EEC (see Ealing CPD online for details)	Free to all CPD SLA schools*
Child Protection update for experienced DSL	<ul style="list-style-type: none"> Revisit the DSL role and responsibilities Recent changes to key legislation and guidance Identify barriers to reporting Know how to assess, refer, record and respond effectively. 	Established Designated Safeguarding Leads	Primary & High	9:30am-12:30pm: <ul style="list-style-type: none"> 19/10/2021 07/12/2021 25/01/2022 22/03/2022 10/05/2022 05/07/2022 	Virtual and EEC (see Ealing CPD online for details)	Free to all CPD SLA schools**

*Free for schools who have bought into the CPD/ Training SLA or £172 for ELP PAYG schools. Other schools pay £189.

**Free for schools who have bought into the CPD/ Training SLA or £119 for ELP PAYG schools. Other schools pay £131.

Safeguarding Prevention: Online safety

Title	What you will learn	Who for?	School	When?	Venue	Cost
Whole school online safety and 'Safer Internet Day' activities & ideas	<ul style="list-style-type: none"> • Understand online safety risks including grooming, radicalisation and cyberbullying • Have the tools to plan and implement a whole school approach to online safety • Activity ideas and free resources for Safer Internet Day • Learn ideas from other schools • Understand the need for an Acceptable User Policy (AUP) 	DS Leads, Senior Leaders, Computer Leads	Primary, high & special schools	• 3:30-4:30pm, 20/01/2022	Virtual	Free to HAT members*
Parental engagement in online safety—grooming, gaming and social media	<ul style="list-style-type: none"> • How to engage parents in online safety • How to make parents aware of the risks their children face • How to manage risks of online safety in and outside of home • How to safeguard young people against social gaming and problematic gambling. • Key themes include gangs, grooming, social media and gaming 	Inclusion Managers, learning mentors, PSHE Leads, DS Leads, Senior Leaders, Heads	Primary & high schools	• 2pm-4pm 26/01/2022	Virtual	Free to HAT members*

**This workshop is free to schools that have purchased a health improvement package and £97 for all other schools (or £90 for ELP PAYG schools).*

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

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