

Health Improvement Training Programme

For primary, high & special schools in Harrow

2020/21



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.



Emily Rayfield

Mental Health

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 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 package	Includes access to all 20+ 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 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 RSE, policy review, staff INSETs, parent workshops, modelled RSE lessons, surveys and an impact report.
Mental health package	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 in this brochure are FREE to Harrow schools.

How do I book?

Book a place 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 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 **'VERY USEFUL'** OR **'USEFUL'***.



99% OF PARTICIPANTS WOULD **RECOMMEND OUR TRAINING TO OTHERS. ***

*Training evaluations 2019/20

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 - what schools need to know	<ul style="list-style-type: none"> What is included in the new guidance for Relationships, Sex and Health Education How your school should prepare for the statutory guidance How to ensure your school is meeting and evidencing the new statutory guidance for RSE. 	PSHE Leads, Senior Leaders	Primary, Special & High schools	<ul style="list-style-type: none"> 3:45-4:45pm, 14/01/2021 	Virtual	Free to Harrow schools.
A whole school approach to RSE	<ul style="list-style-type: none"> The 7 steps to embedding RSE What resources you can access to support the embedding of RSE What support tools are available to engage parents, pupils and staff Participants will receive a copy of the RSE toolkit and receive time to develop a bespoke action plan. 	PSHE Leads, Senior Leaders	Primary, Special & High schools	<ul style="list-style-type: none"> 3:30-5pm, 10/02/2021 	EEC	Free to Harrow schools.
Updating your RSE policy	<ul style="list-style-type: none"> What needs to be included in an RSE policy to meet statutory guidelines How to review and write an RSE policy How to engage with key stakeholders Receive time to update your policy with guidance and support. 	PSHE leads, Senior Leaders	Primary, High & Special schools	<ul style="list-style-type: none"> 3:30-5pm, 23/01/2021 	EEC	Free to Harrow 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"> How to deliver effective RSE lessons How to effectively monitor and assess RSE lessons Engaging resources and lesson ideas that help deliver exciting and effective RSE 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, 25/03/2021 	Virtual	Free to Harrow schools.
Train the trainer - how to deliver an effective RSE parent workshop	<ul style="list-style-type: none"> What to include in an RSE parent workshop How to effectively run an RSE parent workshop How to answer difficult questions from parents How to reduce withdrawals from RSE lessons. 	PSHE Leads, Senior Leaders	Primary & High schools	<ul style="list-style-type: none"> 1:30-3pm, 16/03/2021 	TBC	Free to Harrow schools.
Train the trainer - how to deliver an effective RSE staff training	<ul style="list-style-type: none"> How to run an effective staff training based on RSE What to include in a staff RSE training Resources to use to engage and support staff How to increase staff confidence in delivering effective RSE. 	PSHE Leads, Senior Leaders	Primary, High & Special schools	<ul style="list-style-type: none"> 3:30-5pm, 16/03/2021 	TBC	Free to Harrow schools.

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 • Find out this year's theme • Resources and ideas for each year group based on the theme • How to implement, monitor and assess Anti-bullying week. 	PSHE Leads, NQTs, Teachers	Primary, High & Special schools	<ul style="list-style-type: none"> • 3:30 –4:45pm, 22/10/2020 	Virtual	Free to Harrow schools.
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 the Healthy Schools London awards. 	PSHE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> • 3:30 –5pm, 04/03/2021 	TBC	Free to Harrow schools.
Healthy Schools London awards briefing	<ul style="list-style-type: none"> • How to achieve the Healthy Schools London awards • How to complete the Healthy Schools London award templates • How to submit your awards <p>Receive support tools and resources to help complete these awards.</p>	PSHE Leads, healthy schools leads	Primary, High & Special schools/Healthy Schools leads	<ul style="list-style-type: none"> • 3:30-4:30pm, 03/11/2020 	Virtual	Free to Harrow 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, SENCOs, DHT, pastoral staff	Primary, High & Special schools	<ul style="list-style-type: none"> • 1:30-3:30pm, 11/11/2020 • 1:30-4pm, 03/03/2021 	TBC	Free to Harrow 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"> • 1:30-3:30pm, 25/11/2020 	Virtual	Free to Harrow 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, High & Special schools	<ul style="list-style-type: none"> • 8:30-4:40pm, 3/12/2020 and 4/12/2020 	Virtual	Free to Harrow 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, 26/01/2021 	TBC	Free to Harrow schools.
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 • Apps and 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"> • 2-4pm, 19/01/2021 	TBC	Free to Harrow schools.
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"> • 2-4pm, 03/03/2021 	TBC	Free to Harrow schools.

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	<ul style="list-style-type: none"> • 3:30-4:30pm, 12/01/2021 	Virtual	Free to Harrow schools.
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. 	Headteacher inclusion managers, mentors, PSHE leads, DS Leads, Senior Leaders,	Primary & High	<ul style="list-style-type: none"> • 2pm-4pm 24/03/2021 	TBC	Free to Harrow schools.

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

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