

# Stepping up to health



## Features

- Whole school approach to PSHE
- HRBS survey results
- Mental health first aid
- FGM – a community led approach
- Diversity and equality project
- CyberMentor PLUS funding
- ARISE quality assurance mark

## A new health improvement service

Important changes to our service and four new packages for schools.

**From September 2018, there will be changes to the health improvement service that schools receive. From April, our team will no longer receive Ealing council funding. Therefore, to ensure schools still have a health improvement service, we need to start charging for our services that previously we were able to offer free.**

From September, schools will pay for the following services: our annual conference, Healthy Schools London briefings, PSHE and mental health networks and our toolkits. However, schools that purchase any of our buy back packages will receive all these services for free.

This academic year we are offering schools four new packages to choose from, this is in addition to our existing Healthy Schools Awards and Training (HAT) and the 4 Day Bespoke packages. The new packages include:

- ❖ *Keeping children safe*
- ❖ *Reducing obesity*
- ❖ *Mental health and emotional wellbeing*
- ❖ *Relationships and Sex Education*

The Relationships and Sex Education (RSE) package will ensure that your RSE policy is up to date, your parents are supported to understand why RSE is so important and staff are confident in delivering effective RSE.

The reducing obesity package will support your school to introduce a range of healthy eating and exercise initiatives proven to reduce rates of obesity. Schools can use their school sports premium funding to pay for this package.

The keeping children safe package will help ensure schools meet the essential Ofsted criteria for Personal Development, Behaviour and Welfare (PDBW) and safeguarding.

The mental health and emotional wellbeing package will support your school to implement a consistent whole school approach to mental health and emotional wellbeing.

All new packages include targeted programmes staff training, policy review, parent workshops, surveys, toolkits, pupil workshops and central trainings in the health area. For more information or to buy back one of our six packages, see the Services for Schools information on EGFL.

## Healthy Schools London Ealing award tally



## Conference



Ealing schools are invited to attend our annual health improvement conference on **22 February** at Doubletree Hilton. Book your free place at [healthimprov.eventbrite.co.uk](http://healthimprov.eventbrite.co.uk)

## Health Improvement in Schools

# Did you know?



The percentage of overweight or obese reception pupils has decreased from 22% (NCMP 2015/16) to 18% (NCMP 2016/17).



Ealing has the 2nd highest number of Healthy Schools London gold awards out of 32 London boroughs.



98% of primary schools in Ealing are using the new Ealing PSHE scheme of work.

## Key Health Improvement dates

Event	When and where?	More information
Book your annual Health in School visit	In your school between November and February.	Book via <a href="http://hisv.acuityscheduling.com">hisv.acuityscheduling.com</a>
Primary school PSHE network	30 Jan 2018, 1:30 – 3:00pm Hambrough Primary School	Register via Ealing CPD online
High school PSHE network	1 Feb 2018, 3:30 – 5:00pm, Featherstone High School	Register via Ealing CPD online
Deadline to submit HSL Bronze award	2 February 2018	Submit to <a href="mailto:MeadeC@ealing.gov.uk">MeadeC@ealing.gov.uk</a>
Deadline to submit HSL Silver award	2 February 2018	Submit to <a href="mailto:MeadeC@ealing.gov.uk">MeadeC@ealing.gov.uk</a>
Deadline to submit HSL Gold award	5 February 2018	Submit to <a href="mailto:MeadeC@ealing.gov.uk">MeadeC@ealing.gov.uk</a>
Annual Health Improvement Team Conference	22 February 2018, Double Tree Hilton	Book via <a href="http://healthimprov.eventbrite.co.uk">healthimprov.eventbrite.co.uk</a>
Healthy Schools London drop in day	15 March 2018, 9:00 – 1:00pm, EEC	Register via Ealing CPD online

## Health weeks

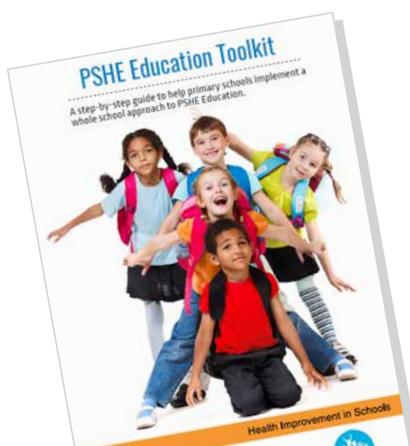
Event	When?	More information
Young Carers Awareness Day	25 January 2018	<a href="https://carers.org/young-carers-awareness-day-2018">https://carers.org/young-carers-awareness-day-2018</a>
Time to Talk Day	1 February 2018	<a href="http://www.time-to-change.org.uk">www.time-to-change.org.uk</a>
NSPCC Number Day	2 February 2018	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Safer Internet Day	6 February 2018	<a href="http://www.saferinternet.org.uk">www.saferinternet.org.uk</a>
Fair Trade Fortnight	26 February – 12 March 2018	<a href="http://www.fairtrade.org.uk">http://www.fairtrade.org.uk</a>
International Women's Day	8 March 2018	<a href="http://www.internationalwomensday.com">www.internationalwomensday.com</a>
CSE Awareness Day	18 March 2018	<a href="http://www.nwgnetwork.org">www.nwgnetwork.org</a>

More information about the above dates, contact Claire: [MeadeC@ealing.gov.uk](mailto:MeadeC@ealing.gov.uk). Details can also be found in our weekly eNews.



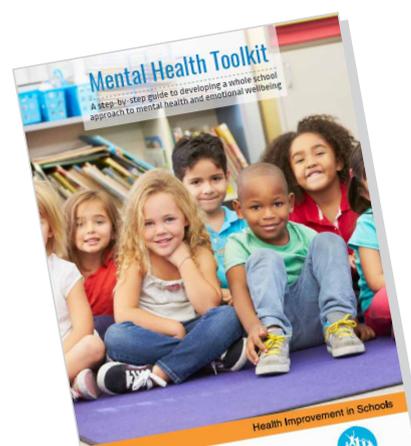
### ★ Healthy Lunchtime Toolkit

Our new toolkit is a fully resourced, step-by-step guide designed to help schools introduce a successful packed lunch policy with a reward system and provides advice on how to improve nutrition of school lunches. Download this toolkit via the health improvement tab on EGFL under 'toolkits'.



### ★ PSHE SOW Toolkit

Our PSHE education toolkit supports PSHE leads to develop, embed and monitor a consistent whole school approach to PSHE. The toolkit is a step-by-step guide which includes resources, checklists and audit tools. Download this toolkit via the health improvement tab on EGFL under 'toolkits'.



### ★ Mental health Toolkit

Our mental health toolkit supports mental health leads to promote mental health and emotional wellbeing at school. The toolkit has a step-by-step guide which includes guidance on how to develop a whole school approach to mental health. For more information, email Stacey: [paynes@ealing.gov.uk](mailto:paynes@ealing.gov.uk).



# PSHE SPOTLIGHT

Primary schools across Ealing have been using the new PSHE scheme of work. Below two schools explain how they have embedded this scheme of work in their schools.

## PSHE in Our Lady of the Visitation

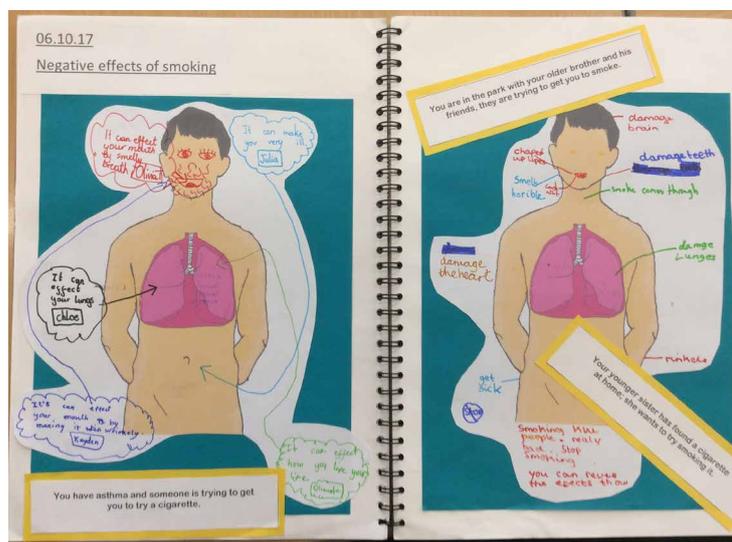
### Developing a child-led approach to PSHE

**At Our Lady of the Visitation, we wanted to develop our PSHE teaching, ensuring our aims were clear in all sessions and we achieved our outcomes. To launch the new scheme, we initiated a whole school competition for children to design a PSHE poster. The winning entry has become the front cover for class PSHE portfolios.**

We aimed for a child-led approach for the portfolios because we wanted the children to feel motivated and take pride in their portfolio. Staff have given a lot of positive feedback over both the new scheme and the portfolios. There is now

a sense of enthusiasm in both children and teachers. Portfolios are kept in the class reading areas and the children are delighted to look through these and spot their pieces of work.

At Our Lady of the Visitation, we are excited to continue building our class portfolios. We have a renewed confidence in our PSHE lessons, preparing our children holistically, for life's journey.



*Tamika Wright and Sherelle Parillon, PSHE co-ordinators, Our Lady of the Visitation*

## PSHE in Woodlands Academy

### Developing community links to strengthen the curriculum

At Woodlands Academy, children are engaged with their PSHE lessons and each class has started to create their class portfolios showcasing their learning journeys. Children enjoyed having visitors linked to their learning. To support safeguarding, NSPCC and their mascot 'Buddy' visited our school. They delivered their 'Speak out and stay safe' programme. Children learnt about

several types of abuse and how to keep themselves safe using the PANTS rule.

Linked to physical health, EYFS have started brushing their teeth every day in school with the 'Ealing Smiles Daily' supervised tooth brushing programme. Children really enjoy keeping their teeth healthy. To celebrate World Food Day and Harvest Festival, we collected food

donations for Ealing Foodbank. Our school councillors proudly delivered the food to St. Mellitus Church in Hanwell. All food donations will help support vulnerable families in the local community.

*Lauren Moxom, PSHE Co-ordinator, Woodlands Academy*

To find out more about the PSHE scheme of work email Claire: meadec@ealing.gov.uk





## The Health Related Behaviour Survey results are in!

Results show pupils in Ealing are healthier and are making better health choices – and we are proud to have contributed!

Over the last twelve years the health improvement team has invited every school in Ealing to take part in the Health Related Behaviour Survey (HRBS), a survey that asks pupils from years 4, 6, 8 and 10, a series of questions about their health choices, behaviour and attitudes

In October 2017, 74 schools in Ealing, a total of 11,343 children and young people, participated in the survey.

Ealing schools have increasingly been prioritising their pupils' health by introducing effective policies such as school food and anti-bullying policies, educating both parents and pupils in the topics of health and wellbeing, up-skilling staff, and introducing healthy initiatives such as the Daily Mile. The hard work appears to have paid off! Read the results below to find out about the positive changes we have helped contribute to.

HRBS reports have been sent to schools and are available electronically on your school's data page on the EGFL. Use your results to celebrate successes, evidence impact of your work and plan which health priority to focus on next. Share the results with governors, parents, staff and pupils and book your Health in School Visit for support analysing your data.

### Primary school results

The percentage of pupils who said they consumed vegetables on most days increased from 41% in 2015 to 46% in 2017. Also, in 2017 65% of pupils in Ealing said that they eat fresh fruit 'on most days', up from 61% in 2015. And this is 8% higher than the national average.

Compared with other boroughs, Ealing pupils were less likely to say that they have crisps and sweets 'on most days'. In 2017, 17% of pupils in Ealing had crisps and sweets compared with 29% of pupils in 2005, and this is a percentage decrease in junk food consumption by 41%. The Ealing average of 17% in 2017 is also significantly lower than the national average of 29%.

Percentage of pupils eating sweets and chocolate



There is an overall decreasing trend for pupils reporting being bullied in the last 12 months. In 2007, 30% of pupils said they were victims of bullying and this has decreased significantly to 17% in 2017.

There is an increase in the percentage of Year 6 pupils who said that teachers had talked to them about how their body changes as they grow up from 62% in 2015 to 70% in 2017 and in Year 4 girls from 35% in 2015 to 50% in 2017.

There was an increase in the percentage of pupils who said they did some physical activity on at least 5 days in the last 7 days from 26% in 2015 to 29% in 2017. The percentage of pupils who said they go for a walk at least once a week increased significantly from 48% in 2015 to 54% in 2017.

### Secondary school results

Since 2005, more high schools have embedded PSHE into the school curriculum and the survey results reflect this.

Pupils in 2017 were more likely to say that school lessons were their main source of information about sex compared with previous years; 32% said this in 2005, rising year-on-year to 51% in 2017.

School lessons are pupils' main source of information on sex



High school pupils in Ealing are also making much better choices compared with pupils in other boroughs. In Ealing, 11% of pupils said that they have been bullied at or near school in the last 12 months. This is lower than the 19% seen in other boroughs.

There is an increasing trend for pupils saying they have 'never smoked at all'. In 2005, 75% said this, 77% in 2007 and 79% in 2009. This had risen again in 2011 to 82%, to 93% in 2017.

In Ealing, 15% of pupils said that they eat crisps 'on most days'. This is 35% lower than the national average. Also, 52% of Ealing high school pupils said that they eat fresh fruit 'on most days' compared with the national average of 46%.



## ARISE launches Quality Assurance Mark

Ealing's first primary and secondary school were awarded the ARISE Quality Assurance Mark in September, in recognition of their whole school approach in implementing the Prevent duty. The ARISE (Anti Radicalisation In Schools for Ealing) network, represented by local schools in Ealing, promotes the adoption of best practices, providing recognition for schools that satisfy the criteria, developed with the DfE.

To qualify, schools must demonstrate the successful provision of comprehensive practice through the recognised framework of steps outlined in the Ealing Prevent Toolkit, and assessed by members of the ARISE Network. The process involves:

- ❖ *A school self-assessment, via completion of the Ealing Prevent Audit*
- ❖ *Submitting the school's completed Evidence for Award*
- ❖ *Peer-assessment and ratification by representatives of the ARISE Network.*

The evidence required is outlined in the six steps of the Ealing Prevent Toolkit, which provides suggestions based on guidance from DfE and collated best practices.

To apply for the Quality Assurance Mark, please visit [www.egfl.org.uk/prevent](http://www.egfl.org.uk/prevent) or contact Mubina Asaria on 020 8825 5323 or email [AsariaM@ealing.gov.uk](mailto:AsariaM@ealing.gov.uk)

"We are thrilled to be awarded the ARISE quality mark, the process has really helped us to understand and develop essential practices across the school in terms of ensuring safety of our school community. The support from Mubina and the network has been very timely and of a very high calibre, tackling some very sensitive materials in a very professional manner." Lubna Khan, Headteacher, Berrymede Junior

## Mental health first aid

Free training for high school mental health leads



**The government has proposed that by 2020 all secondary schools in the UK will have a member of staff trained in mental health first aid. Education secretary Justine Greening said that the new training will give teachers more confidence in tackling mental health issues and builds on the fantastic support we know they already give their pupils.**

In December 2017, 13 Ealing high schools along with Berrymede Junior School, trained up one member of staff to become a mental health first aider. They received a full day workshop hosted by Cardinal Wiseman Catholic School which included information on the most common mental health problems for young people and practical advice on how to deal with challenging behaviour, such as self-harm. All attendees received a Mental Health First Aid England (MHFA) guide and other useful resources to share their knowledge with colleagues back at school. There is a plan for more staff including all primary schools, to receive mental health first aid training in the near future.

Children's poor mental health is a growing concern with one in ten children

suffering with poor mental health. Almost half of all mental health problems are diagnosed before the age of 14, therefore we know that mental health first aid is only the first step towards a solution. The Child and Adolescent Mental Health Service (CAMHS) are undergoing a transformation in order to reduce waiting times for children and families and further resources are currently being developed for schools. To find out more about the CAMHS transformation plan, what is working well in schools; as well as resources available in Ealing, book your place at the mental health network meeting on 23 January via Ealing CPD online.

In addition to mental health first aid, all Ealing schools can now access free mental health training at the Ealing Education Centre. Trainings range from mental health awareness to understanding stress and anxiety. Staff can book their place via Ealing CPD online. Schools who are interested in delivering workshops for staff, parents or pupils can contact Stacey for more information: [paynes@ealing.gov.uk](mailto:paynes@ealing.gov.uk).

# A community led approach to ending FGM.

## How local schools aim to work together to end FGM.

**The health improvement team and Perivale Primary School have been successful in their bid for John Lyons funding to develop a community led approach to ending FGM in primary schools in Ealing.**

This project aims to develop a community led, whole school approach to tackling FGM by employing a qualified, known and trusted member of the community to use their skills, knowledge and local connections to engage with parents, interact with the local community and alert the workforce to FGM and its long-term effects. They will be responsible for empowering parents, community members and staff to promote the welfare of all children, educate them about FGM and help them understand how to stay safe and take action to stop FGM. This project will build on the successful model pioneered by Norbury Primary school in Harrow to tackle FGM and aims to cascade this successful model to 15 Ealing schools over the next three years.

A project manager, Hoda Ali, has been appointed to lead this project. She is an experienced campaigner against FGM and has been involved in nationwide initiatives aimed at ending FGM.



Hoda will be based at Perivale and will be responsible for working with the local community, as well as supporting schools to work with parents to gain an understanding of the barriers and issues that exist locally in relation to FGM. This information will inform a plan of action that engages schools, parents and the local community in tackling FGM locally.

Over the past few months we have been recruiting schools to be part of the first year of this project. We received over 10

applications from primary schools and after a lengthy shortlisting process the schools involved in the first year of the project are Downe Manor Primary School, Berrymede Junior School and West Twyford Primary School.

If you would like to know more about this project or are interested in being involved during year two of the project, email Claire Meade: [meadec@ealing.gov.uk](mailto:meadec@ealing.gov.uk).

## Diversity and equality project

**The health improvement team has teamed up with Diversity Role Models, an LGBT+ charity, to develop a free LGBT project for primary, special and high schools.**

Schools who wish to take part in the project will receive one or two days of

pupil workshops, depending on the size of their school. This day can consist of up to five one-hour workshops and each workshop will be delivered by a trained facilitator and supported by a role model. Diversity Role Models will aim to provide each school with role models that match their demographic.

The primary school workshops will develop pupils' understanding and acceptance of difference by celebrating diverse families. The high school workshops will focus on ensuring young people feel safe by developing their understanding and acceptance of difference.

To qualify for the project, schools must commit to running a fundraising event to raise money for Diversity Role Models. Schools can choose to fundraise in any way they like and will receive support and guidance for running their fundraising event.



***This project is free for up to four primary/special schools and up to eight high/special schools.***

To find out more email Claire Meade: [meadec@ealing.gov.uk](mailto:meadec@ealing.gov.uk)



## John Lyon's Charity Fund New 'CyberMentorPLUS' project Greenford High School launch new initiative to support Ealing schools

**Greenford High School have secured funding for a new online safety project entitled CyberMentorPLUS. Their new project is fully funded and will support schools to develop a whole school approach through training and awareness sessions for staff, pupils, parents and governors, as well as personalised programmes for vulnerable cohorts across the community.**

Building on the success of Greenford High's award-winning e-safety project to address cyberbullying, CyberMentorPLUS aims to:

- ❖ Extend the role of CyberMentors as student ambassadors to support parents and carers - through a holistic, community learning programme to develop online parenting skills and promote parent engagement
- ❖ Expand the scope of training – to promote British values, address the latest online risks, and build resilience and critical thinking around extremism and radicalisation

- ❖ Build on external partnerships developed with ChildNet & London Grid for Learning (LGfL) - to share expertise, resources and digital-media across Ealing schools to develop interactive learning initiatives and creative opportunities across a range of media
- ❖ Build on the advocacy of schools already involved in phase one – to lead as goodwill ambassadors and disseminate best practice across the borough
- ❖ Promote inclusive learning through partner schools via community initiatives for parents – via information exchange days and workshops with local community groups

CyberMentorPLUS will be delivered to Ealing schools over a three year period from January 2018. Schools are invited to apply and must demonstrate a commitment to leadership in incorporating the programme into their school development plan. The agreement will stipulate that participating schools:

- ❖ Cascade training to a partner primary school

- ❖ Offer learning walks and observations to neighbouring Ealing schools
- ❖ Host a student-led community learning initiative for parents/carers
- ❖ Contribute towards the development of a parent toolkit for Ealing

To find out more about the new CyberMentorPLUS Project or express an interest in applying, contact Mubina Asaria: [masaria@greenford.ealing.sch.uk](mailto:masaria@greenford.ealing.sch.uk)

**“ The CyberMentor Programme is an example of outstanding practice, providing valuable training and development through excellent partnerships ”**

Mark Baker  
e-safety assessor from South West Grid for Ealing.

# Healthy Schools London – Ealing awards this term

The Healthy Schools London awards are a London wide awards based programme that recognises school health and wellbeing achievements.

We would like to congratulate all schools in Ealing that have worked hard to achieve their Healthy Schools London (HSL) awards this term. For more information, email Claire: MeadeC@ealing.gov.uk.

Bronze	Silver	Gold	Platinum
Selborne Primary School	Vicars Green Primary School	Oldfield Primary School	Hambrough Primary School
Tudor Primary School	Horsenden Primary School		
St. John's Primary School			
Castlebar School			
Vicar's Green Primary School			
West Acton Primary School			
Horsenden Primary School			
Ark Priory Academy			
Saint Augustine's Priory			
Three Bridges Primary School			

## Health Improvement CPD

Take a look at the table below to see if there are any workshops this half term that interest you or would help you in your role in school. Register on the courses by going to [www.ealingcpd.org.uk](http://www.ealingcpd.org.uk)

Workshops	Dates	Time	Cost	Location
Understanding self harm	17 January	9 – 11:30am	Free	Ealing Education Centre
Emotional wellbeing needs of LGBT pupils	17 January	1 -3:30pm	Free	Ealing Education Centre
Healthy Schools London awards & Training (HAT) workshop 3	18 January	1.30- 3:30pm	HAT members only	Ealing Education Centre
Mental Health network	23 January	3:30- 5pm	Free	T.B.C
Updating your Relationships and Sex Education policy	23 January	3:30- 5:30pm	Free*	Ealing Education Centre
Identifying ADHD and ASD in high school pupils	30 January	9- 12noon	Free	Ealing Education Centre
Identifying ADHD and ASD in primary school pupils	30 January	1 – 4pm	Free	Ealing Education Centre
PSHE primary school network	30 January	1:30- 3pm	Free	Hambrough Primary School
PSHE high school network	1 February	3:30-5pm	Free	Featherstone Primary School
Improving the dining room experience	20 February	2- 3:30pm	Free*	Ealing Education Centre
Talking to parents about mental health	27 February	1-3pm	Free*	Ealing Education Centre
Teaching mental health to high school pupils	1 March	3- 5:30pm	Free	Ealing Education Centre

\* Free to 'Healthy Schools Awards and Training Package' members. All other schools pay £85

### Editorial Committee

Nicole McGregor – Senior Health Improvement Officer  
 Claire Meade –Health Improvement Officer  
 Stacey Edmead-Payne –Health Improvement Officer

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Subscribe to our weekly eNews by emailing Claire:  
 MeadeC@ealing.gov.uk

### Our Services

All Ealing schools get access to our free Universal Service. For additional support, the majority of schools also buy back the Healthy Schools Awards & Training package and/or the 4 Day Bespoke Package.

### Universal Service

Free to all schools and includes: an annual 'Health in School' visit, PSHE scheme of work and weekly eNews.

### Awards & Training Package

Includes six practical workshops to help you achieve the HSL awards, access to the Ealing Healthy Schools partnership, a celebration event, plus a choice from over 30 training workshops.

### 4 Day Bespoke Package

Provides four days of comprehensive bespoke work, pre and post surveys to measure impact, an impact report and continuous phone and email support.

For more information on our services, contact Nicole:  
 McGregorN@ealing.gov.uk



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 Tel: 0208 825 5484 Email: McGregorN@ealing.gov.uk  
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