



Stepping up to health



Features

- Mental health conference
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Ending FGM in Ealing

Find out how three schools are developing a community led approach to ending FGM.

In July 2017, Perivale Primary School received funding to support primary schools in Ealing to develop a community led approach to ending FGM. Primary schools across Ealing were invited to apply to be part of this project. Over ten schools applied and three successful schools were chosen: Berrymede Junior, West Twyford and Downe Manor.

Hoda Ali, a lead national campaigner against FGM, was appointed as project manager and liaised with Claire Meade from the health improvement team to support the three successful schools to implement this project.

Hoda and Claire began by asking each school to complete baseline surveys with parents, staff and pupils. They then met with the senior leadership team in each school to discuss the content of the project.

Hoda and Claire delivered FGM staff training in each school to ensure that all members of staff had a shared understanding of FGM. They then delivered six parent workshops in the three schools focusing on online safety, the PANTS rule, Relationships and Sex Education and FGM. They then modelled the FGM lessons from the new PSHE scheme of work for teachers. A staff training on RSE and FGM pupil lessons were also delivered.

At the end of the project, the three schools will resurvey parents, pupils and staff and each school will be provided with an impact report which details the impact of the project in their school.

Ealing primary schools are invited to apply for one of six places in this project, which will begin in September 2018. Schools that apply should have a member of staff who is not a full-time class teacher available to lead on this project. To find out more or to access an application form, email Claire on meadec@ealing.gov.uk

Healthy Schools London Ealing award tally



HIT survey and prizes



Complete the health improvement team's survey before 15 June here: surveymonkey.co.uk/r/HITsurvey2018. Every 5th survey submitted will receive a leisure centre pass for any Everyone Active leisure centre in Ealing.

Health Improvement in Schools

Did you know?



80% of primary schools in Ealing have a water-only packed lunch policy.



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

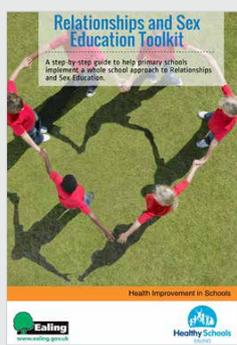


According to the HRBS 2017, 60% of year 4 and 6 pupils said their teachers have talked to them about puberty and growing up.

Key Health Improvement dates

| Event | When and where? | More information |
|---|---|--|
| Healthy Schools London drop in day | 10 May 2018, 9:00am – 1:00pm, EEC | Register via Ealing CPD online |
| Deadline for submitting application for FGM project | 22 May 2018, 5pm | Submit to meadec@ealing.gov.uk |
| Deadline to submit HSL Silver award for HSL celebration event | 1 June 2018 | Submit to meadec@ealing.gov.uk |
| Deadline to submit HSL Gold award for HSL celebration event | 1 June 2018 | Submit to meadec@ealing.gov.uk |
| Primary school PSHE network | 5 June 2018, 1:30 – 3:00pm, Selborne Primary School | Register via Ealing CPD online |
| High school PSHE network | 7 June 2018, 3:30 – 5:00pm, Elthorne Park High School | Register via Ealing CPD online |
| Healthy Schools London Celebration event | 28 June 2018, City Hall | Open to schools who have received Silver and Gold awards since June 2017. |
| HAT celebration event | 5 July 2018, 3:30 – 5:30pm, W7 Emporium | Open to schools who are part of the Healthy Schools Awards And Training Package. |
| Event | When and where? | More information |
| National Sun Awareness Week | 8 – 14 May 2018 | bad.org.uk |
| Mental Health Awareness Week | 8 – 14 May 2018 | childrensmenlhealthweek.org.uk |
| Walk to School Week | 14 – 18 May 2018 | livingstreets.org.uk |
| International Day Against Homophobia and Transphobia | 17 May 2018 | dayagainsthomophobia.org |
| Healthy Eating Week | 12 – 16 June 2018 | foodafactoflife.org.uk |

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



★ NEW RSE toolkit

The health improvement team have developed a Relationships and Sex Education toolkit for primary schools. This toolkit aims to support schools to develop, embed and monitor a consistent whole school approach to RSE. The toolkit is a step-by-step guide which includes resources, checklists and audit tools. Schools can access the toolkit via www.egfl.org.uk



★ PSHE survey

In July 2017, the health improvement team asked primary schools to complete a PSHE survey with their pupils. Over 750 pupils took part. We are now asking schools to re-survey their pupils before 13 July. The results of this survey will begin to show the impact the new PSHE scheme of work is having. Schools can access the survey by following this link surveymonkey.co.uk/r/PSHEpupil



★ HSL Award ceremony

Healthy Schools London (HSL) will be holding their annual celebration event on 28 June at City Hall and the focus this year will be on PSHE and RSE. All schools who have achieved their HSL Silver or Gold award before 1 June 2018 will receive an invitation to this event. Ealing's Got Talent primary and high school winners will also be performing at the conference.

Mental health for pupils' conference

Why this year's conference was the most highly rated to date.



Our Mental Health for pupils' conference on 22 February looked at how schools can create a culture of wellbeing. This event was sold out; 127 delegates attended, a 31% increase in attendance compared to last year's conference. This year, we chose to focus on the theme of mental health and emotional wellbeing as we believe it is important to address the worrying statistic that three pupils in every class have a diagnosed mental health problem. Worryingly in Ealing, 16% of 15 year olds report low life satisfaction, significantly worse than the UK average.

At this year's conference, our keynote speaker was Jonny Benjamin, an award-winning mental health campaigner, film producer, public speaker, writer and vlogger. Jonny co-presented with Jac Bastian from Diversity Role Models. Jonny gave a moving presentation about his experience living with schizoaffective disorder, a combination of schizophrenia and bipolar. Jonny also talked about his 2014 social media campaign with Rethink Mental Illness to #findMike, the man who talked him out of jumping off a bridge when he was suicidal. An overwhelming 93% of delegates rated the joint presentation by Johnny and Jac as 'extremely useful'.

Other speakers included Lauren Steele and Ben White from Time to Change and a young mental health champion who discussed how to improve attitudes and behaviours around mental health.

Toni Metcalf from Ealing Schools Partnership discussed how to make schools a secure base for insecure children.

Delegates also had the option of attending a school presentation from Castlebar School on how to introduce mindfulness in a SEND setting or a school presentation from Primrose Hill Primary School on how to promote the emotional wellbeing of staff.

This year we injected an element of pupil voice into our conference by launching a new online talent competition entitled Ealing's Got Talent. Three of the Ealing's Got Talent finalists showcased their original compositions and raised awareness of how creativity and performance can have a positive influence on children and young peoples' mental health and emotional wellbeing.

The conference closed by celebrating the success of the Healthy Schools London programme with 30 schools receiving silver and gold awards.

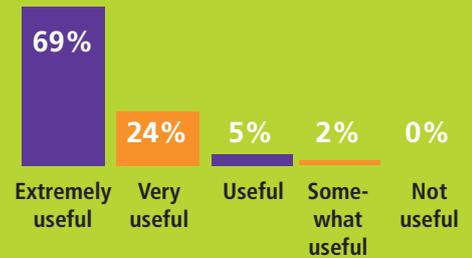
“ 93% of delegates rated our keynote speaker's presentation as 'extremely useful' ”

QUICK LOOK

Conference feedback

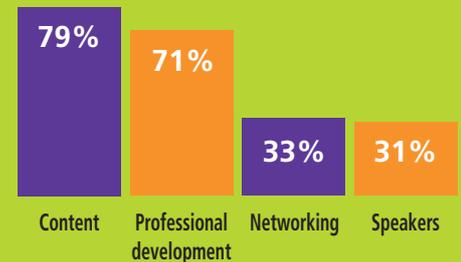
Delegates were predominantly headteachers and PSHE co-ordinators working in primary schools, followed by teachers working in high and special schools. According to evaluations, 69% of delegates said the conference was 'extremely useful' and a further 24% said they found it 'very useful'. No participants said they didn't find the conference useful.

Usefulness of conference



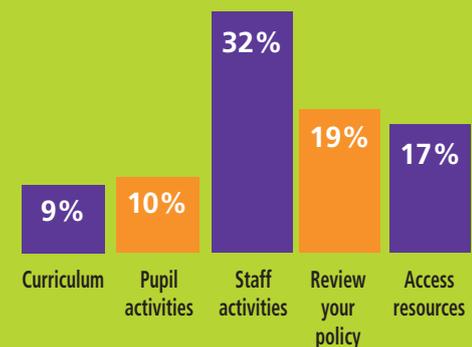
Delegates let us know that the main reasons they attended the conference was because of the content of the conference, followed by the opportunity for professional development. Other reasons for attending were networking opportunities and to hear specific speakers.

Reason for attending



When asked what attendees will do as a result of attending the conference, 32% said they will carry out activities and training to support staff wellbeing, 19% will update or review their school's mental health policy, 17% will access resources discussed at the conference, 10% will create a fact file for each child and 9% will review the curriculum to make it LGBT inclusive.

Post-conference activities





Sugar Smart School competition

St Vincents Primary wins first prize!

On 11 October last year, eight schools in Ealing attended a debate at Ealing Town hall on sugar entitled the 'Great Weight Debate'. This event was organised by Ealing Council's public health team, and only schools that attended this event were eligible to enter the 'Sugar Smart School' competition.

For the competition, schools had to design, develop and implement ideas to reduce sugar consumption in their school. Schools also had to engage their whole school community in the project, develop ideas to ensure sustainability and had to assess the impact of their project. Entries could be submitted by PowerPoint, film or scrapbook.

St Vincents Catholic Primary School was awarded first place. The prize for first place was £750 and the school can use this money on activities to help ensure the school continues to be sugar smart. Second place was awarded to Hambrough Primary School and they received prize money of £250.

The Sugar Smart project at St Vincents was led by their debating club. The debating club designed activities to involve parents, children, teachers, the local community and the school chef.

The debating team's first activity was to put together a Sugar Smart presentation for their peers, which was presented at a school assembly. In this assembly, pupils from the debating team explained their ideas for the project and communicated why it's important to reduce our sugar intake.

In the next stage of their project, the debating team asked parents, staff and pupils to complete a survey to collect baseline data and to find out what they already knew about sugar.

The debating team then asked children, staff and parents to keep a sugar diary to monitor how much sugar they consume and to assess how they feel after they eat high sugar foods. For the diary, pupils were encouraged to download and use the Change4Life Sugar Smart app to find out how much sugar is in the packaged foods they consume.

The debating team then interviewed the school chef to find out how much sugar is in school lunches. Through this interview the chef revealed a few of his



tricks for making school meals healthier. For example, the chef adds beetroot to his chocolate brownie recipe. The debating team also visited The Coffee House, a cafe in Acton, and interviewed the manager to find out what they do to encourage customers to eat less sugar and to learn about their customers attitudes to sugar.

On 26 January, St Vincents held a school health fair. At this fair the debating team designed a display that showed the amount of sugar in popular drinks, cereals and snacks.

On 20 April, Ealing council's public health and health improvement teams held an assembly on sugar for the school and awarded all pupils in the debating team at St Vincents with a certificate. The pupils involved in the project were then interviewed and filmed by a member of Ealing Council's communications team. In this film the pupils discussed the project and revealed their ideas for sustaining their activities. Watch the video via the Ealing News Extra website.

Statutory Relationships and Sex Education.

From September 2019, Relationships and Sex Education (RSE) is set to become compulsory in all secondary schools and Relationships Education is set to become compulsory in all primary schools, including academies, maintained and independent schools. The introduction of statutory RSE will bring with it long-overdue updated statutory guidance, which will be published in draft for consultation in the summer term.

It is recommended that schools begin to consult with parents through workshops and coffee mornings, to share proposed changes to the RSE curriculum, resources and key information prior to September 2019. Schools are also advised to deliver RSE staff training sessions prior to September 2019, to ensure that all staff have a shared understanding of RSE and are confident delivering effective RSE lessons. Finally, it is also recommended that schools update their RSE policy to ensure it is in line with the new guidance.

For support delivering RSE staff trainings, parent workshops or updating your RSE policy email Claire on meadec@ealing.gov.uk

The health improvement team have developed an RSE toolkit to support schools to best prepare for when RSE becomes compulsory. This toolkit can be accessed via EGFL.

“ I am delighted that our pupils have been rewarded for their hard work in coming together to reduce sugar intake for pupils, teachers and members of the public.

Monica McCarthy,
headteacher, St Vincents
Catholic Primary School



Ealing's Got Talent

And the winners are...



Last year, our team organised an online talent competition entitled Ealing's Got Talent (EGT). The aim of the competition was to find talented pupils to perform an original dance, drama, or musical piece on the theme of mental health for our conference on 22 February.

The standard of performance was excellent, and the health improvement team judging panel had a difficult task in choosing a winning primary and high school entry from 32 applications.

Three acts were selected to perform at our conference. The acts selected included the winning entries from the primary and high school categories and the second place in the high school category.

EGT winners and finalists were all invited to watch the West End musical Five Guys Named Moe at Marble Arch Theatre, with a meet and greet arranged with the cast.

The first performance at the conference was a hula hoop solo dance performed by a pupil from Grange Primary School. This pupil was EGT primary school winner and was awarded a training session by Cirque performers, tickets to see the world-renowned circus company Cirque Du Soleil show, OVO and backstage tour at the Royal Albert Hall. The second prize was a youth experience day learning circus skills at The National Centre for Circus Arts, Islington.

The second performance at the conference was a contemporary dance duo from Dormers Wells High School who performed a piece entitled Friendship Wings.

The final performance at the conference was an original piece performed on the piano by a singer/songwriter from Drayton Manor High. This student was EGT high school winner and was awarded an afternoon session in a recording studio at The Institute of Contemporary Music Performance to produce an audio recording of her original song entitled Perfections. The second part of the prize was two tickets for the outdoor concert Classic Ibiza and a meet and greet arranged with performers of Urban Soul Orchestra in September.

As part of the program, an ongoing search for performance opportunities has begun for Ealing's Got Talent finalists to promote mental health and emotional wellbeing through their original compositions and remind schools about the importance of embedding resilience into school culture.

EGT acts for the primary and high school category will also be performing at the Healthy Schools London award ceremony on 28 June at City Hall.

To follow EGT winners and finalists and to find out about their experience of the competition and next steps visit: www.egfl.org.uk/EGT.

QUICK LOOK



Promoting Oral health at Selborne

At Selborne, we have been learning about oral health. To make learning come alive and to be relevant to children, we have invited dentists to come in to encourage children to brush their teeth. We have also opted to do a free tooth brushing in schools initiative by the Whittington Hospital NHS Trust.

Early years staff received training from a dentist on how to help children brush their teeth and how to sanitise the toothbrushes and tooth brush cases. Nursery and Reception children now brush their teeth daily along to a catchy tooth brushing video that instructs the children how to brush their teeth and lasts for the recommended two minutes. Children are also encouraged to not only brush their teeth but to act out visiting the dentist in the role play corner.

Before starting this project, parents were invited to a talk from the dentist who explained the tooth brushing initiative and answered any questions they had.

At our parent review day, we were lucky enough to have two dentists and an assistant, who are also parents of children at Selborne, hold a dental advice table in both school halls. Parents and children were provided with free toothbrushes and toothpaste samples.



Ealing staff resilience group

Results from the questionnaire

In 2016 a pilot project was developed by the Ealing Clinical Commissioning Group which aimed to support the mental health and wellbeing of school staff. This was in response to the increasing recruitment and retention problems reported by schools in the borough, mainly due to the increasing workload and rising numbers of vulnerable children.

As part of a whole school approach to improving mental health, the pilot provided monthly supervision for teaching staff which would help to reduce stress and burnout. Unlike psychologists or social workers, teachers do not receive any regular form of emotional support. This is despite dealing with the same emotionally challenging children and young people at school.

The pilot was structured into two hour long group sessions which ran every month between November 2016 and July 2017. It consisted of six groups from Ealing primary schools, with eight participants from the same peer group

in each group. Thirty-four participants took part; 26 teachers and eight teaching assistants. All participants completed a professional life quality questionnaire which was repeated mid-way and at the final session.

The results indicated numerous positive outcomes for all participants in relation to resilience as well as a significant reduction in burnout and stress. According to the survey, 89% of staff reported an increase in confidence and self-belief, 68% reported an increase in resilience as a result of strategies learnt in the programme, 50% felt better able to communicate with peers and pupils and 30% commented on improved relationships with their peers. One participant said: "It has helped my work-life balance dramatically and enabled me to be more open with colleagues". There were also benefits reported in the classroom and feedback which suggested retention rates were improved by 11%.

To best address the mental health needs of our children and young people, it is

vital that teachers and support staff are supported to be resilient and promote wellbeing. With such a great success from the pilot, it has been recommended that all teachers and support staff have access to a resilience group and/or supervision. There is also a need for a culture shift in schools to address the stigma that teaching staff experience which makes it difficult to access this support or ask for help.

To find out more about initiatives to support staff wellbeing or for a copy of the resilience group report by Lisa Burrage and Sara Lister, email Stacey: paynes@ealing.gov.uk.

“ 89% of staff agreed the staff mental health pilot project had increased their confidence. ”

Ealing mental health network

Who is leading on mental health in your school?

In January 2018, the new Ealing mental health network was launched to support all schools develop a plan to promote mental health and wellbeing. During the network meeting, schools received mental health updates from the 2017 Health Related Behaviour Survey. Key comparisons from the 2015 survey included a 10% increase in the number of primary school children who worry about how they feel and a 4% decrease in the number of high school pupils satisfied with their life. Schools also received important updates about proposals to make PSHE statutory and the mental health lead role.

Ian McDonald from the Charlie Waller Memorial Trust and Naomi Russell from Time to Change provided useful tips and resources to help schools start conversations about mental health. Schools also had a chance to share what was working well and how the network may be able to support their goals. Ideas included; mindfulness to support staff wellbeing, developing a support group for parents and addressing the impact of gangs on children's mental health.



It was exciting to see so many schools with a vested interest in promoting mental health and emotional wellbeing.

The mental health network aims to support these schools by providing free training, opportunities to share best practice and developing resources that are informative and easy to use.

To have your say about promoting mental health and for a chance to win a free workshop for your school, please complete the mental health survey 2018 at surveymonkey.co.uk/r/schoolwellbeing

The next mental health network is taking place on 13 June, 3:30 to 5pm at the EEC, for more information email Stacey: paynes@ealing.gov.uk.

Mental health first aid update

Congratulations to our high school mental health champions

Ealing has the highest number of schools trained in mental health first aid since the government scheme was announced in January 2017. The training was held on 16 December 2017 and 22 March 2018 for all high schools and two feeder primary schools in the borough.

Twenty-one school staff successfully completed the one day training, giving them the title of 'mental health champion'. The training received excellent feedback and schools were particularly pleased with the resource pack, which they could take back to share with their colleagues at school.

Mental health champions are responsible for promoting mental health and sharing information about how best to identify and respond to pupils with mental health problems across the school community. To support staff develop this role, it is recommended that they attend the mental health network for information about training, resources and local mental health services.



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. If you want to get your award, we advise you to attend our Healthy Schools London training. For more information, email Claire: MeadeC@ealing.gov.uk.

|  Bronze |  Silver |  Gold |  Platinum |
|---|--|---|---|
| Three Bridges Primary School | Horsenden Primary School | Castlebar School | Castlebar School |
| Holy Family Catholic Primary School | Dormers Wells Infant School | Holy Family Catholic Primary School | |
| Grange Primary School | Ark Priory Primary Academy | | |
| Clifton Primary School | Selborne Primary School | | |
| Perivale Primary School | Castlebar School | | |
| | Gifford 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

| Workshops | Dates | Time | Cost | Location |
|-------------------------------|---------|--------------|------|---------------------------|
| PSHE primary scwchool network | 5 June | 1:30- 3pm | Free | Selborne Primary School |
| PSHE high school network | 7 June | 3:30-5pm | Free | Elthorne Park High School |
| Mental health network | 13 June | 2- 3:30pm | Free | TBC |
| CSE briefing for schools | 19 June | 3:45- 5:15pm | Free | Ealing Education Centre |
| FGM briefing | 20 June | 3:45- 5:15pm | Free | Ealing Education Centre |

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

Our Services

All Ealing schools get access to our buy back packages including the Awards & Training package, 4 Day Bespoke Package and four new specialist packages.

Specialist packages: RSE, Mental health, Reducing obesity, Keeping children safe

Includes pre and post surveys to measure impact, pupil assembly, parent workshop, staff INSET, policy review, central trainings in the health area, and up to four targeted activities in the health area.

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, phone and email support.

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

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