



Stepping up to health



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Changes to our buy back packages

What you need to know.

This year we have five buy back packages for schools to choose from. We will continue to offer our most popular buy back package, the Healthy Schools Awards and Training Package. Schools who buy back this package receive half termly workshops to help them achieve their Healthy Schools London awards, two drop-in days to help get your awards, a celebration event and access to our 30 health and wellbeing training workshops. According to our annual survey, last year 100% of schools that bought back the 'Healthy Schools Awards and Training Package', said they found this package useful.

We are also offering three dedicated packages to address specific health challenges. These include Reducing Pupil Obesity, RSE – a Whole School Approach, and Enhancing Mental Health. These packages include activities, resources, staff INSETs, parent workshops, pupil assemblies, policy writing and central trainings on the theme of the package.

For more general support in a range of health areas, we recommend schools purchase our Four Day Bespoke package where we deliver 28 hours of bespoke support in your school. Last year, 91% of schools rated our Four Day Bespoke package as excellent,

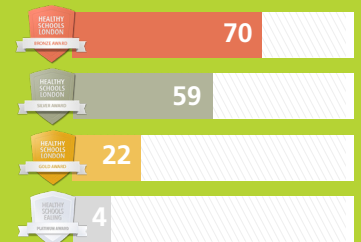
Schools that buy into any package will get two tickets to our annual conference, access to our termly PSHE network meetings as well as our toolkits for free (total value is £550).

For more information on our packages, read our brochure on EGFL by clicking on Health Improvement in Schools under the ELP services tab. School will also receive a copy of our brochure in the post in January.

For more information on our packages, email Karen;

KGibson@ealing.gov.uk

Healthy Schools London Ealing award tally



Our Conference



Ealing schools are invited to attend our annual health improvement conference on 21 January at Doubletree Hilton. Book your place at hiconference19.eventbrite.co.uk

Health Improvement in Schools

Did you know?



47 primary schools in Ealing are doing the Daily Mile.



Healthy Schools London have launched a new HSL bronze review tool. The bronze award now lasts for three years.



In response to the latest green paper on children's mental health, 60% of schools in Ealing have a registered mental health lead.

Key Health Improvement dates

Event	When and where?	More information
Talking about health annual conference	21 January 2019, 1 – 5pm, DoubleTree by Hilton Hotel	Register via Eventbrite
Healthy Schools London drop in day	24 January 2019, 9 – 1pm, EEC	Register via Ealing CPD online
Healthy Schools Awards and Training (HAT) workshop 3	24 January 2019, 1:30 – 3:30pm, EEC	Register via Ealing CPD online
High school PSHE network	5 March 2019, 3:30 – 5pm, venue TBC	Register via Ealing CPD online
Primary school PSHE network	6 March 2019, 1:30 – 3pm, venue TBC	Register via Ealing CPD online
Healthy relationships and sex education - preparing secondary schools for RSE – delivered by Brook	12 & 13 March 2019, 3:30 – 6:30pm, Elthorne Park High School	Register via Ealing CPD online
Healthy Schools Awards and Training (HAT) workshop 4	20 March 2019, 1:30 – 3:30pm, EEC	Register via Ealing CPD online

Health weeks

Event	When?	More information
LGBT History Month	February 2019	lgbthistorymonth.org.uk
Safer Internet Day	5 February 2019	saferinternet.org.uk
International Day on Zero Tolerance for FGM	6 February 2019	28toomany.org
Children's mental health awareness week	4 – 10 February	childrensmentalhealthweek.org.uk
Fair Trade Fortnight	25 February – 10 March 2019	fairtrade.org.uk
International Women's Day	8 March 2019	internationalwomensday.com
World Autism day	2 April 2019	autism.org.uk

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



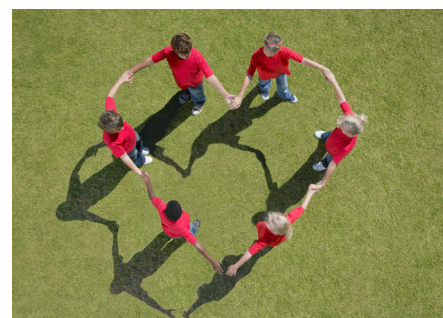
★ Designated safeguarding lead network

The inaugural Designated Safeguarding Leads (DSL) network took place in November. Fourteen schools attended, and the Ofsted preparation presentation was nominated the most useful session. An EGFL sharing platform for DSL information is being devised, and the next session on 23 January will involve sharing practice on dealing with peer to peer abuse and online safeguarding systems. Book via Ealing CPD online.



★ Suicide safer schools

Over 200 school aged children are lost to suicide each year. PAPYRUS, Prevention of Young Suicide, have secured funding to equip the secondary schools in London in suicide prevention skills. Training takes place on 3 April, 9:30am- 12:30pm at the EEC. To book a place for a member of your staff at your school please contact Stacey: Paynes@ealing.gov.uk.



★ Free RSE training for high schools

Brook, a leading sexual health charity, are running free RSE training for all high schools in Ealing. The training takes place on 12 and 13 March 2019 at Elthorne Park High School and participants must attend both dates. Schools can book via Ealing CPD online.

Parents engage in Greenford High's CyberMentor PLUS programme

A pupil-led parents evening with a difference

Parental engagement is a key objective of the CyberMentorPLUS programme so at Greenford High School we developed and piloted a holistic, multiagency approach involving school staff, student CyberMentors, parents/guardians and our Safer Schools Police team. A key component of this approach has been the CyberMentor-led year 10 awareness evening which took place on 9 October this year. An impressive 52% of parents attended and left with a deeper understanding of the threats and pressures that their children are exposed to.

Through conversations with the pastoral teams and Designated Safeguarding Leads at Greenford High and other secondary schools, we identified gangs, grooming, social media and gaming as increasingly problematic issues facing our students. Having established positive relationships with parents across year 10, heads of



year recognised that, not all parents are aware of the risks their children face or know how to talk to their children about managing these risks outside of home.

According to evaluations, 95% of parents found the sessions on online safety, gaming, grooming and gang culture either useful, or very useful, and 96% left feeling

more confident about how to keep their child safe.

Based on the positive feedback received, Greenford High School are keen to support three interested schools in developing a pupil-led parents evening on these topics. To register your interest, email: Masaria@greenford.gov.uk

Healthy Pupils Capital Fund

Next steps for schools

Local authority maintained primary, special and high schools in Ealing received between £4200 and £8200 Healthy Pupils Capital Funding (HPCF) from revenues raised from the Soft Drinks Industry Sugar Levy.

The HPCF is intended to improve children and young people's physical and mental health by improving and increasing availability to facilities for physical activity, healthy eating, mental health and wellbeing and medical conditions.

The health improvement team gave schools a list of activities to choose from. The most popular idea that schools chose was active play equipment; with 25 schools choosing this option. The second most popular idea was a cooling down zone or Safe Space to support pupils' mental health, which was selected by ten schools. Seven schools chose to spend their funds on edible playgrounds, five on the Daily Mile, four on playground zoning, three on cooking and water fountains and two schools said they will use their funds to purchase a token

collector to reward healthy eating.

Of the 60 eligible schools, 57 submitted the proposal form to receive half their allocated HPCF funds in January 2019.

When schools have spent all allocated funding they can email the HPCF final report (available on our HPCF tab on EGFL) to McGregorN@ealing.gov.uk to receive their remaining funds. Schools have until 28 June 2019 to spend all their funds.

For further information, email Nicole: McGregorN@ealing.gov.uk





Allenby Primary School receive 'Gold' Rights Respecting status

By Kobi, Zaawiya, Tanusha, Chanuka, Meekal, Hafsa, Sarah, Samra, Zac, Anna-Julia and Jamal.

We are from Allenby Primary and we are going to tell you about our UNICEF Rights Respecting school.

Instead of rules, we have a School Charter. Our School Charter has six rights that every child must enjoy. Those are:

- ❖ *The Right to be Educated*
- ❖ *The Right to be Heard*
- ❖ *The Right to Play*
- ❖ *The Right to be Healthy*
- ❖ *The Right to be Safe*
- ❖ *The Right to Dignity*

The adults are called 'duty bearers' and have the responsibility to support our rights. The duty bearers constantly remind us that, as children, we must respect and support the rights of all the other children within school and beyond.

Each classroom has a Class Charter, which is different to the School Charter. The children and the duty bearers work together and choose those rights they agree are the most important to each class.

Our school is a place where we feel safe and where we know that others listen to us. This builds our confidence.

We support our Right to be Healthy by exercising daily and by eating more fruit and vegetables.

We support our Right to be Educated by coming to school every day and are one of the best attended schools in Southall. We listen to the duty bearers and focus on our learning, trying to produce our best work at all times. We do not distract other children from their learning because we respect their Right to be Educated.

We know that there are places where children do not enjoy their right to be educated and they do not have a school to go to. This is why we have been raising money to build a school in a village in India. We help with lots of fundraising events throughout the year.

Every year our year 6 children go to the 'We Day'. This is a day full of fun, where you get to listen to inspiring people who are changing the world, making it a better place.

This year we will take part in UNICEF's OutRight campaign to support the right to be healthy and reduce air pollution.

Keeping children safe online

Resources to keep children safe online



O2 have joined forces with the NSPCC and they are on a mission to help all children and their families in the UK stay safe online. As part of this joint project they are offering useful tools, support and guidance to help parents and carers have conversations with their children about their online lives. O2 and the NSPCC believe whether it's cyberbullying or sexting, talking about online safety with children and young people should be as natural as asking them what they get up to at school.

Parents are encouraged to visit the Share Aware website to download the free Share Aware guide. This website also has top tips for keeping children safe online, tips for setting up a family agreement as well as access to a free online safety helpline. Parents can also visit any O2 store and ask staff to put parental locks on their electronic devices – this service is available

To access the free Share Aware resources, advice and information for teachers or parents, visit nspcc.org.uk

for free even if you are not an O2 customer. Parents are also encouraged to sign up for weekly ice-breaker emails which are packed full of useful information and advice to bring them closer to their child's online world.

Teachers can download free Share Aware lesson plans, resources and videos that they can use as part of their Computing or PSHE lessons to help raise children's understanding of how to be share aware.

As part of this project, O2 and the NSPCC have also created a website called Net Aware. Net Aware provides parents with the information they need to understand their child's online world and help keep them safe. Using Net Aware, parents can form their own views about whether an app, site or game is appropriate for their child.

The NSPCC also deliver online safety parent workshops, in partnership with O2, to primary schools across the UK.

If your primary school is part of the Speak Out Stay Safe programme you can book an hour long session to help parents and carers keep their family safe online. Email schools@nspcc.org.uk for more information.

Improving the dining hall in Mount Carmel

By Claire Wash, headteacher, Mount Carmel

Mount Carmel Primary have focused on their dinner time experience. Children's voice showed that the children found their dinner time experience loud and too busy. Harrison, Clare Walsh the headteacher, and a group of children called Food Champs, worked for over a year to try and meet the children's wishes.

Mount Carmel's parents created a running team and entered the Ealing half marathon in 2017. Through this event they raised over £9000. Some of these funds were used to fund resources to improve the dinner time experience, for example, the Food Champs bought round tables, so children can talk as a group to improve socialising at lunchtime.

On every table there is a weekly British Value discussion topic, where children discuss their views on the given topic. This has directed conversation and the noise level has reduced dramatically.



Children sit with their friends whether they have a packed lunch or a school dinner. If they are having a school dinner, they come in, set their table with the knife, fork and spoon in the correct places, pour their own drink and wait until invited up for dinner.

Rather than having queues of children waiting to eat, children are chatting at their tables with their friends. After they have eaten they tidy away any spillages or crumbs themselves, and there are towels and brushes on hand for them to do this. With three sittings during dinner time, every sitting starts clean and quiet. One child recently stated, "Dinner time has become one of the best parts of the day for me!" A dinner hall that is a pleasure to go in shows how the small changes have made children's eating experience at school enjoyable.

Let's Talk: Mental health

A conference designed by young people, for young people.



Mental health problems affect one in four of us and research shows that most of those problems come about in childhood. However, both adults and children are not talking about it.

For people with mental health problems not being able to talk about it can be one of the worst parts of the illness. To help break the silence surrounding mental health, Time to Talk Day was launched in 2014 and encourages everyone to talk about mental health.

To support Time to Talk Day, Ealing will be hosting an exciting free event for young people who live or go to school in Ealing to kick start the conversation about mental health. The event has been organised by Ealing's health improvement team, Ealing Clinical Commissioning Group, CAMHS, Ealing Music Service and a group of dedicated mental health ambassadors from Ealing high schools. It will take place on 7 February 2019, 2-7pm at the Double Tree by Hilton Hotel, Ealing.

200 young people will come together on 7 February to have their say about mental health. An event not to be missed!

Workshops will include, 'Is social media good for your health?', 'Help, I'm having a panic attack' and 'Eating disorders, not just a girl problem!'. Plus, a live final from Ealing's Got Talent from 4.30pm-7pm featuring original compositions under a mental health theme with a panel of celebrity judges and live audience voting!

Want to know how your school can get involved?

1. Find out who your school's mental health lead is and tell them about the event.
2. Survey all your pupils about mental health using this link:
surveymonkey.co.uk/r/LetstalkMH
3. Hold an assembly to promote mental health and recruit mental health ambassadors for your school. Time to Change have developed a range of assemblies. Find them here: time-to-change.org.uk/get-involved/get-involved-schools/school-resources
4. Book a place at the event for up to five students and two members of staff here: egfl.org.uk/events/conference-lets-talk-mental-health

A range of free training and support is available for high school mental health leads. To find out more contact Stacey: paynes@ealing.gov.uk.

The New Ealing school nursing service

Central London Community Healthcare NHS Trust (CLCH) are really pleased to be working in Ealing, delivering the school nursing service.



The Ealing school nursing service provide specialist advice and support to school-aged children and young people. The team comprises of school nurses, staff nurses, nursery nurses and administrators. The team covers all the primary and high schools in Ealing excluding private schools and special schools.

We have been commissioned to provide the following support to schools:

- An Annual Strategic Health review – which we will conduct annually with schools in partnership with the Ealing health improvement team
- Training for school staff with medical responsibility around supporting pupils with medical conditions. The training will cover two modules, the first will relate to the 'Supporting pupils with medical conditions' policy. The second will focus on managing medical emergencies
- Delivery of the NCMP and child vision screening in primary schools
- Health Care plans – supporting schools with children and young people with complex care plans
- Each school will have a named nurse

Over the next few months we will be attending quadrant meetings to ensure you know who we are.

Also in January we look forward to welcoming Irene Sanyauke the Strategic Operational Lead for the Ealing Early Start 0-19 service.

Celebrating World Mental Health Day in our school

By Caterina Frainer-Law, PSHE lead, St Raphael's Primary

In Saint Raphael's Catholic Primary School in Northolt we take mental health seriously and believe it is crucial to support children's mental health in today's ever changing and high-pressured world.

During the week beginning 8 October our school celebrated world Mental Health Day. A team of teachers worked together to organise activities focused on mental health and emotional wellbeing for the whole school.

This team of teachers included; deputy head Mrs Houlihan, PSHE subject leader Mrs Frainer-Law, mental health and wellbeing subject leader Miss Farrell, online safety subject leader Mrs Quinlivan, pastoral carer Mrs Callaghan, the Right Respecting Schools Award team Mrs Morris and Mrs Donnelly, PE subject leader Mrs Peters and the music teacher Miss O'Keeffe.

These whole school activities included; exploring ways to cope with difficult feelings and emotions: how to look after your own mental health: and how to build resilience. Miss Farrell led on mindfulness



and creativity in art, Mrs Peters led on boxercise and relaxation through sport, Miss O'Keeffe led on expressive composition as a creative outlet and Mrs Callaghan led on pastoral awareness and social care. Activities also continued in class, whereby teachers offered cross curricular lessons based on mental health and emotional wellbeing.

The week was extremely successful, and many children are now beginning to apply the strategies they learnt during this themed week to deal with any problems and issues they face. We hope that the strategies and ideas they've learnt will be used to develop a positive mind set and tackle any problems they may face as they grow and develop.

Dormers Wells High invest in pupil wellbeing

Putting mental health at the heart of our school

Dormers Wells High has always placed the welfare of its students at the heart of the school, but two years ago it employed an in-school cognitive behaviour therapist to provide support to the students.

The school recognised that the continued rise in mental health problems among young people needed to be addressed as soon as possible; early intervention is

identified as the most effective way of preventing the development of more serious mental health illnesses.

Suzy Cole's role at Dormers Wells High as a cognitive behaviour therapist has enabled the students to access evidence-based interventions when required. Suzy supports students through one to one weekly therapy sessions, group stress management programmes in years 10 to

13, mindfulness programmes in years 8 and 9 and a transition programme for a group of students in year 7. In addition, Suzy has worked with students with low level behavioural issues and runs parenting groups to support these students. Suzy has a group of sixth form students who provide peer support to younger students that present and share information on mental health issues through assemblies. Suzy supports staff through training and development as well as working alongside the inclusion team in the school.

The impact of having Suzy on site has been wide reaching, enabling students to approach exams calmly by managing their anxiety, supporting students in giving voice to their states of mind and strategies to guide them through difficult periods of their life, enabling them to come to school, manage their behaviour, make friends and settle into high school or the sixth form. The school's approach has meant that students, parents and staff have access to a trained mental health professional which has been invaluable.



Dormers Wells High School's Cognitive Behaviour Therapist, Suzy Cole with two of the school's mental health peer educators

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 Stacey: Paynes@ealing.gov.uk.

Bronze	Silver	Gold	Platinum
Greenwood Primary School	North Ealing Primary School	Clifton Primary School	
Little Ealing Primary School	Lady Margaret Primary School		
Alec Reed Primary Academy	Woodlands Academy		
Allenby Primary School	Mayfield Primary School		
Durdan's Primary School	Tudor Primary School		
Hambrough Primary School	Allenby Primary School		
Ravenor Primary School	Hambrough Primary School		
Willow Tree 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

Mental health network	17 January	3:30- 5pm	Free	Ealing Education Centre
Self harm and eating disorders	23 January	9am- 11:30am	Free*	Ealing Education Centre
Designated Safeguarding Lead network	23 January	11-12:30pm	Free	Ealing Education Centre
Healthy schools London award drop in	24 January	9am- 1pm	Free*	Ealing Education Centre
Daily mile: fun and fundraising ideas	31 January	2- 3:30pm	Free*	Ealing Education Centre
Is your school Ofsted ready?	5 February	3:30- 5pm	Free*	Ealing Education Centre
Packed lunch policy	7 February	2- 4pm	Free*	Ealing Education Centre
Talking to parents about mental health	13 February	1:30- 3:30pm	Free*	Ealing Education Centre
Food growing at school	20 February	3- 5pm	Free*	Ealing Education Centre
PSHE high school network	5 March	3:30-5pm	Free*	TBC
PSHE primary school network	6 March	2- 3:30pm	Free*	TBC
Proven ways to reduce obesity	7 March	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 three specialist packages.

Specialist packages: RSE, Mental health and Reducing obesity

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 McGregorN@ealing.gov.uk

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www.egfl.org.uk/healthy-schools

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