



Stepping up to health



Features

- ❖ Daily Mile launches in Ealing
- ❖ Health Improvement Conference
- ❖ First Special School Silver
- ❖ Hambrough gets Gold
- ❖ 'Me and My Learning' surveys
- ❖ Emotional Wellbeing Innovation Fund

Jenny Mosley returns to Ealing!

Schools in Ealing are invited to attend Jenny Mosley's very popular workshop on creating a calm dining hall.

Jenny Mosley, creator of Circle Time and school behaviour management guru, will deliver her full day training workshop 'Powerfully Positive Lunchtimes and Playtimes and Calm Dining Halls' in Ealing on the 1st November this year.

This workshop will teach staff how to make dining halls calm, positive and less noisy, and develop participants' knowledge, ideas and understanding about how to create happy lunchtimes for all adults and children. This course is practical and confidence-building which staff find very empowering.

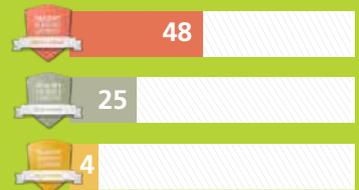
Jenny Mosley presented at the Health Improvement Team's 'Personal Development for Pupils' Conference' in February. Jenny's presentation was extremely well received; 86% of delegates found Jenny Mosley's presentation 'very useful' and an additional 14% found it 'useful'.

Jenny's unique approach to creating positive lunchtimes and playtimes was featured on a BBC Documentary 'Just One Chance' and Jenny is the author of many books including the best-selling 'Quality Circle Time in the Primary Classroom'. In 2015, Jenny wrote the first ever book on dining halls titled 'How To Create Calm Dining Halls'.

Jenny's new workshop is very timely as Ofsted inspectors now evaluate aspects of personal development, behaviour and welfare during lunchtime, in the dining hall and during playtimes.

Two staff from each school who have bought back the 2016/17 'Healthy Schools awards and training package' can attend the workshop for FREE. It is £110 per staff member to all other schools. Schools can still buy our awards and training package and can email Nicole on McGregorN@ealing.gov.uk for more information about this or Jenny's training workshop.

Healthy Schools London Ealing award tally



HIT survey & prizes



Complete the Health Improvement Team's annual survey before 17th June here: www.surveymonkey.co.uk/r/HITsurvey2016. Every 10th survey submitted will receive a free cinema ticket.

Health Improvement in Schools

New 'Eatwell Guide'

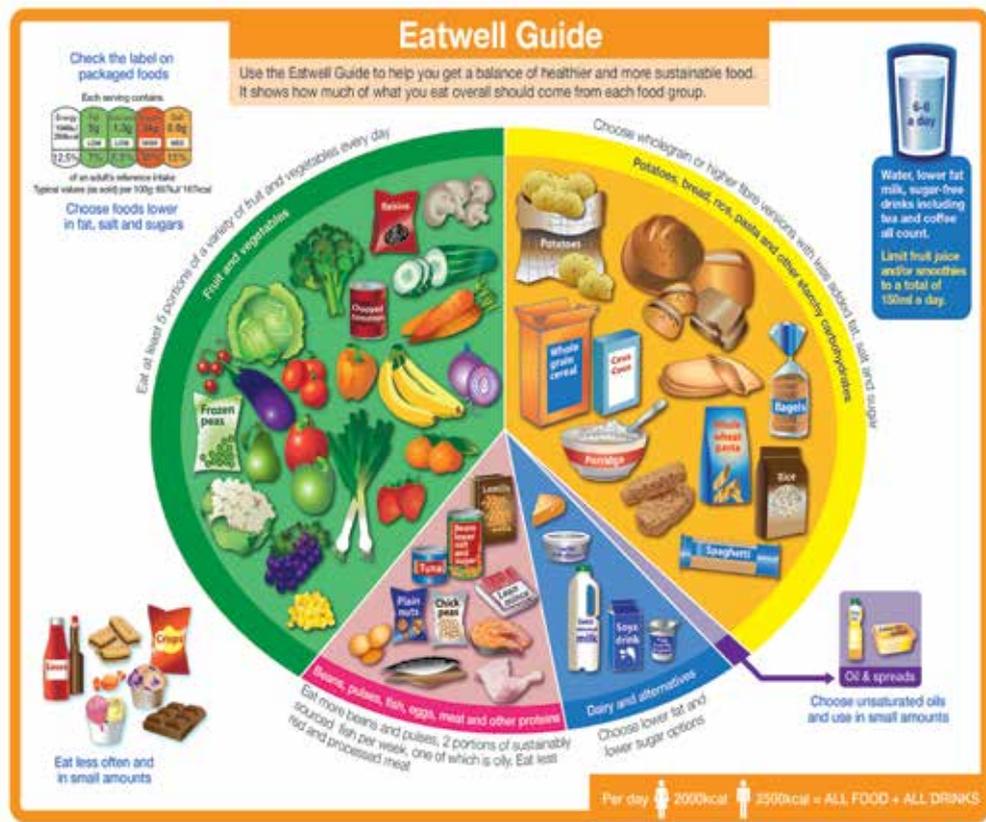
A revised healthy eating model

Public Health England has released a new 'Eatwell Guide' to help people make healthier decisions around food. This new guide replaces 'The eatwell plate' that was introduced in 2007.

The official Government guide has been refreshed to reflect updated dietary recommendations. It includes more fruit, vegetables and starchy carbohydrates and has fewer sugary foods and drinks than the previous guidelines.

According to the new guide, a healthy, balanced diet includes:

- Eating at least five portions of a variety of fruit and vegetables every day.
- Basing meals on potatoes, bread, rice, pasta or other starchy carbohydrates that are ideally wholegrain.
- Having some dairy or dairy alternatives (such as soya drinks) - choosing lower fat and lower sugar options.
- Eating some beans, pulses, fish, eggs, meat and other proteins (including two portions of fish every week, one of which should be oily).
- Choosing unsaturated oils and spreads and consuming in small amounts.
- Drinking six to eight cups or glasses of fluid per day.



Source: Public Health England in association with the Welsh government, Food Standards Australia and the Food Standards Agency Northern Ireland

© Crown copyright 2016

The new Eatwell Guide shows how much of what you eat overall should come from each food group. Schools will receive a free Eatwell Guide poster by registering for the British Nutrition Foundation's (BNF) Healthy Eating Week, which will take place 13-17 June 2016. Schools can purchase additional posters at the BNF's online shop. The Comic Company also sell Eatwell Guide posters, postcards and floor games.



🔍 HSL award ceremony

Healthy Schools London (HSL) will be holding their annual celebration event on 24th June at City Hall and the focus this year will be on demonstrating impact, monitoring and evaluation. All schools who achieved their HSL Silver or Gold award before 24th May 2016 will receive an invitation to this event.



👥 Sugar tax

A new sugar tax on the soft drink industry will be introduced in the UK from April 2018. Under the sugar tax plans, soft drinks companies will pay a levy on drinks with added sugar and the money raised, an estimated £520m a year, will be used to double sports funding for primary schools.



★ NEW TEAM

We are delighted to announce two new recruits to the Health Improvement Team; Claire Meade and Jina Burrows. Claire, an experienced PSHE Coordinator with the National PSHE CPD qualification, will lead on RSE and PSHE and Jina is the team's new Business Administrator.

Daily Mile launches in Ealing

Is this the answer to fighting childhood obesity?



About the Daily Mile

The Daily Mile involves all pupils aiming to run along a mile track every day at school. This project started in St Ninian's Primary School in Scotland in 2012. Four years on, the number of pupils who are overweight and obese has almost halved and many pupils report feeling healthier and happier.

The Daily Mile should take only fifteen minutes from when the children leave their desk to when they return. This means that they may actually only be on the Daily Mile for ten to twelve minutes. Not all pupils will be able to run a mile initially but are encouraged to do what they can in the 15 minutes.

The Daily Mile has been proven to be one of the most effective programmes to help pupils become a healthy weight and the Scottish Government now formally recommends The Daily Mile for all its primary schools.

Only 26% of Year 6 pupils in Ealing exercise on most days and 2 in 5 are overweight.

NCMP 2014/15 & HRBS 2015

Holy Family Primary School in Ealing introduced the Daily Mile in May this year and the teachers have already observed a significant improvement in pupils' concentration. Stanhope Primary also trialled the Daily Mile in June with Year 6 pupils and aim to roll it out to all year groups by July. With the help of the Health Improvement Team, Stanhope Primary successfully secured funding to get a yellow double-lined track painted on their tarmac.

Benefits of the Daily Mile:

Schools who have introduced the Daily Mile have not only seen a significant improvement in their pupils' fitness, overall health and weight but have also observed that pupils' are more resilient, less anxious and have improved self-esteem. Research also shows that physical activity positively influences achievement.

How to set up the Daily Mile

To help schools set up the Daily Mile, Elaine Wyllie, the headteacher who started Daily Mile in St Ninian's Primary, will deliver a free training on the Daily Mile at the EEC in September which will be followed by a learning walk at Stanhope Primary School to see the Daily Mile in action. The Health Improvement Team will also send each school a Daily Mile start-up pack in October. For more information on setting up the Daily Mile, email Nicole: McGregorN@ealing.gov.uk.

QUICK LOOK

Frequently asked questions

When during the day should my pupils run the Daily Mile?

Teachers choose when to go out and this makes it manageable, flexible and sustainable. However, teachers find that it's best to take pupils out in the afternoon when their energy levels are starting to flag.

Do pupils need to change their clothes?

No, they don't need to change their clothes but encourage parents to provide appropriate footwear for their children.

Do pupils have to run the Mile?

Pupils should be encouraged to run but they can also do a combination of walk and run for 15 minutes.

Do pupils need to do the Daily Mile every day?

Yes. It needs to be daily or the children will find it hard to do and won't get the full benefits.

Where do I set up my Daily Mile?

Schools can create a circuit track around a field, use traffic cones at various intervals to mark out the route or paint lines to make a running track.

How much does the Daily Mile cost?

It's free! The only requirement is some outside space which is not muddy. Some schools choose to get a track painted in the school grounds for Daily Mile. The cost of a double lined ½ mile track costs between £1500-£2000. Schools can use their school sports premium or source funding to pay for this.

Daily Mile schools in the UK



This map shows all the schools around the UK who have introduced the Daily Mile since it started in Scotland in 2012.

Health Improvement Conference

Sharing personal development ideas with Ealing schools



This year, the personal development of pupils was at the heart of the event and Ealing schools came to listen and learn from Jenny Mosley, Circle Time guru, Jenny Barksfield, Deputy CEO of the PSHE Association and staff from schools across London and Ealing.

Councillor Rai opened the event and invited delegates to consider their school's health priorities. Jenny Barksfield set us a challenge to 'show and tell' as opposed to making Ofsted play a game of 'hide and seek' to demonstrate the contribution PSHE has on helping develop pupil personal development.

Then Sarah Cooper, a PSHE Consultant from Brent, proposed that 'the time was right' for getting PSHE on the agenda in all schools. She also illustrated how she had led a PSHE curriculum review that met the specific needs of the pupils



“ The conference was fantastic and jam packed full with passion.

Jenny Mosley



in a school, emphasising the need for effective teamwork.

Jenny Mosely captivated the audience and got delegates actively involved in games that could be used in the dining hall to better manage noise and queues. Uniting the staff and pupils, rewarding good choices and positive behaviours were top tips Jenny shared with us.

Corinne Tate, Assistant Head from Fielding Primary introduced us to pupils who told us how their brain works and showed how they practice the art of mindfulness in school to help them remain calm.

Mubina Asaria, the new Preventing Extremism in Schools Officer also let the pupils do the talking. Cybermentors from Greenford High School explained eloquently what being a cyber mentor involved and how it has positively impacted on their personal development.

Marian Conran, PSHE Coordinator from Cardinal Wiseman High School showcased the 'Wellbeing at Wiseman' programme that she created, not letting the constraints of a limited timetable, no specialist staff, and no budget put her off!

And finally, Sahreen Siddiqui, Senior Deputy Head at Stanhope Primary School explained how, with help from the Health Improvement team, pupils were trained as 'Health Champions' to deliver a range of initiatives to reduce their pupils' weight.

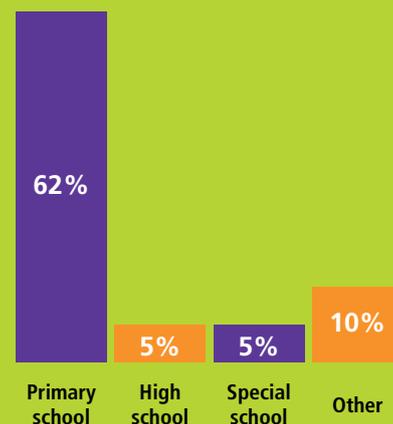
Thanks to everyone who took part to make this year's conference extra special.

QUICK LOOK

Conference feedback

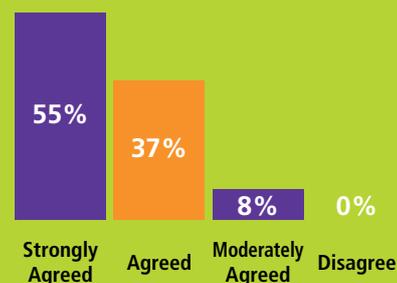
Eighty-two delegates attended the conference from schools in Ealing, an increase of 41% compared to last years' attendance. Delegates were predominantly Headteachers and PSHE Coordinators working in primary schools, followed by teachers working in high and special schools.

Conference delegate's work place



According to evaluations, 55% of delegates 'strongly agreed' that the conference was 'useful', 37% 'agreed' and 8% 'moderately agreed'.

"I found the conference useful"



We were delighted to hear that 100% of delegates said the conference met their expectations, up 5% compared to the previous Health Improvement Team's conference.

Did the conference meet your expectations?





Castlebar Primary - first special school to achieve Silver

By Carole Lewis, PSHE Coordinator

In January this year, we were awarded the Healthy Schools London Silver Award. Our needs analysis highlighted two specific areas of focus: peer to peer interaction and raising teacher's confidence levels in planning and delivering effective Relationship and Sex Education (RSE).

The SEND reforms highlight the importance of preparing all children for adult life by enabling all children and young adults to build meaningful relationships with others. 52% of the children at Castlebar have a diagnosis of Autism Spectrum Disorder (ASD) and many more children exhibit signs of communication deficits, such as having difficulty building friendships appropriate to their age.

During the Personal Social and Emotional Development (PSED) learning walk it was observed that although staff promoted interaction during work activities, there were a limited number of strategically planned activities. A working party was formed to develop an effective interaction measurement tool and children were baselined in January. We began the journey with whole staff

training to facilitate the sharing of good practice and asked staff to commit to implementing specific ideas. We then asked staff to evidence the fantastic work and the PSED team created a beautiful display which celebrated friendship. The extended services team delivered a parent workshop which focused on developing play skills and other planned activities included paired classes, school councillors supporting specific classes, learning walks and observations.

Our targeted priority aimed to raise teachers' confidence levels in planning and delivering effective RSE. National research shows that many teachers have no training in RSE, with 7 in 10 saying that they need more training to deliver the subject properly. As a result, the PSED team conducted a staff survey. The results highlighted that a staggering 67% of teachers were not confident in teaching RSE. Lack of confidence led to avoidance of teaching the subject.

Unfortunately, research shows that SEND children are at significantly greater risk of physical, sexual and emotional abuse and neglect than non-disabled children. As a result, we prioritised staff training

and enlisted the help of Image in Action who tailored a workshop to address key weaknesses identified by staff. In addition to staff training, we asked the NSPCC to deliver a series of workshops aimed at several aspects of 'Staying Safe'.

Achieving the London Healthy Schools Award provides an enormous sense of accomplishment, however, the benefits for the children are only realised if the proposal becomes a reality. As a result, we are working hard to complete the activities and review the progress in order to provide the best possible outcome for the children by 'Going for Gold!'

CASTLEBAR SCHOOL
IS A SPECIAL
PRIMARY SCHOOL
THAT PROVIDES
SPECIALIST TEACHING
FOR CHILDREN
WITH A RANGE OF
COMPLEX NEEDS
INCLUDING ASD.



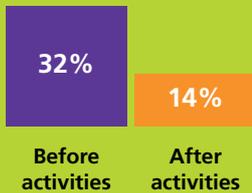
Hambrough's results

Pupils who eat five portions of fruit and vegetables every day



To measure the impact, we asked our pupils to complete a survey before and after our healthy eating activities. The graph above shows that before our activities, only 25% of children were eating the recommended five portions of fruit and vegetables every day and this has now increased to 39% of children. There was also a decrease in the percentage of pupils who never eat fruit and vegetables from 5% to 0%

Pupils who had a filling last time they visited the dentist



According to a pupil survey, the percentage of pupils who reported having a filling last time they visited the dentist decreased from 32% before our activities (September 2013) to 14% after our activities (June 2015).

Pupils who brush their teeth twice a day



The percentage of year 5 pupils who brush their teeth at least twice a day increased from 92% to 97%

Hambrough achieves second Gold!

By Menhel Kassir, PSHE Coordinator



We are delighted to be one of the first schools in Ealing to achieve the Healthy Schools London (HSL) Gold award. To achieve the HSL Silver and Gold awards we focused on pupil's participation in physical activity and healthy eating.

To achieve our planned outcome we carried out a range of activities including assemblies on healthy eating; started a cookery club; parent sessions on healthy eating; developed a packed lunch policy in consultation with parents, pupils, staff and governors; and designed a lunchbox drawing competition where prizes were awarded to the winners.

On parents evening our school nurse held a healthy eating information stall and our school caterer offered school dinner samples to parents and the food was well received. We started 'Fruity Fridays' where pupils bring a piece of fruit or vegetable to share with others in their class. This has been so popular that we now also run 'Fruity Mondays'.

Dental hygiene was the other area we decided to focus on for our HSL Silver. Pupils were missing school due to dental problems and our HRBS results showed that parents were not taking

their children to the dentist regularly. Our local dental surgery was very supportive and visited the school to give a dental hygiene assembly for all the pupils. Parents also attended and were given useful information and advice. This was followed by a visit to the dental surgery for year 5 pupils. We also had a dental advice stall at our health fair to provide oral health information to parents.

The support received from the Health Improvement Team through the Health Partnership and HSL Gold bespoke buy back helped us achieve the HSL Silver and Gold awards, and now we are keen to help a school set up an oral health or healthy eating project to achieve the new HSL Platinum award.

“Pupils who eat five portions of fruit and vegetables everyday has increased from 25% to 39%”
Menhel Kassir

'Me and My Learning' surveys

Using surveys to identify children's needs in primary schools

Identifying the needs of the pupils at your school or deciding on what area to develop next can often be a daunting task for schools. How do you decide what is a priority area? Which targeted focus will have the most impact?

Pupil surveys are a fantastic way of capturing the views of the children at your school and can also provide you with a clear focus and area for development. Surveys also allow you to see improvements across a wide variety of areas.

Ravenor Primary School use 'Me and My Learning' survey to identify vulnerable children or vulnerable groups of children in school. With the Health Improvement Team, guidance to accompany the pupil survey has been developed. This pupil survey is aimed at Key Stage 1 and 2 pupils and can be used to identify pupils' opinions and views about life in the classroom, school and home. The survey focuses on three key areas of learning: social, emotional and organisational.

The results from the survey can be used to plan whole school, key stage or year group initiatives. It is also an extremely useful safeguarding tool as it includes



questions about how safe pupils feel at school, on the playground and at home. Teachers can also use the results of the survey to plan interventions for individual children in their class.

The results can also provide impact evidence for Ofsted if completed over a period of time. It can illustrate how a school has identified an area of need among their pupils; planned action; and measured impact. These results can also

be used to illustrate impact for use in your Healthy Schools London Silver and Gold submissions.

If you are busy planning for the new school year and would like to use pupil voice to identify your next area for development please email Claire on MeadeC@ealing.gov.uk to receive full guidance for the 'Me and My Learning' survey as well as all supporting materials.

The Emotional Wellbeing Innovation Fund

Ealing's emotional literacy project

Children who display behavioural difficulties often struggle with emotional literacy, which can have a detrimental impact on their own and others learning.

Emotional Literacy is the ability to understand and express feelings. It involves having self-awareness and recognition of one's own feelings and

knowing how to manage them so that an appropriate reaction is given in response to a feeling.

For some children, this can prove quite challenging - especially for those made more vulnerable through family background, parenting styles and skills or through difficult life situations.

Funded by Ealing Clinical Commissioning Group, six primary schools in Ealing (Lady Margaret, Gifford, Oldfield, Ravenor, West Twyford and Clifton) have worked with emotional wellbeing experts to run innovative, tailor made projects designed to help with the emotional health of their pupils.

These projects started at the beginning of this year and have ranged from working with specifically identified children to training their staff in key psychological concepts such as attachment theory.

These schools presented their projects and their findings at the conference on 24th May entitled 'Managing Children's Emotional Literacy to Support their Education'.

For more information about the projects or to receive your copy of the final report please email Karen on: KGibson@ealing.gov.uk



Healthy Schools London – Ealing awards this term

The Healthy Schools London awards are a London wide awards based system that recognises schools 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. The table here shows the schools that achieved their Bronze, Silver and Gold awards over the spring term.

Before starting these awards, attend our Healthy Schools London training workshops and ask your Health Improvement Officer for example templates. For more information on these awards, email Nicole: McGregorN@ealing.gov.uk.

Bronze 	Silver 	Gold 
Wood End Infants School	Mayfield Primary School	Gifford Primary School
John Perryn Primary School	Mandeville Special School	
Drayton Green Primary School	Oldfield Primary School	
Alec Reed Academy Primary School	Perivale Primary School	
	St Vincent's Catholic Primary School	
	St Raphael's Catholic Primary School	
	Springhallow Special School	
	Berrymede Infants School	
	Our Lady of the Visitation Catholic 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
Train the trainer WRAP training	9 June 2016	1:00pm to 4:30pm	Free	Ealing Education Centre
How to run a health fair	14 June 2016	3:30pm to 5pm	Free for Health Partnership schools.	Ealing Education Centre
Prevent – Part of the new Safeguarding Briefing Series	16 June 2016	3:45pm to 4:45pm	Free	Ealing Education Centre
WRAP training for staff	23 or 30 June 2016	3:45pm to 4:45pm	Free	Ealing Education Centre
Prevent Briefing for CP designated teachers	21 or 27 June 2016	4pm to 5pm	Free	Ealing Education Centre
High school RSE seminar series	23 June 2016	9am to 12pm	Free for CPD SLA schools.	Ealing Education Centre
Resilience Toolkit launch	30 June 2016	3:30pm to 5pm	Free	Ealing Education Centre

Events and important dates

National Smile Month 16 May to 16 June 2016
Healthy Eating Week 13 to 17 June 2016
Sexual Health Week 12 to 18 September
Jeans for Genes Day 23 September 2016
World Mental Health Day 10 October 2106
National Stress Awareness Day (NSAD) 5 November 2016
Alcohol Awareness Week 16 to 22 November 2016
16 Days of Action Against Domestic Violence 25 November 2016
National Obesity Awareness Week 9 to 15 January 2017
Eating Disorders awareness week 20 to 26 February 2017

Editorial committee

Nicole McGregor – Health Improvement Officer
Karen Gibson – Health Improvement Advisor
Claire Meade – Health Improvement Officer

Newsletter Contributors

Menhel Kassir – PSHE Coordinator
Carole Lewis – PSHE Coordinator
Sara Lister – Futures in Mind School Project Manager

If you have a comment about our newsletter or if you would like to write an article for the next issue of Stepping Up To Health on what you have been doing in your school, email Nicole: McGregorN@ealing.gov.uk



Ealing Council 14-16 Uxbridge Road, London W5 2HL
Tel: 0208 825 7707 Email: KGibson@ealing.gov.uk
www.egfl.org.uk/healthy-schools

Please dispose of this newsletter in a green box.