**Healthy Schools London**

Achieving Healthy Schools London (HSL) Silver and Gold Awards

INTRODUCTION

This document includes both the HSL Silver Award Planning Template and the HSL Gold Award Reporting Template.

* *Please only complete the Silver Plan to apply for the HSL Silver Award. The Silver Plan must be for work that the school is planning to do and cannot be retrospective.*
* *Please only complete the Gold Report to apply for the HSL Gold Award. The Gold Report is to present the activities that you did and their outcome/results.*

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| **Silver Award** |  | **Gold Award** |
| A school will identify a main health priority for their pupils and devise new projects, practices and interventions to target the priority. Example health priorities might include healthy weight, oral health, emotional resilience, keeping safe and positive relationships.  In order to achieve the Silver Award, a school should:   * Undertake a needs analysis of the unique health and wellbeing issues affecting the school. * Use the needs analysis to identify and define group/s and number of pupils e.g. whole school or year group, plus any smaller targeted group. * Develop planned measurable outcomes and an action plan to achieve the health priority. * Show how it will monitor and evaluate the project to measure success and demonstrate improvements.   **NOTE:** Projects and interventions undertaken as part of a Silver Plan should run over at least 2 terms or 6 months. |  | HSL recognises good practice in demonstrating, sustaining (and learning from) outcomes and impact in supporting children and young people to achieve and maintain good health and wellbeing.  In order to achieve the Gold Award, a school should:   * Have achieved the HSL Silver Award. * Record results and outcomes. * Detail approach taken. * Provide analysis of results. * Explain how activity is being sustained. |

SCHOOL DETAILS

Complete first 2 tables below when applying for Silver:

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| **Name of School** |  | **Borough** | Ealing |
| **Key contact** |  | **Job title** |  |
| **Silver Plan Start Date** | ***(Must be a date in the future)*** | **Silver Plan End Date[[1]](#footnote-1)** | ***(Must be 6 to 12 months after your Silver plan start date)*** |

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| **Date achieved Bronze Award** |  |
| **Consent to share Silver Plan** | **Yes**  *Plan can be used as an example of good practice to be shared with other schools and partners.*  **No** |
| **Headteacher sign off** |  |
| **School Council Representative sign off** |  |

Complete table below when applying for Gold: ***Don’t need to complete any of the Gold section until you are ready to apply for Gold.***

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| **Date achieved Silver Award** |  |
| **Consent to share Gold Report** | **Yes**  *Report can be used as an example of good practice to be shared with other schools and partners.*  **Yes**  *Report without photographs can be shared with other schools and partners.*  **No** |
| **Headteacher sign off** | *Name and date:* |
| **School Council Representative sign off** | *Name and date:* |

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| **HEALTHY SCHOOLS LONDON SILVER AWARD PLANNING TEMPLATE** | | |
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| **PURPOSE** | | |
| **HEALTH AND WELLBEING PRIORITY:** Describe the issue that you are trying to improve. | | |
| ***EXAMPLES:*** *Improving participation in physical activities; oral health; mental health and emotional wellbeing* | | |
| To reduce rates of obesity by increasing physical activity and improving pupil’s nutrition. | | |
| **GROUP:** Define your group/s and number of pupils who will benefit from the action plan (whole school or year group, plus any smaller targeted group). | | |
| ***EXAMPLES:***   * *All children Year 1 to Year 6 (225 pupils), OR* * *KS 2 pupils (120) and Reception children (30)* | | |
| Details:  ***Define your group/s and number of pupils who will benefit from the action plan.***   * ***Choose either the whole school or year group i.e. all children in year 1 to year 6, AND*** * ***Choose a smaller target group i.e. KS1 pupils*** | | |
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| **NEEDS ANALYSIS** | | |
| **NATIONAL AND LOCAL DATA AND EVIDENCE:** Ask your local Healthy Schools Lead for help with completing this section. | | |
| ***Include details that provide evidence that your selected Health and Wellbeing Priority is an issue at national, regional or local level.***  ***EXAMPLES:***   * *Data - Local Authority Child Health Profiles (data)* * *Guidance and Reports – Public Health England, Department for Education, Local Authority Health and Wellbeing Strategy* * *Evidence Base – reference strategies, research or best practices e.g. NICE, Cochrane Database of Systematic Reviews (include how the evidence base indicates that your planned work will be effective for your group/school or any adaptation you’ll need to make)* | | |
| Details:  Active Lives Survey 2019/2020 shows only 44.9% of children and young people in the UK (3.2 million) are meeting the Chief Medical Officer guidelines of taking part in sport and physical activity for an average of 60 minutes or more every day. Meanwhile 31.3% (2.3 million) do less than an average of 30 minutes a day. According to data provided by Public Health England, the percentage of physically active children is the lowest in the London region when compared to other regions nationally. The percentage of physically active children in London is currently 41.9 %.  Physical inactivity is the 4th leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health. In older adults’ physical activity is associated with increased functional capacities.  A key report produced by Public Health England in 2014, entitled ‘Positive association exists between academic attainment and physical activity levels of pupil’, found evidence that shows that education and health are closely linked. So, promoting the health and wellbeing of pupils and students within schools and colleges has the potential to improve their educational outcomes and their health and wellbeing outcomes. In particular, the report found a positive association exists between academic attainment and physical activity levels of pupils.  Nationally, the UK has one highest rates of childhood obesity in Europe. According to Public Health England, in 2018, around one in 10 children aged four to five were classified as obese, and around one in five children aged ten to eleven. Children who are obese are more likely to suffer from social isolation, depression, and lower self-esteem. In addition, children with obesity are more likely to suffer from obesity as adults. Obesity in children happens for complex reasons. Every child is influenced by many factors, and we do not have a full understanding of how these factors interact when it comes to individual children. However, the messages reaching children need to consistently reinforce the importance of choices that lead to better health. Without this, the attractions of sugar, fat and inactivity will more often win the day over healthier choices.  Guidance from the DfE and the school sport and activity plan states that, children and young people should have access to at least 60 minutes of sport and physical activity per day, with a recommendation of 30 minutes of this delivered during the school day. In addition, the school’s meals and healthy eating standards state that children should be provided with high-quality meat, poultry or oily fish, fruit and vegetables, bread, other cereals and potatoes, and there can’t be drinks with added sugar, crisps, chocolate or sweets in school meals or more than 2 portions of deep-fried, battered or breaded food a week. As only some children are provided with school lunches and many children bringing their own pack lunches, it is a priority to educate parents and children on how to maintain a healthy and balanced diet.  According to an Ofsted review carried out in 2018, schools have an important role to play in reinforcing these messages. They also have responsibility for a curriculum that gives children a solid body of knowledge about healthy living and the skill to pursue it. Children need to learn how our bodies work, why physical health is important and how to prepare food. They need to grow in competence in sport and physical pursuits so that being active is enjoyable for them as well as challenging. Reinforcing messages, imparting knowledge and developing skill are what schools do – and do well. In the shared effort to tackle obesity, schools should focus on improving those things they are best placed to do: planning a challenging and well-sequenced curriculum, including learning about the body in PE, PSHE and science about healthy eating and cooking, providing ample opportunity for children to take physical exercise during the school day – with lots of opportunities to ‘get out of breath’, teaching particular skills like how to cook or how to dance, updating parents on their children’s physical development such as agility, balance and coordination. The contribution of schools is extremely important. But it must be about doing what schools do best: education. We should not imagine that schools alone can have a direct and measurable impact on children’s weight. | | |
| **SCHOOL DATA AND EVIDENCE** | | |
| ***EXAMPLES:***   * *School Development Plan* * *Survey data* * *Staff observations* * *Incident data* | | |
| Details:  There are two areas of focus which together have impact maintaining a child’s healthy weight: healthy eating and frequency and duration of physical activity. This is a challenging goal and intervention is needed over a significant amount of time to see impact as well as working with parents/careers to develop healthy lifestyle choices. With interventions and support put in place our main aim is to see improvements in our National Child Measurement Data over time.  The results of the National Child and Measurement Programme (NCMP) 2019/2020 showed that **XX%** of children at our school in year 6 are obese and overweight (**XX%** obese and **XX%** overweight), which is **slightly/significantly** higher than the Ealing average of 38%. The NCMP also showed that **XX%** of children in reception are obese and overweight (**XX%** obese and **XX%** overweight) **slightly/significantly** higher than the Ealing average of 21%.  The 2021 Health Related Behaviour Survey (HRBS) revealed that **XX%** of Year 4 and 6 of pupils had chocolate, sweets, crisps or fast/fried food in their lunch, and **XX%** who had fruit juice of other sugary drinks at lunch on the day before the survey. said that teachers had talked to them about puberty and growing up, this is higher than the Ealing average of **XX%.** The 2021 Health Related Behaviour Survey also revealed that **XX%** of Year 4 and 6 pupils had vegetables or salad in their lunch. This again is greater than the Ealing average of **XX%** Finally, the 2021 Health related Behaviour Survey revealed that **XX%** of Year 4 and 6 children said they were able to get water at school during class time and **XX%** were able to get water at school during break time, and this is higher than the Ealing average of **XX%.**  Finally, the results of our school Survey Monkey (**Month, year**) highlighted that, **XX%** of pupils had sweets, chocolates, crisps in their lunch 2 to 3 times a week and **XX%** of pupils had chocolates, sweets, crisps in their lunch more than 4 times a week across KS**X** (**XX** sample size). Our survey also showed that **XX%** of pupils have sugary drinks at lunchtime and **XX%** of pupils have sugary foods/drinks more than three times a week. Also, **XX%** had fast food  /fried food in their lunch 2 to 3 times a week and **XX%** % had fast/fried food in their lunch once a week. **XX%** of pupils said that they had sweets, chocolates, crisps at home 2 to 3 times a week and **XX%** of pupils said they had sweets, chocolate, crisps at home more than 4 times a week.  The survey also indicated that **XX%** of pupils did not take part in a physical activity club at school and **XX%** of pupils never took part in physical activity outside of school. **XX%** of pupils said that they exercised every day but **XX%** of pupils said that they only exercised outside of school once in a week which was the second highest result out of **XX** pupils sample size from KS**X**. The survey has also highlighted that **XX%** of children do no physical activity at the weekend therefore identifying school as the main provider of 60 minutes of physical activity for these children.  The school participates in the Daily Mile initiative and according to the same survey, **XX%** of pupils stated that they walk and or walk run a bit / time whilst completing the activity compared to only **XX%** (251/361) running or jogging the whole distance and 6 pupils identify that they do not take part at all. Further to this, **XX%** of children identified that they do not enjoying running or jogging activities and **XX%** stated that they see themselves as having average fitness. PE Teacher and class teacher observations of high number of older children who struggle to jog the Daily Mile without stopping. | | |
| **HEALTH INEQUALITIES:** Describe how you will ensure that your activities support all groups, including special educational needs, disabilities, Pupil Premium pupils etc. | | |
| ***EXAMPLES:***   * *We are aiming to increase participation in physical activities for all pupils. Data from a survey undertaken in 2014 showed that there was a significant difference in up-take of after-school clubs between pupil premium recipients and non-recipients. Those who qualified for pupil premium were far less likely to be involved in any after-school clubs, including those incorporating physical activity. We have therefore set separate measurable outcomes and actions for Pupil Premium pupils as a targeted group.* | | |
| Details:  **EXAMPLE ONLY:**  *At* ***School name*** *we are an inclusive school, and all proposed interventions are aimed at improving outcomes for all, including those children on the Special Educational Needs and Disability and Pupil Premium register.*  *To help support pupils to bring in a healthy packed lunch, we will offer parent/carer workshops and advice for all parents which will include daily lunchbox ideas for £1. There will also be a focus on reminding parents who are in receipt of Pupil Premium funding that school meals are free.*  *To improve physical activity levels staff will work within the school day to provide 30 minutes or more of physical activity which will be free and inclusive for all pupils within their day. For example, to improve outcomes for the Daily Mile an in-school competition will take place which will not cost anything for those that take part. Any lunch time activities on the playground including those supported by external agencies are also free. Children with additional needs who are supported by an adult during this time and will have a physical activity focus. We will also work with the children on the Pupil Premium register to increase their uptake in after school clubs through funding or costs being subitised*    *We are aiming to increase participation in physical activities for all pupils. Data from Health survey undertaken in 2019 shows that there was a significant decrease in the number of children participating in physical activity on at least five days a week. Compared to the Ealing average there was a lower percentage of children who participated in an exercise club before, at lunchtimes or after school at least ‘sometimes’. Those children who have SEND needs are far less likely to be involved in any after-school clubs, including those incorporating physical activity. Our target is to increase the participation of children with SEND needs and will therefore implement spate actions for their involvement.* | | |
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| **INTENDED RESULTS** | | |
| **PLANNED OUTCOMES** (there should be a minimum of 3 and maximum of 7 measurable outcomes).   * **INDIVIDUAL:** List the specific measurable changes that you expect to result from your activities e.g. changes in attitudes, behaviours, knowledge or skills of your pupil group/s * **WHOLE SCHOOL:** List any organisational changes which you expect to result from your activities and how you will measure them | | **MONITORING METHODS**  List the tools and methods that you will use to monitor whether your activities are being implemented as planned. |
| ***EXAMPLES:***   * *Individual - To increase the percentage of students reporting the school helps them to understand and know how to manage their thoughts and feelings. From a baseline of 16% (45/278) to an endline of 70%.* * *Individual - To increase the percentage of targeted Year 6 pupils reporting the school has helped prepare them for secondary school. From a baseline of 41% (11/27) to an endline of 80%.* * *Whole School - To increase the number of days that salad and fruit are offered at tables rather than children self-serving from counter. From a baseline of 1 day per week, to an endline of 5 days per week.* | | ***EXAMPLES:***   * *Pre and post pupil surveys* * *Pupil satisfaction survey for those that access school support* * *School Menu analysis* |
| Details:  ***INCLUDE 3 TO 7 PLANNED OUTCOMES. SOME EXAMPLES ARE BELOW:***   * To increase the percentage of pupils responding that they did physical activity on at least 5 days a week from **XX%** (**XX** out of **XX** pupils) to **XX%.** * To increase the number and variety of after school, lunchtime clubs provided for children at the school from **XX** clubs to **XX** clubs. * To decrease the percentage of pupils who have sweets, chocolate, crisps in their lunch 2 to 3 times a week from a baseline of **XX%** (**XX** out of **XX** pupils) to **XX%.**   To decrease the percentage of pupils who have fast/fried food at home 2 to 3 times a week from a baseline of **XX%** (**XX** out of **XX** pupils) to **XX%.**   * To increase the percentage of all pupils who participate in after school clubs 2 to 3 times a week from a baseline of **XX%** (**XX** out of **XX** pupils) to **XX%.** * To increase the percentage of pupils who exercise at home more than 4 times a week from a baseline of **XX%** (**XX** out of **XX** pupils) to **XX%.** | | Details:   * *Pre and post pupil survey Monkey,* ***Month, Year*** |
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| **ACTION PLAN** | | |
| **ACTIVITIES AND INTERVENTIONS:** List the specific activities that you have planned (for staff, pupils or parents) to achieve your improvements, including any resources or partner services that will be providing support. | **TIMESCALE:** List the month & year when you expect each activity to take place. | **LEAD:** List the staff member responsible for each activity. |
| ***Include 10 to 15 activities. See examples below.*** | ***Activities can’t be retrospective and need to be delivered over several months/ not all in the same 1-2 months.*** |  |
| **Healthy Eating** |  |  |
| Healthy Snack competition, children report what snacks they have been eating after school for a week. |  |  |
| Parent workshops by external provider to educate parents on healthy snacks/ healthy lunch boxes. |  |  |
| Achieve Sugar Smart school status. Look into policies and hold consolation with school council, staff, parents and Governors. |  |  |
| Start Food ambassadors (training given to class teachers who will teach their chosen children). Tabards and tokens initiatives for a piece of fruit and vegetables in lunch box and no ‘red listed’ food Monday – Thursday. Winning year group receives a reward once every half term. |  |  |
| Promote water consumption for all pupils during the school day (6-8 cups) i.e. with an assembly on water. |  |  |
| Hold activities during Healthy Ealing Week including assemblies and class-based activities to educate children on healthy diet and cooking at home. |  |  |
| Introduce a Whole School Food Policy. |  |  |
| **Physical Activity** |  |  |
| Provide teachers with training on movement breaks during class time and 30:30 activity ideas. |  |  |
| Training for High Quality PE sessions for Teachers organised, upskilling and providing teachers with the confidence to teach elements of the curriculum, especially dance. |  |  |
| Work with head teacher to assess timetables and to create reassuring environment for teachers to complete allocated PE.  Increase profile of PE by allowing teachers to wear suitable PE clothing on their day without the need to change back into “work wear.”  (This will also include looking at subsided branded jumpers for all class teachers)  To also increase compliance with pupils PE kits. |  |  |
| Introduce a free morning running club and advertise this in assemblies and the parent newsletter. |  |  |
| Launch the Daily Mile programme, which will include training staff in the Daily Mile programme, offering every child a Daily Mile marathon reward card and monitoring the Daily Mile of each class using the Daily Mile monitoring form. |  |  |
| Provide more bike racks in the school so more pupils can cycle to school. |  |  |
| Contact the School Travel team to get more active travel initiatives happening in school such as Walk to School Week, a walking school bus and a walking school maps. |  |  |
| Introduce the 3-minute HIIT programme in the school (send out HIIT job applications, train up HIIT champions and launch the HIIT in an assembly). |  |  |

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| ***Don’t need to complete any of the Gold section until you are ready to apply for Gold.***  **HEALTHY SCHOOLS LONDON GOLD AWARD REPORTING TEMPLATE** |
| Complete this section when your above Silver Action Plan activities have been concluded and you are ready to apply for the Gold Award. |
| **RESULTS AND IMPACT** |
| **RESULTS:** Describe your results and whether you were able to achieve your planned outcomes. |
| ***EXAMPLES:***  *The group of pupils remained the same throughout the implementation of the action plan, September 2018 to July 2019: All pupils (Reception & KS1) = 190. The sample size completing initial and final surveys varied, September 2018 = 135 and July 2019 = 175.*  ***1. To increase the percentage of children eating a portion of salad with their lunch. Target 40%.***  *In September 2018, 17% (23/135) of children ate a portion of salad with their lunch. In July 2019, this had increased to 56% (98/175).* ***EXCEEDED***  ***2. To reduce the percentage of pupils reporting that they ate an unhealthy snack after school on the previous day. Target 40%.***  *In September 2018, 61% (83/135) of children reported that they ate an unhealthy snack after school on the previous day (Note: unhealthy snack defined as chocolate, sweets, biscuits, pastries, crisps). In July 2019, this had reduced to 46% (81/175).* ***IMPROVED BUT NOT MET***  *Include tables, graphs and bar charts to demonstrate changes in data.* |
| Details: |
| **UNINTENDED OUTCOMES:** Describe any unintended outcomes (positive or negative). |
| ***EXAMPLES:***   * *Healthy Eating week had a fantastic impact upon the whole school and had a wider impact upon the snacks children are choosing after school. We had at least one third of each class enter the competition, which prompted discussion around what children were eating after school and their understanding of what is healthy and unhealthy. The competition meant that children wanted to share with their parents their ideas for recipes and parents were happy to engage with their children to develop healthy snacks.* * *The review of targeted individual pupil’s developmental abilities, emotional wellbeing and behaviour in comparison with levels of communication was so effective that it was extended across the school and similar workshops were held for class teams in each of the learning pathways – autism spectrum disorder (ASD), severe learning difficulties (SLD) and profound and multiple learning disabilities (PMLD).* |
| Details: |
| **ACTIVITIES:** Explain if the activities in your action plan were delivered as intended, or if there were any changes and why. Describe any external or unanticipated factors that had an effect on your project. |
| ***EXAMPLES:***   * *Activity: A partner organisation offered additional parent workshops, specifically focused on after school snacks and portion sizes. The workshops were well attended by a large group of reception parents - on average 15 parents attended each session. Parents were enthusiastic about the workshop with many requesting further hand-outs for friends. Some were parents who had been identified as needing targeting by teacher observations.* * *External factor: The Local Authority commissioned an obesity prevention programme for families during the implementation of our action plan which we were able to access and plan for our school. This complemented the aims of our action plan and helped to support its success.* |
| Details: |
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| **OVERALL** |
| **STRENGTHS:** Describe the overall strengths of your project. |
| ***EXAMPLES:***   * *A zone structure was developed so that the playground had designated zones for different types of activities. The zones have been the major change to the school environment – the playground has structured titled zones e.g. music zone, construction zone, ball games zone. The children and lunchtime staff are clear about the zones which means that equipment in each zone stays in its designated zone all of the time. This has ensured the playground environment is less chaotic and more organised and structured.* * *Tasting sessions provided an excellent opportunity for children to discuss unfamiliar fruits and vegetables and try these, then choose these independently in the lunchroom.* |
| Details: |
| **LESSONS LEARNT:** Describe what went well, what didn’t go so well, and what recommendations you would you make for the future. |
| ***EXAMPLE****:*   * *We found that there was actually an increase in students accessing support for mental health and well-being. To begin with I felt this was a negative thing and felt concerned that the work we had put in had been unsuccessful. However, after talking to our pastoral managers we realised more students had accessed support because they felt more confident to talk about their own mental health, which is actually a positive thing and was one of our targets.* * *I received feedback from teachers that cooking can be complex due to the location of our equipment, the need for a second adult to take food to ovens and the time taken for everything to be cleared away from classrooms. All of these things made cooking less desirable and taught less frequently. However, following these discussions I have made a proposal to our head teacher for a classroom to be built specifically for cooking.* |
| Details: |
| **SUSTAINABILITY:** Describe what you will do in future to sustain the project. |
| ***EXAMPLES:***   * *Mindfulness has become an integral part of our school. The children and staff and many parents have loved doing it and have felt far reaching benefits from the programme. Our aim is now to keep developing our practice and to become a lead school and share our experiences with other schools. The PTA has enthusiastically agreed to support and fund the creation of a mindful area of the school playground. The intention is for the children to design and paint a wall mural in the area; to grow flowers and herbs and to position various items (e.g. wind chimes, glitter bottles etc.) which will create an area of calmness and reflection.* * *This year we have had a very positive response to our school council deputies becoming salad monitors and encouraging children to eat more salad. Next year, we intend to give every child in KS1 an opportunity to be a salad monitor.* |
| Details: |
| **PHOTOGRAPHS & QUOTES:** Include any photographs, quotes, feedback or other evidence from your project. |
| Details: |

1. Projects and interventions undertaken as part of a Silver Plan should run over at least 2 terms or 6 months. [↑](#footnote-ref-1)