



Stepping up to health



Features

- Healthy Schools Ealing points scheme
- Tackling food waste at Clifton Primary
- Black History Month at St Raphael's
- Mental Health and Mindfulness at Khalsa
- Statutory Relationships and Sex Education
- Health Improvement Team survey results
- Recovery curriculum
- Mental health support for young people

Four changes to our programme since COVID 19

How school closures changed the way we work.

School closures presented both challenges and opportunities for the health improvement team last term. Here are four ways we adapted our support for schools.

Online training:

Although we were not able to deliver face-to-face trainings and workshops, our PSHE and mental health networks and eleven trainings were delivered online. Interestingly, 76% of PSHE leads said they would prefer a mix of virtual and face-to-face training. As we wait for further guidance, all trainings and networks are running virtually this term and you can book your places via CPD online.

Knowledge Hub:

We launched the Health Improvement Team Knowledge Hub in April - a free online group where

PSHE and Mental Health leads share resources, ideas and best practice and over 40 schools are already members. Sign up to Knowledge Hub to download your Health in School Visit resource pack, check your monthly Healthy Schools Ealing points total, and find out about important updates.

New videos:

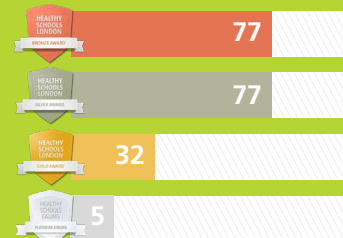
Visit EGFL for videos on delivering an effective RSE parent workshop or to find out more about the new Ealing PSHE scheme of work.

Healthy Kids at Home:

For two months we produced a daily newsletter for families at home, with top tips and activities to support with health, wellbeing and learning.

For more information on any of the above, please email Nicole on McGregorN@ealing.gov.uk.

Healthy Schools London Ealing award tally



Virtual Health in school visit



To review your school's health data, and receive new PSHE resources and updated contact lists, book your virtual Health in School Visit here: hisv.acuityscheduling.com.

Health Improvement in Schools

Did you know?



We are running all our training workshops, PSHE and mental health networks virtually this term via Microsoft Teams and Zoom. Book your place via Ealing CPD online.



Have a look at our new videos for support with RSE, PSHE and Sugar Smart status. Watch these for free on your tea break and keep an eye out for new videos coming soon. Email Nicole for access on McGregorN@ealing.gov.uk.



Have you joined Knowledge Hub? Register for free access, and to start networking and to share resources with other schools. Email Emily for access on RayfieldE@ealing.gov.uk

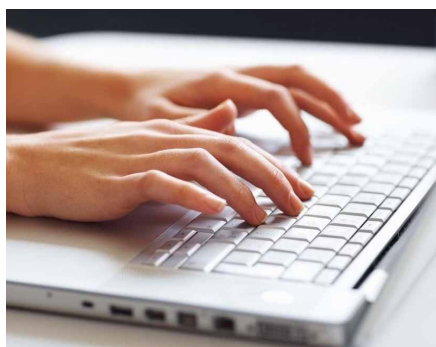
Key health improvement dates

Event	When and where?	More information
Relationships, Sex and Health education becomes statutory in all primary, special and high schools	September 2020	See EGFL for more information
Book your free annual Health in School visit	Autumn term 2020	Book via https://hisv.acuityscheduling.com/
Deadline to submit Healthy Schools London awards.	11 December 2020	Contact Nicole on mcmgregor@ealing.gov.uk for more information

Key health promotion dates

Event	When?	More information
International Day of Peace	21 September 2020	internationaldayofpeace.org
Walk to School Month	October	livingstreets.org.uk
Big Me Week	5 - 9 October 2020	actionaid.org.uk/fundraise
World Mental Health Day	10 October 2020	mind.org.uk
National School Meal Week	11 – 15 November 2020	thegreatschoolslunch.co.uk
Anti-Bullying week	16 – 20 November 2020	anti-bullyingalliance.org.uk
Alcohol Awareness Week	16 – 22 November 2020	alcoholchange.org.uk
Road Safety week	16 – 22 November 2020	roadsafetyweek.org.uk

Keep abreast of key health promotion dates by reading our monthly eNews.



★ Join the Health Improvement Team Knowledge Hub

With much more happening remotely, our new Knowledge Hub is a great tool for sharing resources with other PSHE and Mental Health Leads. Knowledge Hub is a free, online group where you can have discussions, vote on polls, see updates, and add your own resources or download items from the library. There are already 41 Ealing members, and we hope that as this grows, it will be an easy way for you to save time and communicate with other schools. You also receive Healthy Schools Points for posting in the forum, responding to a poll, or uploading to the library.



★ Sugar Smart School award update

Last year we launched the Sugar Smart School award which is where schools gain Sugar Smart status for completing activities that reduce pupils' consumption of sugary food and drinks. There is a £500 prize for the first ten schools to achieve Sugar Smart status, and there are still three pots left to win! Last year, seven schools were successful including Berrymede Infants, Hambrough, Havelock, Khalsa, Perivale, Ravenor and Stanhope primary schools. Five Healthy Schools Ealing points are also awarded to all Sugar Smart schools. To find out more, email Nicole on McGregorN@ealing.gov.uk.

Health Improvement Training Programme
For primary, high & special schools
2020/21



★ New training brochure is out now

Our new training brochure is out now, with sessions to support your PSHE, Mental Health and Healthy Schools co-ordinators, to help you introduce new initiatives and policies, and to increase the confidence of your staff. We provide support for nutrition and exercise, safeguarding, PSHE, RSE and mental health and emotional wellbeing at school. This term all our trainings are taking place virtually, but we hope to offer a mix of virtual and face-to-face sessions in the Spring term. Book your training now via Ealing CPD online and download our training brochure from the Health Improvement page on EGFL.

Healthy Schools Ealing points scheme update

A review of the points scheme and a few exciting and useful changes



Last year the health improvement team launched the Healthy Schools Ealing points scheme to reward you and your school for working on health and wellbeing. We were delighted that lots of schools were more engaged with our team, and in our annual team survey, 67% of schools said they were incentivised to earn points and participate more in our activities. This year, we are continuing the points scheme with some exciting new additions.

How does the point scheme work?

Schools can earn 1 to 5 points for engaging with the health improvement team, for example, opening our eNews or booking your Health in School Visit. The points scheme runs from 1 July to 30 June every year, and the three highest scoring schools are announced on 1 July.

See the table below to find out how your school can start earning points.

What can I win?

The school in first place receives £500 towards their PSHE budget or HAT membership for the following year; the school in second place receives £250 towards their PSHE budget, and £100 for the school in third place.

How many points does my school have?

You can check the top three schools in our monthly eNews and on the back of this newsletter. We also received some great feedback in our annual survey that you would like more regular updates on your points total. In response we are now sending this in a monthly email to PSHE leads, with tips for earning more points. The points total for all schools will also be uploaded to Knowledge Hub at the beginning of each month.

What is the NEW league table?

This year we have introduced eight new leagues, and the more points you earn, the higher up the league table your school will climb. Track your progress and aim to achieve a higher league every year.

Quartz: 0-10
Amethyst: 11-20
Jade: 21-30
Opal: 31-40
Topaz: 41-50
Gold: 51-60
Emerald: 61-70
Sapphire: 71-80

1 Point	<ul style="list-style-type: none">• Open our monthly eNews.• Add a resource, poll or comment to Knowledge Hub.• Complete any health improvement survey.
2 Points	<ul style="list-style-type: none">• Book Health in School Visit (+2 points if the head attends).• Attend our networks, training or learning walks.• Write an article for Stepping Up to Health.
3 Points	<ul style="list-style-type: none">• Achieve a Healthy Schools London Award.• Attend our annual conference or FGM conference.• Host a network or training.
4 Points	<ul style="list-style-type: none">• Present at our conference.• Present at our HAT celebration event.
5 Points	<ul style="list-style-type: none">• Become a Sugar Smart School.
-2 Points	<ul style="list-style-type: none">• Not showing up to a training you registered for (cancelling on Ealing CPD online four days before the training day incurs no penalty).

Which school won last year?

We would like to congratulate our three highest scoring schools from 2019/20. First place was awarded to Hambrough Primary School for achieving an impressive 53 points. Clifton Primary School and Perivale Primary School were awarded a very close second and third place for earning 52 and 51 points.

For more information on the points scheme, see the Healthy Schools Ealing points scheme tab on EGFL, or email Nicole on McGregorN@ealing.gov.uk.

Tackling food waste at Clifton Primary

Article by Emma Coutts, Pastoral Lead

At Clifton Primary School I started leading on tackling food waste after I observed huge bags of food waste being wheeled past each day. Firstly, I met with our newly re-appointed head chef to share my concerns. We discussed the importance of portion sizes and we created 'The Top Table' where every Friday a selection of students who have finished their meal or tried something new during the week receive an invitation from an SMSA to sit at the Top Table which is dressed beautifully with tableclothes and napkins.

We also invited The Felix Project, a charity who rescues surplus food, into school to deliver an assembly on the subject of food waste. The Felix Project donates nutritious food to our school every week that would otherwise be discarded. We then offer this food out to our families.



We have only just begun our journey in reducing food waste, but we have already seen a dramatic decrease in the amount of food being thrown away

St Raphael's No Learner Left behind project

Article by Caterina Frainer-Law, PSHE Lead

St. Raphael's has successfully joined Ealing's No Learner Left behind project focusing on the achievements of the Black Caribbean Community.

We started by de-colonising our curriculum and focused on making sure the books we read are representative of children in our school. This enabled the children to see themselves represented in the books that they are reading.

Our project's parent forum also created an information booklet for parents to use with their children to help them gain a perspective and understanding of news and media reports pertaining to Black Lives Matter.

Last academic year, St Raphael's held their very first history exhibition to mark the end of One World History month. Two of our teachers led our black history celebration event where Year 5 children played



captivating tunes on African drums, enticing parents to visit the exhibition. Year 5 and 6 children were also dressed as influential people who have left a positive mark on history. The exhibition displayed a mixture of vibrant artwork, poetry, inspirational quotes and posters about individuals studied during One World History month. Reception children also took part in their own version of Carnival.

Mental health and mindfulness at Khalsa

Article by Sean Formella, PSHE lead

At Khalsa, our curriculum teaches children about mental health issues and we have stepped up our approach on how we all recognise and respond to these concerns.

For the past year, we have been teaching and practicing mindfulness techniques in the classroom. We have worked with Mindful Mentors to teach staff and children different mindfulness techniques such as breathing exercises and how our brains work and react to our emotions.

Now children lead the rest of the class through daily mindfulness exercises for a couple of minutes. Not only do children really enjoy it but they are very vocal about how it makes them feel relaxed, focused and calm. Many have also spoken about how they have used the techniques outside of school.

Mindfulness not only helps protect against mental health problems,



but it is also a good tool to help us all deal with the things that can cause negative emotions. That is something that will be especially useful for us in what is bound to be a challenging return to school.



Statutory Relationships, Sex and Health Education

Statutory RSHE comes into effect in all schools from September 2020

From September 2020 Relationships and Health Education (RHE) became statutory in all primary schools and Relationships Sex and Health Education (RSHE) became statutory in all high schools. Due to school closures, the Department for Education has issued an update on statutory RSHE.

In summary, the statutory requirement to provide these aspects of PSHE education is still in place from September 2020, and schools should continue to prepare for this date where possible. Indeed, many Ealing schools are already offering high quality PSHE that covers and exceeds statutory content or will be prepared to do so by the beginning of the new school year. However, due to the coronavirus and closures, schools who are not in a position to implement fully from September have been granted some leeway and now have until the beginning of the Summer term 2021 to do so.

In such cases, the DfE suggests a phased approach to ensure teaching begins as soon as possible and suggests that schools consider prioritising curriculum content on mental health and wellbeing, as supporting their own and others' wellbeing will be important for pupils as they return to school.

In the primary Ealing PSHE scheme of work, the autumn and spring term predominately focuses on Health Education and the summer term covers Relationships Education. This means that primary schools can begin to use the updated version of the PSHE scheme of work from September but those yet to update their policies should also use the Autumn and Spring term of 2020/21 to liaise with parents and staff to finalise their Relationships Education policy.

Due to school closures, many pupils did not receive RSE during the Summer term. Relationships Education topics are consistently revisited in the Ealing PSHE scheme of work; therefore, pupils

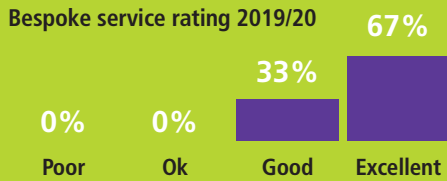
will revisit missed content during this academic year. All Ealing high schools have been informed that it is likely new year 7 pupils may not have had RSE lessons and have been advised to cover RSE content in the autumn term to cover missed lesson content.

A sample action plan and numerous resources and support tools for preparing for statutory RSHE are available on EGFL. If you have questions about RSHE contact Karen on KGibson@ealing.gov.uk.

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BESPOKE WORK

Our team have worked hard to improve the quality and effectiveness of our bespoke activities. Our survey found that 67% of schools rated our bespoke work as 'excellent' and 33% as 'good'. Schools said they bought back bespoke work because they believe it's effective and saves them time. They also value the help they receive in school and like that the service is tailored.



HAT PACKAGE

This year, 100% of our Healthy Schools Awards and Training (HAT) members said this partnership met their expectations. Also, 90% of schools who achieved their HSL silver or gold awards last year were members of the HAT, demonstrating that schools are significantly more likely to achieve a HSL award by buying back support from the health improvement team.

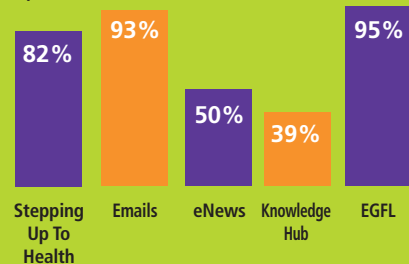
Did the HAT meet your expectations?



COMMUNICATION METHODS

We asked you which methods of communication you find most useful. We were pleased to learn that 82% of you are aware of our Stepping Up to Health newsletter, read it and find it useful, 93% receive our emails and find them useful, 39% have signed up to our Knowledge Hub and 95% of you use our resources on EGFL.

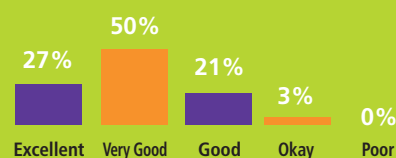
Communication methods I am aware of, use and find useful



COVID 19 RESPONSE

School closures forced us all to work differently and the health improvement team tried to adapt quickly to this new work of working. In our survey we welcomed your feedback on our response and suggestions to improve our service.

How was our response to school closures and how did you find the support?



Health improvement survey results

What you told us and what we will do next



A big 'thank you' to the 73 headteachers and PSHE co-ordinators who completed our annual survey in June this year. We have taken on board your feedback to improve the service that you will receive in the new academic year.

We were pleased to learn that 73% of respondents believe their school values health 'very highly' and 98% believe our service has had an impact on their pupils' health and wellbeing.

We were delighted to hear that 99% of respondents said they found their Health in School Visit useful and our most used service was our training workshops at the EEC. A whopping 92% of PSHE leads used out training workshops this year, up from 79% the previous year, followed by our health in school visits, which 74% of schools took up.

It was great to learn that 73% of schools only allow pupils to drink water or milk at school and many of you are now using the new Eaing PSHE scheme of work, which has increased from 86% last year to 92% this year. Schools are also prepared for statutory RSE, as 85% said their RSE policies were updated last academic year (compared to only 66% last year).

With schools closed from March, we moved most of our support online including our trainings, networks and meetings. Interestingly, in the survey 77% of you said you would prefer a mix of virtual and face-to-face trainings compared to only 6% who said they would like our trainings to be offered only in person.

Congratulations to our survey winners!

We would like to congratulate our survey winners who have won a £10 Love to Shop gift voucher. One in every ten survey participants won a voucher and our winners this year included Yvonne from Holy Family, Laura from Selborne, Amy from Havelock, Sandra from Hobbayne, Nicole from Durdans Park, Holly from Elthorne Park and Gemma from Perivale.

“ The health improvement team are brilliant and very supportive. They will respond promptly and always with useful information and advice. I feel that I have developed an excellent working relationship with them and feel that I would be lost without them! ”

PSHE lead, health improvement annual survey, July 2020

A recovery curriculum to support transition back to school

Schools working together to develop a recovery Curriculum for primary schools.



As pupils transition back to school during the autumn term school staff are looking for ways to ease this transition process, ensuring pupils have time to process and talk about their experiences during the last few months. With this in mind, a group of schools got together to develop a recovery curriculum for primary schools. Below Jackie Renault, PSHE lead from Hambrough Primary school shares how and why this recovery curriculum was developed.

The recovery curriculum is the result of collaboration between many like-minded individuals who shared an interest in the well-being of children. It is a scheme of work based on the research of a well renowned professor called Barry Carpenter, who is a mental health and education professional. A group of PSHE leads from Ealing and Harrow planned and created a wide range of resources for all primary key phases, to represent five stages of recovery: relationships, community, resilience, metacognition and place to be.

This project brings together all the ideas under the five stages of recovery so that you, as a teacher, do not have to search for them yourself. Because of the diverse ideas of many, there is a wide range of activities covering the same

objectives for you to select, enabling you to create a balanced programme for the specific needs of your children.

When the children return to school full time, many of them will not have had a disciplined learning regime since March: that is almost six months. As you know, there is always a struggle with concentration in September after the usual six weeks holiday, so what will this be like after half a year at home? The activities provided can be used to provide short bursts of learning; long enough to assess their well-being yet short enough to maintain their interest.

Our children are going to return to school with different emotional starting points; some perhaps suffering more than others. They are unable to learn if their well-being has been adversely affected by this pandemic. This has to be our priority! Not academia: that will come later. So by using the Ealing PSHE recovery curriculum you can help and support our children get back on track with their learning by helping them to heal their minds first.

Schools can access the recovery curriculum via EGFL.



Mental health support for newly vulnerable children and young people

Rapid support for children and young people affected by coronavirus

'See, Hear, Respond', run by Barnardo's, provides early intervention for newly vulnerable children affected by coronavirus but not currently receiving statutory support.

Its aim is for children and young people, to receive support quickly and before they reach the threshold for statutory intervention.

Local third sector organisations are being recruited and contracted to deliver online support and information, face-to-face support, and reintegration support. These organisations are then matched with local referrals.

In particular, See, Hear, Respond is encouraging referrals for:

- Children under 5
- Children and young people with special educational needs and disabilities and where there are concerns about welfare, e.g. online safety
- Children who are at an increased risk of abuse, neglect, and exploitation
- Black, Asian, Minority Ethnic and Refugee children who experience barriers to accessing services
- Young carers

Referrals are open now until 31 October, and professionals, children and young people, and parents / carers can refer. To find out more, visit barnardos.org.uk/see-hear-respond or email Emily at RayfieldE@ealing.gov.uk.

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.

Bronze	Silver	Gold	Platinum
Mayfield Primary School	West Acton Primary School	St. Raphael's School	
Blair Peach Primary School	Oaklands Primary School		
	Perivale Primary School		

Healthy Schools Ealing points scheme

School Points		
Position	School	Points
First	St Raphaels primary, Khalsa primary	2
Second	Brentside primary	1
Third		N/A

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 by going to www.ealingcpd.org.uk

Workshops	Dates	Time	Cost	Location
Mental Health Network meeting	23 September	15:30-16:30	Free	Virtual
Healthy Schools Awards and Training package (HAT) workshop 1	7 October	13:30-15:30	Free*	Virtual
A whole school approach to mental health	14 October	13:30-16:00	Free*	Virtual
Anti-bullying week - resources & ideas	22 October	15:30-16:45	Free*	Virtual

* Free to 'Healthy Schools Awards and Training Package' members. All other schools pay £92.

Our Services

All Ealing schools get access to our buy back packages including the Awards & Training package, Four 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, email Nicole at McGregorN@ealing.gov.uk

Editorial Committee

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For all our resources and past issues of Stepping Up to Health newsletter, see our webpages on EGFL

 @EalingPshe



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www.egfl.org.uk/elp-services/health-improvement-schools

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