



Stepping up to health



Features

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Changes to our buy back!

What you need to know

This year there are six health improvement packages for schools to choose from. Our most popular package is the **Healthy Schools Awards and Training (HAT) package**. Schools that purchase this package receive half termly workshops to help them achieve their Healthy Schools London awards, drop-in days to work on their awards with 1:1 support, termly PSHE networks, celebration event and access to 30 health improvement training workshops. According to our 2020 evaluation survey, 100% of HAT members said that this package met their expectations.

For school-based support with proven results, we recommend schools purchase our **Four Day Bespoke package**. This package provides schools with 28 hours of bespoke support and provides a saving of £281 (compared to purchasing 28 individual hours). Last year, 91% of schools rated our Four Day Bespoke package as 'excellent'.

We are also offering dedicated packages to address specific health challenges. These include **Reducing**

Pupil Obesity, RSE, and Mental Health and Emotional Wellbeing. These packages provide two days (14 hours) of in-school support and access to all relevant central trainings.

This year we are also offering a new **PSHE package**. This package provides two days of bespoke PSHE support including support on how to monitor and evaluate your PSHE curriculum, four central trainings on PSHE, free access to the three PSHE networks and a one-year subscription to the Social Book Club online library.

Schools that purchase any package will also get to attend our annual conference and 'Health Improvement drop-in' days for free.

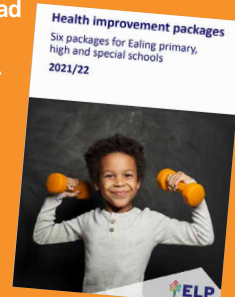
See our new brochure on our EGFL landing page for more details and remember to buy back before 31 March via Services to Schools. For more information on any of our packages, please email KGibson@ealing.gov.uk.

Healthy Schools London Ealing award tally



New HI brochure

Our new brochure outlining the Health Improvement packages for 2021/22 is now available to download from our EGFL page.



Health Improvement in Schools

Did you know?



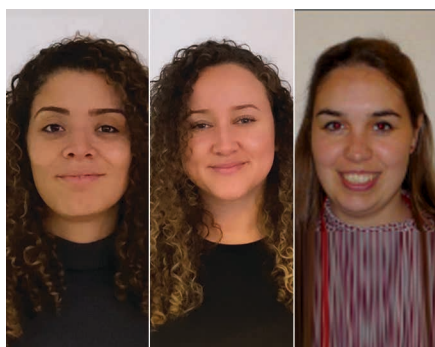
We are offering a **NEW** PSHE support package to save your PSHE lead valuable time and provide them with 1:1 support, four central trainings, access to all three PSHE networks and a one-year subscription to the Social Book Club online library.



You can now book **PAYG** bitesize trainings for staff on relaxation and mindfulness, sleep hygiene and managing your everyday anxieties. Email RayfieldE@ealing.gov.uk for details.



The Ealing Health Improvement team are now also supporting all Harrow schools with their Healthy Schools London awards.



★ New PSHE high & primary network leads

We are delighted to announce that Sherelle and Tamika, PSHE leads from Our Lady of the Visitation school, are leading the primary PSHE network, and Holly Thomas, Associate Assistant Headteacher from Elthorne Park High School is leading the network for high schools. Our newly appointed leads have extensive experience delivering high quality PSHE, have presented at Healthy Schools conferences and networks, and regularly attended past PSHE networks.



★ Staff wellbeing bitesize trainings

Bitesize (30-minute) training sessions on relaxation and mindfulness, sleep hygiene, and managing your everyday anxieties are now available for schools to book on CPD online and are free for Ealing and Harrow schools. The Ealing staff wellbeing survey (June, 2020) found that approximately 50% of staff were sleeping less well and feeling more anxious than before COVID. You can also book these sessions just for your staff by emailing Emily on RayfieldE@ealing.gov.uk.



★ Ealing is now supporting Harrow with Healthy Schools!

The Ealing Health Improvement team are excited to have secured a one-year contract with Harrow Council and will now be supporting 76 schools in Harrow to complete and achieve their Healthy Schools London awards. As part of this contract Harrow schools will also be able to access our communications, resources and training workshops. Harrow schools have already started achieving their HSL awards and two schools have written case studies for this newsletter.

Key health improvement dates

Event	When and where?	More information
Healthy Schools London award due date	7 May 2021	For more information, contact Nicole on McGregorN@ealing.gov.uk .
PSHE network	10 March 2021	Book via Ealing CPD online.
Healthy Schools London award drop in	17 March 2021	Book via Ealing CPD online.

Key health promotion dates

Event	When?	More information
Children's Mental Health Week	1-7 February	childrensmentalhealthweek.org.uk
Time to Talk Day	4 February	time-to-change.org.uk/get-involved/time-talk-day
Safer Internet Day	9 February	saferinternet.org.uk/safer-internet-day/2021
Random Acts of Kindness Week	February	randomactsofkindness.org/rak-week
Eating Disorders Awareness Week	1-7 March	fundraising.beateatingdisorders.org.uk/page/69477/data/1?ea.tracking.id=web
International Women's Day	8 March	internationalwomensday.com/
World Sleep Day	19 March	worldsleepday.org/

For more information about the above dates, email Emily on RayfieldE@ealing.gov.uk and keep abreast of key health promotion dates by reading our monthly eNews.



Safer internet day 2021

An internet we trust: exploring reliability in the online world

The theme for Safer Internet Day 2021 on 9 February is 'An internet we trust: exploring reliability in the online world', with the slogan 'Together for a better internet'.

We have seen an increasing amount of fake news being reported, which can also be linked to conspiracy theories. The COVID-19 pandemic has meant that most of us are spending more time online, as are extremist groups who are actively using the online space to groom and recruit.

The challenge is how to differentiate real news from fake?

BBC Bitesize provides insightful information and videos which illustrate the fake news cycle, and tips such as:

1. The story – what are they trying to say? Look to see if you can find the same story somewhere else
2. The author – is it someone's opinion

or fact? Real news will most likely have a link to the writer's details, but if there's no author, dig deeper

3. The website – are there spelling or grammar mistakes? What's the URL? Check the address bar at the top – most trusted URLs end with .com, .co.uk, .net, .gov, .org, .mil and .edu
4. The date – is the story recent or old? It could be outdated or a copy of something that happened years ago.

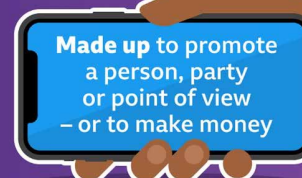
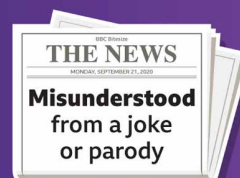
The Department for Education's website Educate Against Hate and London Grid for Learning also provide useful resources and information for teachers, parents, and pupils.

In preparation for Safer Internet Day 2021, the Ealing Prevent and Health Improvement Teams are co-hosting a virtual conference on 19 January from 1:30 to 3pm, entitled 'Digital Resilience in the

era of COVID'. For more information on this conference and to book your free place, go to: digitalresilienceconf.eventbrite.co.uk.

Please contact the Ealing Prevent Team preventschoolsinfo@ealing.gov.uk if you require support regarding extremism and the Prevent agenda and/or have concerns about a pupil and are unsure about making a referral.

Where could a fake story come from?



After our fall: How we managed to get back up again?

Article by Luisa Nielsen, Krishna-Avanti Primary School, Harrow

Our children are predominantly from the BAME community and many were directly affected by the pandemic. Hence, we designed a recovery curriculum with a focus on wellbeing, reconnecting, belonging, being active, pupil voice and relationships.

We started the academic year with a whole school text 'After the Fall' by Dan Santat, which tells the story of Humpty Dumpty and how terrified he was after his 'great fall'. Through a range of activities, we reflected on Humpty's actions. Questions were asked about how we would behave in a similar situation. Children recognised that we could associate the 'many pieces' that Humpty broke into with some of the experiences we had at home during lockdown: fear and anxiety.

Children made paper aeroplanes, Humpty's favourite pastime. The playground soon had paper crafts soaring and huge smiling faces.



We learnt that we could do things differently and that we do not have to be afraid. It took Humpty time to climb the ladder again, but when he felt brave enough, he did not look up, neither did he look down. He just kept climbing until he was high up on the wall again.

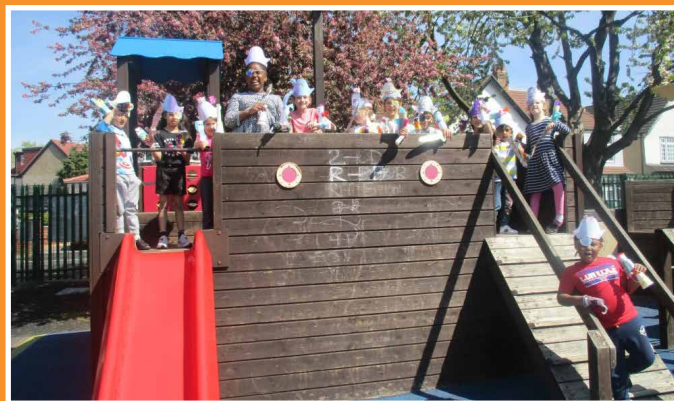
Making it work and striving through fear

Article by Louise Browning, Norbury School, Harrow

From the minute lockdown was announced we talked, planned and gathered our community. Keeping in contact was key, and we set up an online curriculum with weekly themes, getting into our rhythm.

After the first few weeks we called and visited families and made our presence known. PPE became our fashion accessory. Our Key Workers-Vulnerable (KVV) attendance grew. We went to pick up pupils, delivered learning packs, set-up a 'lockdown breakfast facility' and made our lunches healthier.

From opening with five pupils, fifteen staff and Joe Wicks, we finished lockdown with 48 KVV's and a third of four-year groups back, an exciting lunch menu and 84% staff working on site and online. The headteacher started a YouTube channel for daily assemblies and catch-ups for pupils, parents and staff; communication and connection were keeping us healthy.



By July, over 20 members of our community were grieving. Support was needed, so we visited homes, sought legal advice, brought food, comfort and even in one case, broke sad news to the children together with mum. We did this because we knew our responsibilities required us to be brave, and that is what you do when you are a Norburian!

Coming together to support our community

Article by Gemma Bartlett, Perivale Primary School, Ealing

We usually hold a Harvest Festival celebration every year. However, this was 2020 and of course, everything had to change. So instead, we invited our families to donate to the Ealing Food Bank.

Armed with gloves and masks, we collected the donations outside in our front playground. Our parents were able to enter the school gate, put their donations in the boxes provided and then continue to follow our one-way system around the school site. The donations were then put straight into a staff member's car so they did not enter the building. We also held collections at drop off and pick up times on a Tuesday. We had previously contacted the Ealing Food Bank and arranged a time to drop the donations to them and they were waiting for us and had several volunteers to help empty the car.

Currently the Food Bank is receiving donations at St. Mellitus Church, Church Rod, W7 every Wednesday. Our families and



children were extremely generous, and we collected over 157kg of food and toiletries.

Our families felt this was a wonderful opportunity to help others who may be struggling at this time, and so we decided to do another collection leading up to Christmas.

'Go Green' for Clean Air Day

By Davinder Sahota, Dairy Meadow Primary, Ealing

On Friday 9 October, children and staff at Dairy Meadow primary school promoted Clean Air Day. The ethos at Dairy Meadow is 'Enjoy! Educate! Embrace! Empower!' and as part of this we encourage children to be responsible citizens and take care of their communities and the wider world.

Going Green for Clean Air Day was a learning experience with a twist – everything went green on the day. Children and staff wore an item of green clothing to school, children were encouraged to bring green fruit or vegetables in their packed lunch, and our school meal provider created a 'Green Menu' for children who have a school lunch, which included a fresh green salad and roasted courgettes, broccoli

and peas. During the day, children from KS1 and KS2 carried out activities which helped increase their knowledge and awareness about air pollution, its negative effect on their health, and the simple daily actions they can take to reduce it.

A year 5 pupil said "I really enjoyed the 'Head, Shoulders and Knees' game, it helped me understand and remember the causes of, impact on the body and solutions to air pollution."

By supporting the Clean Air Day initiative, the pupils at Dairy Meadow Primary School enjoyed learning about some straightforward things they can do to improve their air quality and look after their own and their family's health.



“ I really enjoyed the 'Head, Shoulders and Knees' game, it helped me understand and remember the causes of, impact on the body and solutions to air pollution. ”

Promoting healthy choices

Article by Katie Liley, Alec Reed Academy Primary, Ealing

At Alec Reed Academy we have recently updated our packed lunch policy to support a healthy and balanced lunch. To raise awareness amongst pupils on the importance of making healthy choices, our pupil

health ambassadors held a healthy packed lunch competition with the opportunity to win a brand-new scooter across each key stage.

This competition was open to all year groups and the winning lunch box

designs were decided based on the most nutritional lunch. Pupils really enjoyed taking part in this competition (especially with such a fantastic prize) and as a result we have seen a significant increase in healthy school tokens across year groups. The health ambassadors are also suggesting healthy recipes in the newsletter, which are useful for encouraging healthy packed lunches.

In addition, to encourage physical exercise at Alec Reed Academy, high intensity interval training (HIIT) has been re-implemented across year group bubbles. All children are now given the opportunity to be a HIIT trainer and lead the group exercise in an outdoor location, which helps to develop confidence and social skills.



Children's Mental Health Week

Encouraging pupils to express themselves

Children's Mental Health Week is taking place on 1-7 February 2021, and the theme for this year is 'express yourself'.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas through creativity. This could be through art, music, writing, dance, drama, photography, film, or any creative outlet that works for you.

Mental health issues are affecting five children in every classroom, and many more are experiencing challenges from bullying to bereavement. Children's Mental Health Week is a chance for schools, parents and communities to shine a spotlight on children and young people's mental health and provide strategies for coping and supporting each other.

Visit childrensmentalhealthweek.org.uk for free primary and secondary resources, from assembly guides and class activities to top tips for pupils and parents.

“ Free primary and secondary resources to celebrate 'expressing yourself' for Children's Mental Health Week. ”



Wellbeing for Education Return

Training from the Department for Education now being cascaded in Ealing schools



From 11 November to 10 December 2020, nine sets of Wellbeing for Education Return training were delivered to Ealing staff.

Over 80 senior leaders in Ealing attended the state-funded sessions, which were rolled out to support schools returning in September. Staff were equipped with techniques to support young people who were affected by COVID, as well as all staff and young people to maintain their wellbeing during this transition.

The two designated members of staff from each school are now cascading this information in their schools and

are receiving follow up support from their trainers; local mental health, counselling and educational psychology experts who work directly in Ealing schools.

If your school took part in the training and you need support cascading your learning, please contact your training providers. To share your experience of the training, and help out other schools with tips, please post on the Ealing Knowledge Hub group.



Social care and education forum

How professionals from both education and social care are joining forces to find new ways to improve their working relationships

In the 2019 Ealing Learning Partnership (ELP) evaluation report, fewer than 50% reported that education and social care were working better together to meet the safeguarding needs of children and young people. This spurred the safeguarding and wellbeing committee to explore new ways of working and in December 2019 the inaugural education and social care forum meeting was held.

The forum consists of Designated Safeguarding Leads (DSLs) from primary, high and special schools and senior managers from the MAST adolescent and locality teams, and SAFE. John Churchill, Safeguarding Lead, and Karen Gibson, Health Improvement Manager, facilitate the meetings and by the end of the first meeting, five potential themes for further investigation had been identified.

In early 2020, three multi-professional task and finish groups were developed

to look more closely at: communication; referral pathways; and the DSL training programme. Plans were created but then COVID-19 struck and priorities shifted.

Fortunately, the group felt strongly about reconvening and in November they met to reflect on the impact of COVID-19 on safeguarding practice. It was encouraging to hear positive reports of how barriers had been overcome, and communication and contact between social care and schools had improved despite the additional challenges.

The work of the forum has also generated action at a strategic level, and in December 2020 a new ECIRS consultation line for all professionals was established and is being used well. A new trainer has been commissioned to deliver child protection training to DSLs and the regular and active attendance of MAST team managers at every DSL network is adding value and assisting communication. New this month, 20

minute surgeries for DSLs to meet an EHAP worker to discuss new or emerging cases will be available to book before or after the network meeting.

Feedback is anecdotal, but many DSLs are reporting how communication and contact is improving and they are developing authentic working partnerships with their social care colleagues.

Finally, one very exciting and important area of work is the soon to be established multi-professional task and finish group led by Sharon Scott, Head of the Children in Need Service. This group will investigate the barriers and solutions to addressing the top three areas of concern that DSLs have raised with us recently. A plan of action will be generated and shared at the next social care and education forum meeting in early spring, and circulated via Gatekeeping.

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
Lady Margaret Primary School	Clifton Primary School		Clifton Primary School
Mandeville School			
Ark Byron Primary Academy			

Healthy Schools points scheme

2020/21 point tally for Ealing and Harrow schools

Healthy Schools points tally			
Schools	First	Second	Third
Ealing Primary Schools	Our Lady of The Visitation (24 points)	Brentside Primary Academy (19 points)	Coston Primary (16 points)
Ealing High Schools	Cardinal Wiseman (6 points)	Elthorne Park High (5 points)	Featherstone High (5 points)
Harrow schools	Heathland School (9 points)	Glebe Primary (7 points)	Norbury School (7 points)

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
A whole school approach to mental health	03/02/21	Virtual	Free*
Developing a whole school approach to RSE	10/02/21	Virtual	Free*
Updating your relationships and sex education policy	23/02/21	Virtual	Free*
How to become a successful eco-school	03/03/21	Virtual	Free*
Induction for new PSHE leads	04/03/21	Virtual	Free*
PSHE network	10/03/21	Virtual	Free to all Ealing buy back schools & Harrow schools.
Train the trainer – RSE parent workshop	16/03/21	Virtual	Free*
Train the trainer staff – RSE staff training	16/03/21	Virtual	Free*
Healthy Schools Awards and Training package (HAT) workshop 4	17/03/21	Virtual	Free and available to HAT & Harrow schools only
Healthy Schools London award drop in	17/03/21	Virtual	Free to all Harrow & Ealing buy back schools.
Ideas to encourage pupils to move more	23/02/21	Virtual	Free*
Parental engagement in online safety - grooming, gaming and social media	24/03/21	Virtual	Free*
Effective RSE - what is it? Top tips for teaching effective RSE	25/03/21	Virtual	Free*

* Free to Harrow schools, 'Healthy Schools Awards and Training Package' members or to schools that bought back a specialist package in this health area. 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, PSHE, 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 four practical workshops to help you achieve the HSL awards, access to PSHE network, a celebration event, plus a choice from over 20 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

Nicole McGregor – Senior Health Improvement Officer
Karen Gibson – Health Improvement Manager
Emily Rayfield – Health Improvement Officer

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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