



Stepping up to health



Features

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Obesity is on the rise in Ealing schools!

The adverse impact of the pandemic on childhood obesity and what schools can do.

Children who are overweight or obese often have impaired physical health. In the short term, these effects could be associated with poor self-esteem and negative body image, and an increased risk of being bullied at school.

The UK government set an ambitious target to halve childhood obesity by 2030, yet rates are showing an overall increasing trend, which has been exacerbated by the pandemic. Evidence shows the pandemic has increased rates of child obesity and this mirrors the 2021 National Child Measurement Programme (NCMP) results just released.

Every year, Ealing primary schools participate in the NCMP. Last year this data was only collected from a sample of schools due to school closures. Nevertheless, this sample data shows concerning results; 23% of reception pupils are overweight or obese, up from 22% the previous year, and more significantly, 43% of year 6 pupils are overweight or obese, up from 38% in 2019/20. This is likely to be attributable to lockdown and the subsequent closure of spaces to play, reducing the opportunities for children to engage in physical activities, and the closure of schools has compounded the situation.

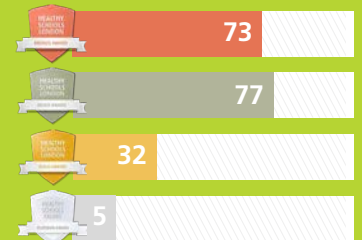
Children spend six hours a day, 30 hours a week, 1,170 hours a year in school and may have up to two meals a day

there too. Therefore, the school environment presents a substantial opportunity to positively influence food choices and physical activity participation. So, what can schools do to help reduce rates of obesity?

- Become a Sugar Smart school in three easy steps. Find out more on our EGFL page and sign up to the Sugar Smart training on EGFL*.
- Introduce a water-only Packed Lunch Policy and Whole School Food Policy in your school. To get started, download our Healthy Lunchtimes Toolkit on EGFL and attend the Packed Lunch Policy training*.
- Introduce the Daily Mile in your school. To get started, email Nicole on McGregorN@ealing.gov.uk and attend the Daily Mile training*.
- Get more pupils participating in more clubs and broaden the offer to encourage them to take part. For ideas, attend our training on 'Ideas to get pupils more active'*.
- Encourage families to join ALFIE, a free, virtual, and interactive healthy lifestyle programme for children aged 5 to 13. For more information email dcht.ealinghealth4life@nhs.net.

*Register via Ealing CPD online

Healthy Schools London Ealing award tally



Book your HISV



To review your school's health data and receive new PSHE resources and our updated contact lists book your Health in School Visit here: <https://hsl.as.me/HISV>

Health Improvement in Schools

Did you know?



To quickly and easily achieve a Healthy Schools London award, the team have produced templates and short videos demonstrating how to complete the Bronze, Silver and Gold awards. Download the videos from our HSL awards tab on our EGFL page.



This year's Health Related Behaviour Survey has specific questions relating to sexual abuse in schools which can help your school plan your whole school RSHE response.



The Ealing Staff Wellbeing Survey 2021 key findings are now on EGFL. There were 1042 staff from 35 schools who participated.

Key health improvement dates

Event	When and where?	More information
HRBS to be completed	Deadline by October Half-Term	HRBS briefing available on EGfL
Mental health network	14 October, Microsoft Teams	Book via Ealing CPD online
Health Improvement drop-in	20 October, Microsoft Teams	Book via Ealing CPD online
HAT workshop 1 (HAT schools only)	20 October, Microsoft Teams	Book via Ealing CPD online
Primary PSHE network	10 November, Microsoft Teams	Book via Ealing CPD online
High PSHE network	11 November, Microsoft Teams	Book via Ealing CPD online

Key health promotion dates

Event	When?	More information
Black History Month	October	https://www.blackhistorymonth.org.uk/
November: Men's Mental Health Month	November	https://uk.movember.com/
World Kindness Day	13 November	https://www.mentalhealth.org.uk/publications/doing-good-does-you-good/random-acts-kindness
Anti-Bullying Week	15-21 November	https://anti-bullyingalliance.org.uk/anti-bullying-week
World AIDS Day	1 December	https://www.worldaidsday.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.



★ Health Related Behaviour Survey

In October 2021, pupils across Ealing will undertake the 9th biennial Health Related Behaviour Survey (HRBS). The HRBS remains free for all Ealing schools and is extremely useful for getting a picture of pupils' health and wellbeing. It can also help identify areas for health development and identify trends in pupils' health behaviours and attitudes over time. Schools will get their own HRBS reports and will be able to access their results in their Health in School Visit (book via <https://hsl.as.me/HISV>).



★ Introducing Faye, RSE & PSHE HI Officer

Hi, I am Faye Jones, the new Health Improvement Officer for PSHE and RSHE. I am incredibly passionate about ensuring that all young people have access to high quality and empowering PSHE and RSHE provision in school. I have joined the team after working as a Subject Leader for PSHE and RSHE in a Hounslow High School. I have also recently completed my master's looking at the inclusive implementation of the RSHE curriculum which engages parents and pupils in its design. I look forward to working with all Ealing schools.

Health Improvement Training Programme For primary, high & special schools 2021/22



★ Training brochure

Our new training brochure is out now, which contains a range of trainings to support PSHE, Mental Health and Healthy Schools co-ordinators. The sessions will help you introduce new initiatives, update policies and increase staff confidence. We provide training on nutrition and exercise, safeguarding prevention, PSHE, RSHE, and mental health and emotional wellbeing. This term we are offering a mix of face-to-face and virtual sessions. Download a copy of our training brochure from the Health Improvement page on EGFL (under the training tab) and book your place via Ealing CPD online.

Healthy Schools Ealing points scheme update

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



Last academic year, 2020/21, was our second year running the Healthy Schools Ealing points scheme to reward you and your school prioritising health and wellbeing and engaging with our service. According to our annual survey 52% of schools said the points scheme incentivised them to engage more in our programme and activities, demonstrating its usefulness. Therefore, this year we are continuing the points scheme but with some exciting new additions.

What can I win?

The highest scoring school can select to receive £500 towards their PSHE budget or secure HAT membership for 2022/23. The school in second place receives £250 and the school in third place will receive £100 (towards the school PSHE budget). We are also excited to announce that the school with the most improved score (compared to their 2020/21 score) will receive membership to our popular Healthy Schools Awards and Training package for 2022/23 (valued at £1020).

How does the point scheme work?

Schools can earn 1-5 points for engaging with any of the health improvement team's activities. For example, completing a training evaluation earns you one point, attending your Health in School Visit earns you 2 points, and achieving a Healthy Schools London award or Sugar Smart status earns you 5 points. The points scheme runs from 1 September 2021 to 28 July 2022 and the three highest scoring schools will be announced on the 29 July 2022. See the table below to find out how your school can start earning points.

How many points does my school have?

You can check the three schools at the top of the points chart in our monthly eNews and on the back of this newsletter. We have also developed a live spreadsheet for you to access your points score at any time. To see your Healthy Schools points score please go to the Healthy Schools points tab on our EGFL page.

Which school won last academic year?

We would like to congratulate our three highest scoring primary schools from 2020/21. First place has been awarded to Selborne Primary School who achieved an impressive 55 points (and the highest points score to date). Coston Primary School came in second place with 50 points and Brentside Primary School has been awarded a close third place with 47 points. The highest scoring high school was Villiers High with 16 points, closely followed by Elthorne Park and Featherstone High Schools, both on 15 points.

You will also be able to find out your score when you book your 2021/22 Health in School Visit (book via <https://hsl.as.me/HISV>).

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.

1+
Point

- Annual eNews score added to school totals in July (based on open rate, schools can earn up to 10 points)
- Complete a training evaluation (1 point)

2
Points

- Attend a health in school visit, network or training
- Write an article for Stepping Up to Health newsletter
- Complete the annual health improvement survey

3
Points

- Attend the health improvement annual conference
- Host a network or training in your school.

4
Points

- Present at our conference, a network or training

5
Points

- Achieve Sugar Smart School status
- Achieve a Healthy Schools London award



Ofsted review of sexual abuse in schools

Considering the impact for Ealing schools and the RSHE curriculum

In June this year, Ofsted published its report on sexual abuse in schools. The review was commissioned by the government to gain insight into the extent of sexually abusive behaviour in school, to assess existing safeguarding procedures and further consider how the updated statutory RSHE curriculum could be used to support young people in the realities they face both online and offline.

The report found that sexual harassment and online sexual abuse are both prevalent and normalised in children and young people's lives. This means that young people are often no longer reporting incidents even when actively encouraged. Sexually abusive behaviour was common online or in settings outside of school, but the use of sexualised language and problematic behaviour was still experienced by many within the school setting.

The report found that schools and colleges have continued to deal with

sexual violence when cases were brought to their attention but often the extent of the issue has been underestimated even when there is a proactive whole-school approach to tackling sexual harassment and violence in place.

School leaders have been encouraged to take a whole-school approach to tackle all kinds of sexual harassment and online sexual abuse. This means all staff and pupils model respectful and appropriate behaviours but are also confident at recognising and challenging behaviour which is not. Schools will need to reflect on their safeguarding procedures to ensure all staff are consistently and accurately reporting all incidents of sexually abusive behaviour so trends can be identified, early intervention can be put in place and victims receive the support they need.

Central to a school's response should be the implementation of the statutory RSHE curriculum. Students have shared repeated concerns that RSHE is still

“ *Central to a school's response should be the implementation of the statutory RSHE curriculum* **”**

delivered in a model which is 'too little, too late'. Practitioners must recognise the harmful experiences children and young people are facing online and offline and must ensure their curriculum is covering topics in a timely manner and in enough detail to empower young people to make informed choices and recognise harmful behaviour.

For more information on the review or for support in organising your whole-school approach to RSHE, email Faye at Jonesf@ealing.gov.uk

Health improvement survey results

What you told us and what we will do next



“ Every year the Health Improvement Team’s support helps our school to find an area within our school to improve. This year we were able to achieve our bronze and silver Healthy School Awards. ”

PSHE lead, Health Improvement annual survey, July 2021

A big ‘thank you’ to the 50 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 this academic year.

We were pleased to learn that 70% of respondents believe their school values health ‘very highly’ and 98% believe our service has had an impact on their pupils’ health and wellbeing.

Last academic year, 76% of schools took up the opportunity to have a virtual health in school visit of which 95% of you said was useful. Going forward, 20% of you said you would prefer your Health in School Visit to be offered virtually, 40% said you would prefer a face-to-face visit and 40% said you had no preference. Therefore, this academic year, schools will have the option of having either a face-to-face or virtual health in school visit.

It was great to hear that 54% of schools deliver activities to support being a ‘green’, sustainable or ‘eco’ school. Schools are also well prepared for statutory RSHE with 100% reporting their RSHE policies were up-to-date and in-line with the new RSHE guidance (compared to only 85% last year). According to our survey, 88% of primary schools said they use the Ealing PSHE scheme of work to deliver PSHE and

60% of schools said FGM features in their RSHE scheme of work.

We were delighted to hear schools are valuing the mental health of pupils; 98% of you said you teach about emotional health and mental wellbeing as part of PSHE, 57% of schools said they are working towards a whole school approach to mental health, 47% have a mental health policy and 44% said the mental health lead for their school attended the mental health networks last academic year.

With schools closed from March 2020, we moved most of our support online including our trainings, networks and meetings. Interestingly, in the survey 85% of you said you would prefer a mix of virtual and face-to-face trainings (up from 77% last year) compared to 0% who said they would like our trainings to be offered only in person.

Congratulations to our survey winners!

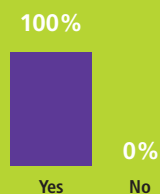
We would like to congratulate our survey winners who have each won a £10 ‘Love to Shop’ gift voucher. One in every ten survey participants won a voucher and our winners this year included Kavita from Dormers Wells Infant Junior, Keely from Greenford High and Emma from Clifton Primary.



HAT PACKAGE

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

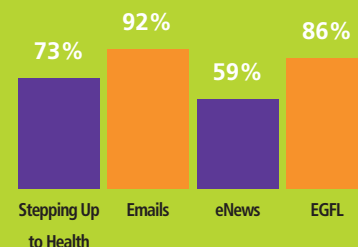
Did the HAT meet your expectations?



COMMUNICATION METHODS

We asked you which methods of communication you find most useful. We were pleased to learn that 90% of you are aware of our Stepping Up to Health newsletter and a further 73% read it and find it useful, 92% of PSHE leads receive our emails and find them useful, 59% are aware of our eNews and find it useful and 86% of you are aware of our resources on EGFL, use them and find them useful.

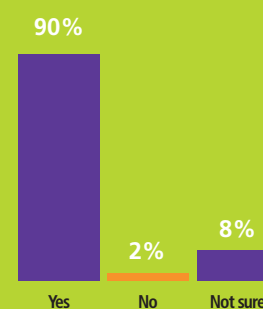
Communication methods I am aware of, use and find useful



IMPACT OF OUR SERVICE

We were delighted to learn that 90% of schools believed our service had a positive impact on the health and wellbeing of their pupils

Do you think our services and/or activities have had an impact on the health and wellbeing of your pupils?



Kooth now funded in Ealing

A mental health information and messaging service for 11 to 25 year olds.

Kooth is an anonymous, safe, confidential and non-stigmatised way for young people to receive counselling, advice and support online and is now available across Ealing.

Kooth provides:

- A messaging service for young people to chat to a qualified counsellor, 365 days a year
- Mental health workshops delivered in school
- A 15-minute assembly, online or in person, promoting Kooth to young people
- An online magazine for young people to read and contribute to
- An online journal for young people to keep track of how they're feeling
- Mini mental health and wellbeing activities
- A forum for professional and peer-led support on a range of mental health topics



During this difficult time, it is vital that support is provided for young people and that they know what's available to them.

To book an assembly or mental health workshop in your school, please contact Michael Stones at mstones@kooth.com.

Contextual Safeguarding – what is it?

Cat White explains how contextual safeguarding is different.

'Contextual Safeguarding' is a term that you may have heard being used amongst colleagues in children and family services and partner agencies across Ealing and beyond. In Ealing's Contextual Safeguarding team we are excited to see so many colleagues share our enthusiasm for this area of work. It's important, especially when we're thinking about something as important as safeguarding children, that language is used accurately and with a shared understanding of meaning. With this aim in mind, we thought it might be useful to share some key definitions with you:

Contextual Safeguarding: A term originally coined by Dr Carlene Firmin (University of Bedfordshire) to describe a specific approach to thinking about and responding to extra-familial harm. Not every safeguarding response to extra-familial harm can technically be described as contextual safeguarding.

Extra-Familial Harm: Harm a child or young person may be at risk of, or be experiencing from outside the family environment. In Ealing, this has been interpreted to include but is not limited to: child sexual exploitation; child criminal exploitation; serious youth



violence; gangs; radicalisation; missing and intimate partner violence or domestic abuse.

If you want to find out more, we highly recommend checking out the contextual safeguarding network's website. Ealing's Contextual Safeguarding Team also offer training to Ealing colleagues who safeguard children as part of their role. If you ever find yourself getting confused, that's understandable. This is a new area of work with respect to safeguarding and it represents an expansion on the more traditional social services approach of thinking about the risk of or actual harm experienced by a child from within the family. We're all learning and figuring this out together. If we can get the language right, the rest will hopefully follow.

MPV and Emily arriving

Emily Callard joined the team in late September to project manage and co-ordinate the implementation of the Mentors in Violence Prevention programme across all Ealing High schools, and potentially some primaries too. This peer education programme provides young people with the language and framework to explore and challenge the attitudes, beliefs and cultural norms that underpin gender-based violence, bullying and other forms of abuse. The programme uses scenarios to explore a range of behaviours including name-calling, sexting, controlling behaviour and harassment. A 'bystander' approach is used, where individuals are not considered potential

victims or perpetrators, but empowered and active bystanders with the ability to support and challenge their peers in a safe way. Emily will be in touch with high school leaders over the coming weeks to discover how she can best support the introduction of this exciting programme with each of Ealing's high schools.





Tackling extremism

How can the Prevent team support with challenging extremism

Navigating the world at a young age can be challenging. Issues surrounding identity, belonging, and understanding the world can all too often be a struggle, often with a plethora of questions which go unanswered. The current pandemic, international affairs and increased usage of the internet has meant that young people are now, more than ever, at risk of receiving misinformation, conspiracy theories and other unsolicited materials – all of which has the potential to promote extremist views.

As professionals working with children and young people, we hold a responsibility to safeguard them from all types of harm, radicalisation being one, so why is it that we all too often shy away from this topic? Not only that, but discussing global affairs, which may feed

into extremist narratives is again an area which feels somewhat contentious.

As Prevent Education Officers, we are wanting to help to empower staff with holding and facilitating such conversations in the classroom. Critical thinking in a safe space is what we want all teachers to feel comfortable to provide. This year we already are running workshops on 'Identity, Community, Extremism and Online Safety' for our students in years 5 to 7. We also are providing bespoke assemblies for schools, so that the topic of radicalisation is made aware to our young people. For staff we have our Advanced WRAP sessions, to help them understand what radicalisation is, our local threat picture and contemporary extremist narratives.

We are also working on improving our 'Holding Controversial Conversations' training, which will aim to provide staff with the confidence and ability to embed prevent-related topics within the curriculum. We would love to have school staff involved in the process of developing this, so if you are interested, please contact us.

As always, if there is anything you needed support with, or if you are interested in any of the training mentioned above, contact us on: preventschoolsinfo@ealing.gov.uk

The Ealing staff wellbeing charter

Developed by and for Ealing staff to support schools who are looking to improve staff wellbeing.

The Ealing staff wellbeing charter, adapted from the DfE charter by and for Ealing staff, is due to be published in February.

The charter will be a clear, concise, and interactive document setting out collective commitments for schools to work towards. There will be examples of good practice in Ealing and ideas for working towards each commitment.

Staff wellbeing is an increasing focus for schools, and we know that the upheaval of the past 18 months has been difficult for many education workers. In the Ealing staff wellbeing survey 2021, 51% of staff were feeling anxious, 38% low, and 47% weren't sleeping well. Compared to the 2020 survey findings, there has been a shift to feeling more connected with colleagues, but more staff are feeling overwhelmed with workload.

The aim is for the charter to provide some inspiration and structure for schools who are looking to improve staff wellbeing – not to impose rigid or unrealistic expectations.

So far, the charter has been developed by a sub-group of the Staff Wellbeing Working Group, and we are now gathering wider feedback. If you would like to be involved, we would love to have your input. Otherwise – watch this space and look out for the charter in the New Year!

For more information on the Staff Wellbeing Survey findings, the Staff Wellbeing Working Group, or the Staff Wellbeing Charter, email emily.Emily@ealing.gov.uk.

“ With guns you can kill terrorists, with education you can kill terrorism. ”

Malala Yousafzai



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
Castlebar School	Dairy Meadow Primary School	-	-
Coston Primary School	Beaconsfield Primary and Nursery School	-	-
Brentside Primary Academy	Castlebar School	-	-
Hambrough Primary School	Willow Tree Primary School	-	-
	Dormers Wells Infant and Junior School	-	-

Healthy Schools Ealing points scheme

Healthy School Points

Position	Ealing Primary Schools	Ealing High Schools
First	Perivale Primary School	-
Second	-	-
Third	-	-

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.

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	Location	Cost
HAT workshop and drop-in	20 October	Book via Ealing CPD online	Free*
Anti-bullying week resources and ideas	2 November	Book via Ealing CPD online	Free*
A whole school approach to mental health	3 November	Book via Ealing CPD online	Free*
Managing your everyday anxieties	4 November	Book via Ealing CPD online	Free*
PSHE networks, primary/ high	10/ 11 November	Book via Ealing CPD online	Free for all schools
Mental health awareness		Book via Ealing CPD online	Free*
Managing low mood		Book via Ealing CPD online	Free*
Managing stress at work		Book via Ealing CPD online	Free*
A whole school approach to RSHE		Book via Ealing CPD online	Free*

* Free to 'Healthy Schools Awards and Training Package' members and to schools that bought back a specialist package in this health area. All other schools pay £92.

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

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