



# Stepping up to health



## Features

- Mentors in violence prevention
- Improving confidence in safeguarding
- Monster Cat Theatre
- Harmful sexual behaviour monitoring form
- HRBS results
- Iheart
- ALFIE programme
- KidsTime workshops
- Online games

## It's time to buy back!

### Which package is right for your school?

This year schools have six health improvement packages 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 help get their awards, a celebration event, free access to the PSHE network and access to over 20 health improvement training workshops. According to our annual survey, last year 100% of HAT members said that this package met their expectations.

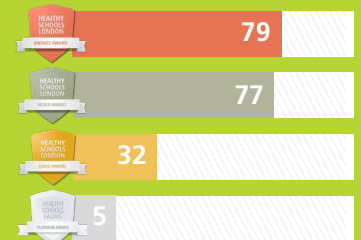
For school-based support with proven results, we recommend schools purchase our Four Day Bespoke package. This package provides schools with 28 hours of bespoke support and provides a saving of £281 (compared to purchasing 28 individual hours). Last academic year, 98% of

schools said they think our service had a positive impact on the health and wellbeing of their pupils (HI annual survey, July 2021)

This year we are also offering dedicated packages to address specific health challenges. These include our new Nutrition and Exercise package, RSHE package, Enhancing Mental Health package and the PSHE support package. These packages include two days (14 hours) of in-school support in this health area and access to all relevant central trainings. Schools that purchase any package will also get to attend our annual conference and gain access to our networks and 'drop-in' days for free.

See our new brochure on our EGFL landing page for more details and buy back before 1 March via Services to Schools. For more information on our packages, email [KGibson@ealing.gov.uk](mailto:KGibson@ealing.gov.uk).

## Healthy Schools London Ealing award tally



## New HI brochure

Our new brochure outlining the Health Improvement packages for 2022/23 is now available to download from our EGFL page.



## 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 years' 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
HSL drop-in day	27 January, 9-1 pm, EEC	Book via Ealing CPD online
HAT workshop 2	27 January, 1.30-3.30 pm, Teams	Book via Ealing CPD online
DSL Network	2 February, 11-12.15 pm, Teams	Book via Ealing CPD online
Primary PSHE Network	9 February, 3.45-5.15 pm, Teams	Book via Ealing CPD online
Ofsted and the prevent duty	9 February, 4.30-6 pm, Teams	Book via Ealing CPD online
Secondary PSHE Network	10 February, 3.45-5.15 pm, Teams	Book via Ealing CPD online
DSL Network	30 March, 11-12.15 pm, Teams	Book via Ealing CPD online

## Key health promotion dates

Event	When?	More information
Children's Mental Health Week	7-13 February	<a href="https://www.place2be.org.uk/about-us/children-s-mental-health-week/">https://www.place2be.org.uk/about-us/children-s-mental-health-week/</a>
International Women's Day	8 March	<a href="https://www.internationalwomensday.com/School-Resources">https://www.internationalwomensday.com/School-Resources</a>
World Oral Health Day	20 March	<a href="http://www.worldoralhealthday.org/resources">http://www.worldoralhealthday.org/resources</a>

For more information about the above dates, email Nicole on [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk) and keep abreast of key health promotion dates by reading our monthly eNews.



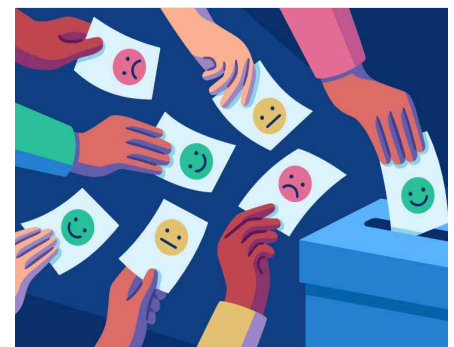
### ★ Farewell to Emily

Emily Rayfield is sadly leaving the team after working with us for two years as mental health officer. supporting schools to implement a whole school approach to mental health. Emily is moving on to the Anna Freud Centre, where she will be working on projects to support families where children and young people and/or parents have experienced trauma or maltreatment. We are currently recruiting for a new mental health officer and for interim support with mental health, email Karen on [KGibson@ealing.gov.uk](mailto:KGibson@ealing.gov.uk).



### ★ Digital Defence in the Curriculum

The School of Sexuality are encouraging all schools to teach digital defence as part of their RSHE curriculum. Digital defence is a term used to describe a facet of digital literacy which educates young people on how to navigate online platforms and digital devices safely and effectively. It can include aspects of digital literacy related to privacy settings, reporting and blocking other users, identifying and addressing issues of online sexual harassment and recognising misinformation. Visit <https://schoolofsexed.org> for more information.



### ★ Staff wellbeing survey findings

You can now have a look at the key findings from the Ealing staff wellbeing survey on EGFL. This year 1042 participants from 35 schools took part. There was a noticeable shift following the return to school after lockdown as compared to last year when workload was considered manageable, this year it is the area having the greatest negative impact on wellbeing. Visit <https://bit.ly/3nOij8l> and scroll to 'Staff wellbeing' to find out more.

# The Health-Related Behaviour Survey results are in!

Results show the impact of COVID on pupils' health and some surprising areas of improvement.

In October 2021, a total of 11,306 children and young people from 65 primary and 14 secondary schools across Ealing participated in the Health-Related Behaviour Survey (HRBS). The HRBS involves pupils in years 4, 6, 8 and 10 completing a survey every two years that asks questions about their health choices, behaviours and attitudes. Ealing first participated in the HRBS in 2001, and twenty years on, we review how pupils' health and wellbeing has changed, and look at the impact of COVID on pupils' health and behaviours.



## PRIMARY SCHOOL RESULTS

The percentage of pupils who said they consumed fruit on most days increased from 53% in 2005 to 64% in 2021 (slightly down from 66% in 2019), and vegetable intake has slightly increased from 43% in 2005 to 48% in 2021.

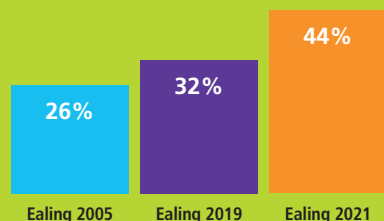
The percentage of pupils eating unhealthy snacks and sugary drinks has significantly decreased since the first HRBS and this is likely to be attributable to strict water-only packed lunch policies in most schools. In 2005, 29% of pupils in Ealing ate sweets and crisps the day before the survey and this decreased to 18% in 2021.

There is an overall decreasing trend for pupils who report being bullied at school. In 2005, 33% of pupils said they were victims of bullying, and this has decreased significantly to 17% in 2021.

Coinciding with the new statutory guidance for RSHE making it compulsory to teach this subject, there has been an increase in the percentage of year 6 pupils who said teachers talked to them about how their body changes as they grow up from 38% in 2005 to 74% in 2021. This improvement is likely to be a result of the extensive work that Ealing schools, in collaboration with the health improvement team, have done to meet the statutory relationships, health and sex education.

Encouragingly, there has been an increase in the percentage of pupils who said they did some physical activity on at least five days in the last seven days; an increase from 26% in 2005 to 44% in 2021 (significantly up from 32% in 2019), and the percentage of pupils who said they go for a walk at least once a week increased from 48% in 2015 to 71% in 2021.

### Percentage of pupils who did some physical activity on at least five days



It was not surprising to learn that the percentage of pupils who visited the dentist within the last 12 months decreased from 83% in 2019 to 72% in 2021. This is likely to be attributable to lockdown and the temporary closure of dentists across the country.

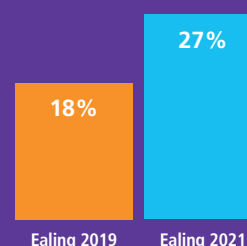
## SECONDARY SCHOOL RESULTS

Since 2005, more Ealing high schools have embedded PSHE into the school curriculum and the survey results reflect this. Pupils were more likely to say that school lessons were their main source of information about sex compared with previous years; 32% said this in 2005, which increased to 45% of pupils in 2021.

According to the HRBS, bullying in Ealing high schools has slightly increased. According to our 2021 survey, 21% of Ealing pupils reported that they felt afraid of going to school because of bullying, up from 17% in 2019.

School closures appear to have impacted high school pupils in several areas. The percentage of pupils who have difficulty sleeping has increased from 18% in 2019 to 27% in 2021. The percentage of pupils who enjoy 'most' or 'all' their lessons decreased from 51% in 2019 to 46% in 2021. Also, with more pupils at home on computers, it was not surprising to find out that the percentage of pupils who searched for violent images increased from 19% in 2019 to 25% in 2021.

### School lessons are pupils' main source of information on sex



The percentage of high school pupils who eat crisps 'on most days' decreased from 28% in 2005 to 15% in 2021, and this percentage is considerably lower compared with other boroughs (23% national wide). Also, Ealing pupils are more likely to consider their health when making food choices compared with pupils in other boroughs (20% versus 14%).

HRBS reports have been sent to schools and are available electronically on your school's data page on EGFL. Use your results to celebrate successes, evidence the impact of your work, and plan which health priority to focus on next. Share your results with governors, parents, staff and pupils, and book your free Health in School visit for support with analysing your data.





## Improving confidence in safeguarding at Featherstone High School

### How we raised awareness and trust in safeguarding measures within our student body.

**In early 2021, the safeguarding and pastoral teams at Featherstone High School faced a developing problem: it had become apparent that students – in particular female students – lacked awareness of when and how to disclose problems such as bullying and misogynistic harassment. At our school, we had a robust safeguarding policy and staff were trained in this, however students were not aware of their rights and responsibilities when it came to safeguarding at school. As the general awareness of bullying, sexual harassment and misogyny rose through events such as #MeToo and the murders of Sarah Everard and Sabina Nessa, student voice became clear.**

As a first step, we consulted students about their concerns. Three key issues arose:

- Students did not always know who or how to tell, especially anonymously
- Students were concerned that 'nothing would be done'
- Many female students felt that boys had little understanding of what was

acceptable, and this led to a bystander culture where girls felt that they had to 'protect themselves'.

Having gathered this information, the safeguarding and PSHE teams put together a two-pronged approach to creating a more open culture. First, to immediately raise awareness, we created routes to disclose and reassure all students. This was done through teaching and delivering focused assemblies to all year groups (gender split, in order to facilitate questions and disclosures). Through PSHE lessons we covered ways in which we can foster a non-bystander, protective community. We also signposted our three 'ways to tell'; verbally to staff, through an anonymous email and by posting in 'telling boxes' around the school.

The second part of the approach is ongoing: we have focused strongly on safeguarding in staff INSET, contacted parents, focused on PSHE about misuse of phones/social media and drastically raised the profile and status of RSE with events such as 'Just As You Are' empowerment assemblies.



This is an ongoing programme and it is already proving impactful. In the period following the initial lessons, assemblies, and staff training, we have seen a rise in disclosures using the methods promoted. Finally, the Ealing Health Related Behaviour Survey demonstrated a rise in confidence around how we deal with bullying and harassment since spring 2021. Now embedded, our focus on 'training' our boys and girls on how to use our safeguarding policies, anti-harassment and avoiding bystander culture rolls forward as part of our standard PSHE and assembly provision.

# Ealing's new safeguarding conversations hub

Article by Luke Ramsden, St Benedicts School

**All schools are facing growing safeguarding challenges post-pandemic and post Everyone's Invited, and it's more important than ever for safeguarding leads to share knowledge and experience. To create space for sharing best practice, I am leading a monthly online discussion group for DSLs called the 'Ealing Safeguarding Conversations Hub'. At our first, preliminary meeting, we decided on topics for our first full meeting in January. We are also setting up a WhatsApp group for Ealing safeguarding leads to share ideas and news on a more informal level which we will be launching in the new year.**

In our preliminary meeting we discussed how we have responded to the Ofsted review on peer-on-peer abuse prompted by Everyone's Invited. Three key ideas

arose from our discussions for all safeguarding leads to consider in planning their own strategies.

The first was to focus on training our staff. This is standard practice for every school at the start of the year, but there was also general agreement that schools should also try and 'drip-feed' their training so that it is revisited throughout the year through learning walks and staff meetings as well as INSET days.

Secondly, we agreed that schools can be helped to embed a positive culture around gender equality and consent by using some of the excellent companies that offer workshops on this topic. These workshops help to raise the profile of this issue with students, and workshops that come highly recommended include Schools Consent Project and Tender.

Thirdly, and most importantly, was the idea that both staff and students in



every school must always challenge discriminatory and sexualised language. As it says in KCSIE, downplaying these attitudes and behaviours can lead to a culture of poor behaviour and an unsafe environment in the school, where abuse is normalised and accepted as normal and hence pupils will not come forward to report it.

I am sure that having a regular forum will help with sharing best practice, and I hope to see many other safeguarding leads in January for our first full meeting.

# Monster Cat Theatre Company visit to Brentside Primary Academy

Article by Sue Sobti, PSHE lead

**In early November we were visited by Monster Cat Theatre Company. They came and delivered a workshop to Year 4 on Anti Bullying. This was organised as part of the John Lyons charity.**

By taking part in role play scenarios the pupils were given the role of either the bully, the victim or the bystanders. They soon realised how each member of the group felt and in turn given the strategies they would need to support themselves.

Throughout the session the suggestions and strategies that were shared were noted and in turn the pupils were able to take this back into class to support their learning during the Anti-Bullying week sessions later in November.

The children were able to think how they would deal with bullying and realised that even as a bystander they have a duty of care. They understood the power that laughing has and how standing back and laughing is just as bad as what the bully says or does.

The sessions were well planned and the Monster Cat staff leading them had built up a good rapport with the school prior to the day. I would definitely encourage other school to sign up to the workshops and I hope to try and get a return visit for other year groups to take part.



## Staff in four Ealing schools are now trained in iheart principles

Four schools have now completed the iheart ignite pilot in Ealing – an 8-week fully-funded course for staff to learn a unique approach for understanding the mind, building resilience and mental wellness, and practically addressing issues.

The iheart programme aims for a revolutionary shift in how we understand youth mental health, addressing the root cause instead of responding to symptoms. Participants have learned how to:

- Navigate personal and professional challenges with more confidence
- Manage feelings of stress and overwhelm
- Handle difficult conversations with pupils, colleagues, and others
- Recover quicker from setbacks and disappointments
- Access more peace of mind and clarity at work and at home



- Access personal resilience in the face of deadlines and teacher workload

The participating schools are now ready to pass this learning on and will receive videos for sessions with pupils. If your school is interested in the iheart programme, please contact [sandra@iheartprinciples.com](mailto:sandra@iheartprinciples.com) or visit [www.iheartprinciples.com/](http://www.iheartprinciples.com/).

## KidsTime workshop in Ealing: new podcast series and Joe Wicks Documentary

The Ealing KidsTime workshop has been running for ten months now, and for anyone interested in finding out more about the workshops or parental mental illness, there is some exciting news.

My Family, Mental Illness... and Me is a new podcast series exploring what it's like to grow up with mental illness in your household. Each episode is an intimate conversation with someone in the public eye who has or had a parent with a mental illness, or mental health difficulties. The interviews are hosted by Dr Pamela Jenkins from the Mental Health Foundation, whose own mother had schizoaffective disorder, and guests include Joe Wicks, Neil Coyle MP, and Kayleigh Llewellyn. You can listen now where you get your podcasts or on [www.ourtime.org.uk/my-family-mental-illness-and-me](http://www.ourtime.org.uk/my-family-mental-illness-and-me).

We are also very excited to announce that the KidsTime workshop



in Ealing was filmed for the upcoming Joe Wicks Documentary, produced by Louis Theroux, with the same name. You can catch it on BBC One or iPlayer in the New Year.

For more information on the KidsTime workshops in Ealing, please visit [www.ourtime.org.uk/ourwork/kidstime-workshops/](http://www.ourtime.org.uk/ourwork/kidstime-workshops/) or email [KGibson@ealing.gov.uk](mailto:KGibson@ealing.gov.uk).

## ALFIE: Free lifestyle programme for Ealing families

Article by Nicole Stephens

**The ALFIE (Active Living fun Food in Ealing) programme is a free, fun and interactive healthy lifestyle programme for children who are above a healthy weight (overweight) for their age and the programme is delivered to children aged 5 to 13 years.**

The aim of ALFIE is to support children and families to be healthier and fitter; sessions focus on motivating children and the whole family to explore healthier lifestyle choices and how small changes can make a big difference. Sessions include interactive workshops on healthy eating and nutrition, covering topics such as food groups, portion sizes and label reading. Children and families also take part in physical activities such as multi-skilled sports, Junior Gym and HIIT classes; these classes are a great way to increase physical activity levels in a fun, structured environment.



Children who participate will receive a free goodie bag with lots of goodies to help keep them healthy and active on programme completion!

ALFIE is free of charge and parent/carer should attend sessions with their child. To learn more about the programme or to book a place, please call Ealing Admin Hub on 0208 102 5888 or email the team at [clct.ealinghealth4life@nhs.net](mailto:clct.ealinghealth4life@nhs.net)





# Online Games, Challenges and Apps – Scare or Prepare?

By Mubina Asaria, LGfL consultant

## Mentors in violence prevention

**Mentors in Violence Prevention Programme (MVP) is a bystander intervention to tackle bullying, abusive and violent behaviours in schools. Staff are trained to support senior students to become mentors who then deliver sessions to other students in the school and encourage them to look out for each other and positively influence the attitudes and behaviours of their peers.**

As we know, schools are protective and nurturing environments for many young people; a place where they grow, learn and make friends. However, schools can also be settings in which young people experience bullying, harassment and abuse and these issues can easily and often become significant barriers to successful learning.

The MVP programme tackles issues linked to harmful norms and behaviours that are not necessarily addressed via the school curriculum. The programme has been running in Scotland for ten years with proven success in reducing violence and promoting positive relationships. Feedback from Schools in Ealing currently implementing the MVP programme report that students have clear tools on how to take action safely.

Ealing Health Improvement Team is excited to be able to offer training and support in the MVP Programme to all secondary schools across Ealing. MVP within school settings is the perfect place to develop young leaders to challenge cultural norms and bring about a whole school approach to change.

To find out more about upcoming MVP training session and events please contact Emily Callard; callarde@ealing.gov.uk

Schools often receive warnings about 'bad' apps, sites or games, or new dangerous challenges and crazes online. Recent media coverage about Netflix's Squid Game – a popular show featuring violence and gruesome games with extracts being shared widely across other online platforms - has sparked concerns, with Designated Safeguarding Leads and headteachers seeking guidance on how best to address this both at school, and with parents and pupils.

Parents and Carers:

At LGfL, we believe that if professionals are very specific with parents and young people about individual apps, platforms, social media, games and TV shows, it may not always be helpful to name and shame as this could result in:

- Generating a false sense of security - if parents think they just need to make sure their children are not playing one game, and everything else is okay
- Giving free publicity - widely spread warnings can actually boost their traffic
- Spreading panic and making parents think everything online is bad - this won't help build digital resilience and could make them miss out on some positive opportunities.

You can find out more about this at [scare.lgfl.net](https://scare.lgfl.net). Instead, it would be more

helpful to remind them about parental controls, age restrictions, screen time and supervision, as well as having regular conversations to check in with their feelings, and what they are doing online. Why not share our new Digital Family Agreement with them, to help parents agree on shared expectations? You can find this, as well as top tips for parents, guidance on apps, games, trends and safe settings in our dedicated portal for parents at [parentsafe.lgfl.net](https://parentsafe.lgfl.net).

What about Staff?

Do brief all staff on what to look out for in terms of re-enactment and how to address incidents of concern in line with your behaviour and safeguarding policy. This is also a good time to have discussions on making good decisions and coping with peer pressure to join in, as well as being positive role models, knowing where to get help and who they can talk to if they are worried about someone.

You can also find age-appropriate resources where you can filter by audience/key stage/subject, e.g. bullying, livestreaming, apps and more at [saferesources.lgfl.net](https://saferesources.lgfl.net)

Please do not hesitate to contact Mubina Asaria at [mubina.asaria@lgfl.net](mailto:mubina.asaria@lgfl.net) if you need further advice.



## 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
Brentside Primary Academy	John Perryn		
Little Ealing			
North Ealing			
Durdan's Park			
John Perryn			
Gifford			
Alec Reed Academy			
Horsenden			
West Acton			
Willow Tree			

## Healthy Schools points scheme

2021/22 points tally for Ealing schools

### Healthy Schools points tally

Schools	First	Second	Third
Ealing Primary Schools	John Perryn Primary (16 points)	Hambrough Primary (11 points)	Brentside Primary (11 points)
Ealing High Schools	Alec Reed Academy High (8 points)	Featherstone High (6 points)	Dormers Wells High (6 points)

### 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: RSHE, 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.

## 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](http://www.ealingcpd.org.uk)

Workshops	Date	Location	Cost
Parental engagement in online safety	26 January	Book via Ealing CPD online	Free*
HSL drop-in day	27 January	Book via Ealing CPD online	Free*
HAT workshop 2	27 January	Book via Ealing CPD online	Free*
RSHE train the trainer – staff training	1 February	Book via Ealing CPD online	Free*
DSL Network	2 February	Book via Ealing CPD online	Free*
Whole school online safety and 'Safer Internet Day'	2 February	Book via Ealing CPD online	Free*
How to implement a successful packed lunch policy	3 February	Book via Ealing CPD online	Free*
Primary PSHE Network	9 February	Book via Ealing CPD online	Free*
Ofsted and the prevent duty	9 February	Book via Ealing CPD online	Free*
Secondary PSHE Network	10 February	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.

For more information on our services, email Nicole at [McGregorN@ealing.gov.uk](mailto: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



Ealing Council 14-16 Uxbridge Road, London W5 2HL  
 Tel: 0208 825 5484 Email: [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk)

[www.egfl.org.uk/elp-services/health-improvement-schools](http://www.egfl.org.uk/elp-services/health-improvement-schools)

Please dispose of this newsletter in a green box.