



Stepping up to health



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How schools can help families be more food secure

Find out more about breakfast clubs programmes, the Felix project and HAP programme.

The rising cost of living is affecting many families in the UK and as a result, more pupils are coming to school hungry. A hungry child cannot concentrate so could miss out on half a day of lessons every day if not given anything nutritious to eat first thing. Read on to find out about food provision and programmes available to schools.

Breakfast programmes

The National School Breakfast Programme supports schools to provide children with a healthy breakfast. All participating schools will receive a 75% subsidy for breakfast club provision until the end of the current programme in July 2024. If you would like to be put on the waiting list, please contact info@schoolbreakfast.org.uk.

Magic Breakfast provides school pupils with a breakfast consisting of healthy cereals, bagels and baked beans to children and young people in the UK. For a school to be eligible, at least 35% of pupils should be recorded as eligible for Pupil Premium.

The Kellogg's Breakfast Club Grants Programme offers grants of up to £1000 to schools in the UK

to set up a breakfast club. Priority will be given to schools that have 35% and above of children eligible for pupil premium funding.

The Greggs Breakfast Club Programme offers breakfast to schools where at least 40% of the pupils at the school are eligible to claim free school meals.

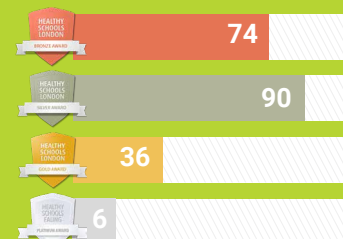
Felix project

The Felix project have launched 'Food Fight', a primary school programme aimed at Upper Key Stage 2 students. Pupils take part in activities that build awareness around food waste at school, and at home.

Holiday Activity and Food (HAF) Programme Overview

The HAF programme runs over the holidays and provides free holiday provision including healthy food and enriching activities to children and young people in receipt of benefits-related free school meals. For more information, email HAF@ealing.gov.uk.

Healthy Schools London Ealing award tally



HI Conference

Sign up to the annual Health Improvement conference in March at the DoubleTree Hilton at: <https://HIconference2023.eventbrite.co.uk>



Health Improvement in Schools

Did you know?



This year the health improvement team is running a free Green Schools network on 8 March for Ealing schools. If you would like to attend or for more information, email Nicole on McGregorN@ealing.gov.uk.



Safer Internet Day! The 7 February 2023 is Safer Internet Day. What will your school be doing to participate?



The Health Improvement team have produced a new video on how to complete the Healthy Schools London award templates to help your school achieve these awards.

Key health improvement dates

Event	When and where?	More information
Mental health network	1st February, 3.30-5pm	TBC
PSHE primary network	8th February, 3.45-5.15pm	ONLINE
PSHE high network	9th February, 3.45-5pm	ONLINE
Green school network	8th March, 3.34-4.45pm	ONLINE
HSL drop-in day	22nd March, 9-1pm	EEC

Key health promotion dates

Event	When?	More information
NSPCC Number Day	4th February	https://www.nspcc.org.uk/
International Women's Day	8th March	https://www.internationalwomensday.com/
Sexual Assault Awareness Month	April	https://www.actionaid.org.uk/
World Health Day	7th April	https://www.who.int/
World Earth Day	22nd April	https://www.earthday.org/

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



★ New Green schools' network

Want to help your school create an eco-strategy and get your school 'climate action plan' ready (a new requirement from the DfE)? Love wildlife and the environment? Want your school to save energy bills? Ealing Council has launched a free, termly 'Green school' network dedicated to help you do this. Get inspiration for school eco-projects (and possible funding options) or get local support to create some green space. Sign up to the next network meeting on 8th March via Ealing CPD online.



★ The Teaching Primary Food and Nutrition programme

The Teaching Primary Food and Nutrition (TPFN) programme has been developed to equip teachers with the necessary knowledge and skills to teach high quality food and nutrition lessons and inspire you to champion a whole school approach to food. TPFN is a Continuing Professional Development (CPD) programme that aims to build your confidence and competence in teaching food and nutrition. Register via the Food a Fact of life website.



★ The Ealing PSHE SOW Review

The health improvement team are set to review the Ealing PSHE SOW and we need your feedback. We will be asking Head Teachers, PSHE Leads and Teaching staff to share their feedback on the current PSHE SOW and what improvements you would like to see made. A survey will be sent out soon, so listen out for more information.



Tackling Harmful Sexual Behaviour Collaboratively

PSHE Leads, and DSLs join together to tackle Harmful Sexual Behaviour

November saw the first joint PSHE and DSL CPD on Harmful Sexual Behaviour (HSB). The session addressed how colleagues can work collaboratively to achieve a whole school approach to tackling HSB in schools. Fifteen Ealing schools attended and shared their experiences on what schools are already doing to address this issue and what more can be done.

The session began by looking at the definitions of Harmful Sexual Behaviour and the context of the issue in schools following the OFSTED rapid review in Spring 2021. Attendees then looked at the critical role that quality PSHE and RSHE education has in empowering young people with the knowledge they need to stay safe in their relationships. Participants addressed the use of the PANTS rule as the first steps in introducing the teaching of consent in school but discussed how to take these lessons further to ensure an

understanding of consent is applied to all behaviours and interactions.

The session concluded with schools working on the Beyond Referrals Audit Toolkit, which is a free resource to help schools map their current whole school provision in addressing this issue. Colleagues scored their provision in areas of training, curriculum and safeguard reporting procedures to identify what more can be done in their setting.

Utilising the experience of both the DSL and the PSHE leads illustrated how these staff play a critical role in shaping provision across the school setting, albeit in different way. Attendees commented on the benefit of having dedicated time together to discuss how their ongoing collaboration can make a difference in their school.

The health improvement team look forward to welcoming back participants

“ The session addressed how colleagues can work collaboratively to achieve a whole school approach to tackling HSB in schools. ”

in the summer term to review their progress made over the academic year.

For more information or support on tackling HSB in school, please contact a member of the health improvement team or access the free Beyond Referrals HSB Audit Toolkit at contextualsafeguarding.org.uk/toolkits/beyond-referrals/.



Therapeutic Thinking

A whole system approach to behaviour

Following a recommendation from the Social, Emotional and Mental Health (SEMH) review, Ealing is adopting Therapeutic Thinking (also previously known as Steps in some areas).

What is Therapeutic Thinking?

Therapeutic Thinking is a whole school, whole system approach to supporting children with their behaviour. Using a train-the-trainer approach called 'Tutor Training', the programme is embedded into schools and school-facing children's services. The training offers both helpful theory and a practical, graduated and systematic set of tools to unpick children and young people's underlying needs.

The training helps schools and services to put in place policy and plans which are more effective in meeting the needs of our children and young people. It also supports development of policy, culture and practice as well as helping us to develop a shared language and set of

expectations for all stakeholders across a local area.

When implemented, schools have seen significant reductions in children's difficult and dangerous behaviours and improvements in attendance and learning. We will be supporting this ongoing work through a tutor network and offering additional supervision and training days as the programme develops. Therapeutic Thinking will underpin and dovetail with other SEND and inclusion training, including trauma informed practice.

Why have we adopted this approach in Ealing?

We are committed to tackling the systemic and persistent over-representation of Black Caribbean pupils and Somali pupils in Ealing's suspension and exclusion data across both primary and secondary phases, through our Race Equality ambitions.

What is involved in the training?

Two members of staff from each school are trained (either on the same course or different courses). Ideally, staff will include the Headteacher or Service Lead and another member of SLT. The Tutor Training runs for three consecutive days (likely day one at the Ealing Education Centre and days 2/3 on MS Teams). There is a one-day refresher course annually thereafter.

We ask that you support us with gathering data of impact and outcomes before and during your commitment to Therapeutic Thinking. We encourage trained tutors to attend network events and additional deep-dive extended training on specific 'hot topics' to strengthen practice.

Ealing Council have fully funded training for the first year roll out and have places for 36 schools and 24 service champions to ensure that the approach is joined up across the borough. For more information, email Marion Cullen on CullenMa@ealing.gov.uk

Alfie programme

Healthy lifestyle programmes for Ealing families

The Healthy Weight team deliver a range of ALFIE healthy lifestyle programmes to support children aged 5 to 16 years and their families to be healthier and fitter.

The ALFIE 5 to 13 programme is a multi-component 10-week weight management programme focusing on motivating children and the whole family to explore healthier lifestyle choices together, by showing them how even small changes can make a big difference. The healthy eating sessions are fun and interactive, 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 sessions help improve fitness and build confidence in a safe and structured environment.

The new ALFIE Teen programme for those aged 14-16 years is now up and running. The combination of an instructed gym session and a nutrition/wellbeing workshop is a great way to boost the confidence and knowledge of teenagers. The 6-week programme is eligible to all teens looking to improve their health and wellbeing and includes topics such as portions sizes, sugars, mindful eating and body image.



Our next programmes start in January 2023. It is free and will take place face-to-face across Ealing borough. We accept all referrals and for more information, please email the team on clht.ealinghealth4life@nhs.net.

Oral health in Ealing

Key messages for schools

Have you heard about the supervised toothbrushing programme offered to all early years settings, schools and Nursery schools? The programme aims to teach children to brush their teeth from a young age and improve support for home brushing.

Research has shown this encourages good attitudes towards toothbrushing in children. The teachers do not brush the children's teeth, the children brush their own and this does not replace them brushing their teeth at home. Currently sixty-three schools in Ealing have joined the programme, and the children are brushing up to five days a week. This programme is free to all.

Whittington NHS Trust provide all settings with the necessary resources and training to get started. The programme was rolled out 2017 and has been successful at encouraging healthy oral health habits. One of the aims is to help prevent tooth decay in young children. Too many of our children are having teeth removed or filled.

Key messages:

- Brush for two minutes, twice daily night-time most important
- Use a fluoride toothpaste: just a smear for children 3 years and under. A pea size for children older than 3.
- Spit out the toothpaste, do not rinse!
- Change your toothbrush every three months or if someone in the household has a cold or virus
- Visit the dentist every 6 months



- Keep sugar intake low and try to avoid juice and fizzy drinks
- Milk in a cup and water is best

Contact Adele if you would like to get involved in the toothbrushing programme and for oral health support in your school: adele.francois@nhs.net

Let's Connect

Resources for children's mental health week

Place2Be launched the first ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. It is now in its ninth year. The theme for 2023 is 'Let's Connect'.

Human beings thrive in communities, and this connection is vital for our wellbeing and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met,

we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, Place2Be are encouraging people to connect with others in healthy, rewarding, and meaningful ways. Download resources for 2023 Children's Mental Health week from Childrensmentalhealthweek.org.uk.





SPOT by BEAT:

New platform gives free eating disorder training to all school staff

Eating disorders can affect anyone but young people are especially vulnerable – and their teachers and other school staff are well placed to be able to help them. That's why Beat, the UK's eating disorder charity, has created a new free e-learning platform for all school staff. SPOT (School Professionals Online Training) arms school staff with the information they need to recognise an eating disorder, refer a pupil for treatment, and support them through their recovery journey.

SPOT is designed so that school staff can learn on their terms, from experts by personal and professional experience as well as their peers. There are interactive e-Learning modules where school staff can learn more about spotting the early signs of an eating disorder and how to talk to a pupil who may be exhibiting them. Upon completion of the allocated e-Learning modules, a certificate will be awarded to acknowledge the users' learning.

There are spaces to ask questions and get advice from eating disorder clinicians with weekly drop-ins and forums. Additionally, there are downloadable resources on SPOT, including PSHE lesson plans and resources to use within lessons on topics, such as eating disorders, body image, self-esteem, and social media. SPOT also enables staff to post questions on a community forum, share resources with other professionals via workspaces, and speak directly to Beat's eating disorder clinicians and Lived Experience Trainer. SPOT is fully funded for all primary, secondary and sixth form schools (state and independent), giving its users access to a plethora of resources for free.

Anyone interested in learning more about SPOT can create an account at <https://elearn.beateatingdisorders.org.uk/> or get in touch with the team at Beat on 01925 912829.

MVP mentor success

Article by Emily Callard, MVP Coordinator



“ For each hero we have in our lives, there are many others who inspired them in their lives. MVP Ealing is an opportunity for schools to inspire leaderships amongst their pupils. ”

MVP is a leadership programme that brings young people in as the solution to the issues they face within their school and community. Mentors and mentees on the MVP programme develop an understanding of the 'bystander approach' through which they are given the tools to challenge attitudes and behaviours that lead to bullying, violence and harassment.

MVP training has now been successfully delivered to over ten high schools across Ealing with each of these schools now at different stages of their MVP journey: from the early stages of mentor recruitment right through

to MVP mentors delivering sessions to mentees. We have even had MVP mentors nominated for Young Ealing Foundation 'Young Leader' award.

An 'Ealing MVP Mentor' event will take place in early 2023 and is an opportunity for school staff and pupils to come and meet MVP mentors. The event is open to schools at all stages of MVP implementation as well as for schools completely new to MVP. If you are interested in attending, please contact Emily Callard (MVP Coordinator) on callarde@ealing.gov.uk for more details.

“ Through running the MVP programme, we are helping our kids be the best versions of themselves. The mentors we have selected are those kids that wouldn't normally put themselves forward for something like this but that we know could have a big influence on their peers. We're developing leaders who will inspire others to do what's right. ”

(Greenford High MVP Lead)



A Contextual Safeguarding Approach to Radicalisation and the Online Space

An educational resource to support young people in recognising extremist tactics

With extremism and online exploitation on the rise, addressing the curriculum through a contextual safeguarding approach can be an effective way to build young people's resilience. Embedding the knowledge and skills to manage risk requires a holistic approach, with conversations encouraging young people to reflect on their lives and any potential risk factors. This can be online or through association with peers or adults - combined holistically with cross-curricular opportunities to build on key safeguarding themes.

How can Act Early Stories help your curriculum address this risk?

Designed to be used across the curriculum, each story has a video case-study with slides featuring ice-breakers, conversation starters and activities which can be incorporated into literacy, drama, Religious Education and PSHE/RSHE as well as assembly time or drop-down days. These aim to help young people think critically about vulnerability

and the tactics used by extremists by exploring:

- Peer-pressure
- Identity
- Grooming
- Indicators of exploitation
- Protective factors
- Barriers to disclosure

Who is it for?

Act Early Stories is aimed at secondary age students and has been designed with both schools and youth centres in mind. It comes with guidance notes to differentiate learning and is suitable for staff with limited knowledge, as well as those with more experience around these issues. Practitioners can use the entire session for a classroom lesson or select individual activities for shorter sessions to act as building blocks or enhance previous knowledge and skills learnt.

What does it cover?

Based on three real-life stories, the

activities aim to spark discussion, encourage reflection and promote critical thinking:

- Michael's story explores vulnerability through religious extremism and how extremists exploit issues around identity for their own agenda.
- Mustafa's story features a drama-based video and literacy activity unpicking the indicators of exploitation and grooming.
- John's story explores the extreme right wing. Students are encouraged to unpick the building blocks of extremism and consequences of not challenging extremist behaviour.

Next steps:

1. Download Act Early Stories at actearlystories.lgfl.net
2. Share it with your PSHE/RSHE teams, curriculum leads and local youth centres
3. Inform your DSLs/safeguarding team - remember steering people away from extremism is all about safeguarding

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
St Gregory's primary	Coston primary	West Acton primary	St Raphael's primary
Dormers Wells Junior	Featherstone nursery & primary	Gifford primary	
Featherstone High	Alec Reed academy	Beaconsfield primary	
St Vincent's Catholic primary	Horsenden primary		
Holy Family primary			
Havelock primary			
St Raphaels primary			
Selborne primary			
Perivale primary			
Our Lady of the Visitation			

Healthy Schools points scheme

Points tally for Ealing schools

Healthy Schools points tally			
Schools	First	Second	Third
Ealing Primary Schools	Beaconsfield Primary (25 points)	Alec Reed Academy (23 points)	St Gregory's (16 points)
Ealing High Schools	The Ellen Wilkinson School for Girls (21 points)	Featherstone High (15 points)	Greenford High (12 points)

Our Services

All Ealing schools get access to our buy back packages including the Awards & Training package, Four Day Bespoke Package and four 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	Date	Location	Cost
Youth Mental Health First Aid	26th and 27th January, 9:30-4:30pm, EEC	Book via Ealing CPD online	Free to all schools
Mental Health Network Meeting	1st February, 3:30-5pm, Virtual	Book via Ealing CPD online	Free to all schools
Primary PSHE Network	8th February, 3:45-5:15pm, Virtual	Book via Ealing CPD online	Free to all schools
High School PSHE Network	9th February, 3:45-5:15pm, Virtual	Book via Ealing CPD online	Free to all schools
How to implement a successful packed lunch policy	21st February, 3:30-4:45pm, Virtual	Book via Ealing CPD online	Free*
Parental Engagement in Online Safety	23rd February, 3:45-5:15pm, Virtual	Book via Ealing CPD online	Free*
How to become a green school	28th February, 3.45-5.15pm	Book via Ealing CPD online	Free*
Managing low mood	1st March, 3.45-4.30pm	Book via Ealing CPD online	Free*
Physical activity ideas for schools	7th March, 3.30-4.45pm	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, PSHE, Mental health and Nutrition & Exercise

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

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To keep up with the latest news, follow us on Twitter:

 @EalingPshe



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

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