



# Stepping up to health



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## "Brand" Damage

### Mentors in Violence Prevention: A programme tackling violence.

The actor and comedian Russell Brand has faced disturbing allegations including sexual assault during the height of his fame, and for many victims, the coverage and discussions about those allegations can all too often be triggering. But we need to find hope that we can help tackle these issues.

And as with so many of the problems in society - the answer lies in our young people. They have the power to build a better future. Teachers equip them to do this every day through other work as educators. There is also support through the Mentors in Violence Prevention (MVP) programme, which is well established across many high schools in our borough. The programme trains high school students to become mentors and empowers them to act during problematic situations that can lead to violence and particularly violence against women and girls.

During training sessions with student mentors, most MVP mentors will 'agree' with this statement that they 'have a clear role to support (their) school to prevent all forms of violence'. MVP gets young people talking about the

options that they have available to them to intervene in situations and leaves them with skills to respond safely.

When asked if they agree with the statement 'a lot of sexual assault allegations are made up', encouragingly there is always a large group who 'disagree' with this statement. MVP does not aim to bombard students with information. The key is to get them talking. What is clear is that young people feel a sense of unity to come together to address harmful situations, with a passion to be loyal to friends.

We are discussing things in ways that were never discussed before - certainly not in the years that Russell Brand and other men of his generation were at school. Young people today show curiosity and we must support this curiosity with meaningful conversations and equip them with the tools to help end misogyny and violence.

If you are interested in finding out more about MVP in Ealing, please contact Emily Callard, MVP Coordinator ([callarde@ealing.gov.uk](mailto:callarde@ealing.gov.uk)).

## Healthy Schools London Ealing award tally



## Book your HISV

To review your school's health data, 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?

## MHFA training

The next 2-day Youth Mental Health First Aid will be taking place on 30th November and 1st December at Perceval House. Book on Ealing CPD online. The course will also run in the Spring and Summer term.



## HSL update

Changes are being made to the Healthy Schools London awards. Keep using the existing templates and Bronze awards up for renewal will be extended to 31st July 2024.



## Vaping resource for high schools

Check out the new free Vaping resource for KS3 pupils from Public Health England. It covers the social pressures around vaping and the effects of nicotine on the adolescent brain.



## Key health improvement dates

Event	When and where?	More information
NEW Primary PSHE SOW Launch	9th November 2023, Ealing Education Centre	Book your free place at Ealing CPD Online

## Key health promotion dates

Event	When?	More information
World Mental Health Day	10th October 2023	<a href="https://www.youngminds.org.uk/support-us/fundraising/helloyellow">https://www.youngminds.org.uk/support-us/fundraising/helloyellow</a>
Parliament Week	6th November 2023	<a href="https://www.ukparliamentweek.org/en/">https://www.ukparliamentweek.org/en/</a>
Anti-Bullying Week	13th November	<a href="https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying">https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying</a>

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



## ★ Healthy Schools Points winners

Congratulations to Beaconsfield Primary School and The Ellen Wilkinson School for Girls for achieving first place for the primary and high school with the most points, followed by Alec Reed Academy and Elthorne Park High School for achieving second place and St Raphael's and Featherstone High for achieving third place. First place schools received £500, second and third place received £250 and £100 respectively. For more information on the award scheme and to find out how to earn points, see the Healthy Schools Ealing Points System tab on our health improvement EGFL page.



## ★ Simon Lynch, Ealing's new Therapeutic Thinking Lead

We are delighted to introduce Simon Lynch to the team, who will take on the role of Therapeutic Thinking Lead and Outreach Manager to promote inclusion, eliminate inequalities, and improve outcomes for young people in Ealing. Simon is trained as a history teacher and was part of a team that contributed to the transformation of a West Midlands school from failing to the first 'Outstanding' rated school in the borough. Then he worked in a SEN advisory role for Sandwell Local Authority before returning to school leadership as SENDCo and Designated Teacher for LAC. Most recently Simon was part of the School Improvement Team with responsibility for SEND and Inclusion.



## ★ The new faces leading the PSHE Subject Leader networks

We are delighted to announce that Sue Sobti from Brentside Primary School will be leading the Primary Network and Latifa Palton from The Ellen Wilkinson School for Girls has been appointed to lead to the High School Network. Both individuals bring a wealth of experience to the role and are excited to take on their new positions. We all look forward to welcoming PSHE Leads to our Autumn meetings as we return to face-to-face sessions, held at our host schools.



## Daily Circle Time and the impact it has on pupils' health and wellbeing

By Caterina Frainer-Law, PSHE Lead, St Raphaels Catholic Primary School

**Imagine your daily routine for a minute. As you arrive at your workplace and see colleagues what do you do? Do you greet each other? Often, we expect children to start the day differently; in most cases being asked to get straight on with a task, rather than be able to greet each other, to be sociable and to connect as human beings. We should not be afraid of laughter and noise in the classroom, it means your children are happy, confident, feel safe and empowered.**

Since the pandemic there has been a noticeable rise in issues related to managing feelings, resilience and self-esteem. This seems prevalent within certain groups of children such as those who are disadvantaged economically, and those with existing SEN support plans.

This is why I decided to prioritise Circle Time, putting aside at least

10 minutes a day with my class, to start the day differently and to get to know the children I would be spending most of the year with (roughly 1,170 hours over a year). The intention was to create a positive climate for learning where children felt part of a class community, valued, heard, visible, empowered, safe and happy to come to school.

We started Circle Time after the register each day, the children getting into a circle around the perimeter of the class (no moving desks or chairs, very simple). On Mondays we would share our weekends, Tuesday to Thursday has a mixture of different activities from 'pass the smile', playground issues and strategies to deal with scenarios, mental health strategies, jokes, ways to encourage confidence, and games. Friday includes 'show and tell' where they can bring in something they've made or received.

**“ The school is a safe and welcoming place where pupils enjoy their learning. This is because of the care staff show them. ”**

*Ofsted Report*

The impact is why I am the biggest advocate for Circle Time. The children are noticeably calmer, happier, more settled, more confident, assertive, and work better as a team. As a teacher, I have felt calmer and more connected to all the pupils and we all understand each other more and have a better relationship, which has had a knock-on impact to behaviour issues.





# Greening the Future of Education:

The Department for Education sets the course for a sustainable tomorrow, enforcing climate-ready schools by 2025

## Keeping children safe online

*Filtering and monitoring standards for schools and colleges*

Web filtering for education is a technology that restricts or allows access to certain websites. Web filtering can keep students safe, on-task, and compliant with regulations as well as block viruses.

KCSIE 2023 makes clear that the Designated Safeguarding Lead (DSL) is to take lead responsibility for web filtering and consider the DfE standards. LGfL have a plethora of useful videos, slides and other resources including a video looking at the differences between 'review' and 'checks'. You should review your filtering and monitoring provision, at least annually. Go to <https://lgfl.net/safeguarding/kcsie/web-filtering> to find out more.



**In a pioneering move to address the pressing issue of climate change, the UK Department for Education has announced a groundbreaking requirement for all schools across the country. By 2025, every educational institution is mandated to have a Climate Change Action Plan in place, marking a pivotal moment in the nation's commitment to environmental stewardship and education.**

This ambitious initiative recognises the pivotal role of education in shaping the future. It aims to equip students with the knowledge, skills, and attitudes necessary to tackle climate change effectively. By fostering a culture of sustainability within schools, the UK seeks to instil lifelong values of environmental responsibility and inspire a generation of climate-conscious citizens.

The Climate Change Action Plans will vary based on each school's unique circumstances, allowing for a tailored approach to sustainability. These plans are expected to encompass a wide range of measures, from reducing carbon emissions and energy consumption to promoting eco-friendly practices and integrating climate education into the curriculum.

Education Secretary Jane Mitchell emphasised the significance of this mandate, stating, "Our children are not just the future; they are the stewards of the planet. By requiring schools to develop Climate Change Action Plans, we are empowering students with the tools to make a real difference in combating climate change."

The move has garnered widespread support from educators, environmental activists, and parents alike. Many see it as a crucial step in preparing students to face the complex challenges posed by climate change. Emily Turner, a parent, and environmental advocate, noted, "This initiative not only aligns with our values as a society but also equips our children with the knowledge and motivation to become leaders in the fight against climate change."

The UK's decision comes amid growing global concern about climate change and its impact on future generations. By making climate action a core component of education, the country is positioning itself at the forefront of sustainable development and environmental consciousness.

As schools nationwide gear up to meet this requirement by 2025, the UK is poised to demonstrate its commitment to combatting climate change from the ground up. The initiative holds the promise of not only reducing carbon footprints but also shaping a generation of informed and empowered individuals ready to take on the formidable challenge of preserving our planet for future generations.



## The new PSHE SOW is ready to launch!

*Join us for our launch event this November*

We are delighted to confirm that our new Ealing primary PSHE SOW will launch this November. Join us at the Ealing Education Centre on 9 November to get first access to the new scheme and to learn how it can be used in your school.

Hear from key contributors, find out about how race equality and climate change have been included in the scheme and how updates to planning and assessment will support leads in reviewing the intent and impact of the scheme. The scheme will be ready to use in schools in January 2024, so attending schools will receive key information on how to prepare teaching staff for the changes.

**“ To learn more, sign up to the free Green School networks via Ealing CPD online. ”**

## Online workshops for parents and carers

from Ealing Mental Health Support Team

**Ealing Mental Health Support Team are offering online workshops for parents and carers of children attending Ealing schools. The workshops will be held online using MS Teams on the following dates:**

- 20 October, 4pm: Exam Stress
- 27 October, 1pm: Understanding Behaviour in Children with Additional Needs
- 17 November, 4pm: Student Anxiety
- 24 November, 1.30pm: Introduction to

Autism

- 1 December, 4pm: Student Low Mood
- 19 December, 11am: Understanding Behaviour in Children with Additional Needs

If you have any questions, please email: [Ealing.mhst@nhs.net](mailto:Ealing.mhst@nhs.net). For a copy of the flyer with further information to send out to parents and carers, please visit EGFL.



## Avoid a back-to-school asthma attack

By NHS Northwest London- Ealing



**Every year, there's a spike in asthma attacks in children across the UK when they go back to school.**

Children are at higher risk when returning to school because:

- Many children come down with colds when they go back to school and mingle with peers – this is one of the biggest triggers for children with asthma
- Children with a dust mite allergy, spending more time indoors because of weather changes could have an asthma flare up
- Seasonal allergies could set off asthma symptoms

- Many children may find going back to school daunting; developing emotions like fear, stress or excitement, which can trigger asthma symptoms.

Please remind parents and guardians of the importance of managing their children's condition by ensuring the preventative inhaler (Beige/ Brown/ Orange/ Red/ Purple/ Pink) is being taken regularly every day even if the child is well. This will help reduce the risk of a back-to-school asthma attack.

For more information parents/guardians can visit <https://www.asthma.org.uk/advice/child/back-to-school/>

## The ALFIE Programmes are back this September!

By Annabelle Sadler, One You Ealing

**The NHS Healthy Weight Team continue to deliver a range of ALFIE healthy lifestyle programmes to support children aged 5 to 13 years.**

The multi-component eight-week weight management programme focuses on motivating children and the whole family to explore healthier lifestyle choices together, by showing them how making small changes can make a big difference. Children identified as being above a healthy weight for their age are eligible to join. The sessions are based around fun and interactive workshops on healthy eating,

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 and Junior Gym; these sessions help improve fitness and build confidence in a safe/ structured environment.

The programme is free and will take place face-to-face across Ealing, the week commencing 25 September 2023. We accept all referrals, for more information please contact the team on [ealinghealth4life@nhs.net](mailto:ealinghealth4life@nhs.net).





# Nourishing minds and futures:

London's new free School meals programme



**“We believe that no child should face hunger when they come to school. The Free School Meals Programme is a testament to our commitment to providing a supportive and nurturing environment for all our students”**

*Sarah Johnson, the Director of Education for the London Department of Education.*

**In a bid to address food insecurity among students and ensure that no child goes to school hungry, London Mayor Sadiq Khan has unveiled a new emergency programme for pupils in the capital that will ensure they all receive free school meals.**

The £130million scheme, which is funded by additional business rates income, will help households who are struggling amidst the cost of living crisis.

This initiative launched in September and came as a response to the growing concern about child hunger and its adverse effects on learning and overall well-being. Under the new programme, every primary school in London is eligible to participate, with an estimated 270,000 students expected to benefit from free meals.

The Free School Meals Programme aims to bridge the nutritional gap for students, particularly those from low-income households, and create a more level playing field in education. Research has shown that children who have access to balanced meals perform better academically and have improved attendance rates. This programme is a significant step toward ensuring that every student in London has an equal opportunity to succeed.

“This will save families hundreds of pounds over the year, ensuring parents aren't worrying about how they're going to feed their children,” said Sadiq Khan.

Parents and educators have welcomed the programme with open arms, recognising its potential to make a positive impact on students' lives. “This initiative will not only alleviate the financial burden on parents but also create a more inclusive and caring school environment,” noted Emily Patel, a parent and member of the London Parent-Teacher Association.

Every borough in the capital has received £2.65 per meal in funding to enable schools to deliver the meals over the next year. This is higher than the amount they receive from Government, who recently increased its funding from £2.41 to £2.53 per meal following the Mayor's unprecedented intervention.

To further support schools, boroughs have been provided with a wide range of advice on best practice including how to encourage all parents to continue to register for the Government Free School Meal scheme – this ensures schools continue to receive the maximum additional Pupil Premium funding from Government, which is linked to Government Free School Meal take up.

## Go Sugar Smart this term!

*Become a Sugar Smart School and earn 5 Healthy School points.*



Schools serve as a pivotal setting for shaping lifelong habits. By becoming Sugar Smart, they can educate students about the dangers of excessive sugar consumption, encouraging healthier eating choices from an early age. In addition, excessive sugar intake is a significant contributor to childhood obesity. Sugar Smart schools can play a vital role in reducing this epidemic by offering nutritious meal options and limiting the availability of sugary snacks and drinks. Research shows that a diet high in sugar has been linked to cognitive issues and decreased attention spans. By reducing sugar intake, schools can contribute to better focus, concentration, and overall academic performance.

Schools that prioritise Sugar Smart initiatives set a positive example for students, parents, and the community. They demonstrate a commitment to the health and well-being of their students. If your school is interested in becoming Sugar Smart, download and complete the sugar smart tab on the health improvement's team's EGFL page and attend the Sugar Smart training on 18th February (sign up via CPD online). In addition, the Healthy Weight Team are delivering ALFIE Sugar Smart Cook Clubs the week commencing the 30th of October 2023. If you are interested in taking part in the Cook Clubs, as well as working towards your Sugar Smart status, contact [clcht.ealinghealth4life@nhs.net](mailto:clcht.ealinghealth4life@nhs.net)

## The FGM Community Project returns

In partnership with the Vavengers, the FGM project returns to Ealing schools

**After six successful years of running in Ealing schools, the FGM community project has entered a new phase. The Health Improvement Team, in partnership with a charity the Vavengers, will offer Ealing schools the opportunity to participate in our one-of-a-kind community-based project tackling FGM and violence against women and girls.**

Facilitated by Hoda Ali, the project now includes a week of safeguarding workshops for parents, introducing participants to the basics of safeguarding, the curriculum, teaching PANTS, online safety and FGM. Parents will get to see the materials that

will be taught in the classroom before graduating themselves. Staff receive quality training in being aware of the signs and risks of FGM, and can gain support in delivering FGM sessions to students in KS2. New this year, parents will also receive an information summary booklet containing a range of services that are available to support them in the wider community.

By working within a community model that engages staff, parents and pupils, we ensure we raise awareness of this important issue directly but sensitively. We look forward to working with new schools and schools that may have completed the



project in the past. Spaces are filling up fast so to secure your place, contact Dominica at [ddebaczakdebski.307@lgflmail.org](mailto:ddebaczakdebski.307@lgflmail.org).

## The Ealing 10 Day Active Travel Challenge

By Helen Collinson, Ealing Active Travel team

**With the return to school each September, it is an opportunity to create new habits and walking to school is an easy one to promote with benefits for both teachers and children.**



Approximately 84% of Ealing primary school pupils live within a twenty-minute walk of their school, yet over a quarter of the cars on Ealing roads during rush hour are doing the school run. Walking, cycling or scooting to school can not only reduce this congestion, but clean up the air and make the roads around the school safer for those who do choose active travel. Active travel on the school journey helps children to concentrate better for up to four hours compared to pupils who are driven to school, according to a Danish survey of 20,000 school children in 2012. A win for health and wellbeing!

The Ealing School Travel Team run an Active Travel Challenge in October as it is International Walking month. If your school would like to participate, please email [sta@ealing.gov.uk](mailto:sta@ealing.gov.uk). You will receive bookmarks and stickers needed to run the challenge along with the classroom activities and a launch assembly.

Break our box: Would you like to see your pupil's design on the bookmarks for the summer '24 challenge? Children need to draw the best active ways to get to school. The winner will score a scooter or mini pod for their school and a prize for themselves.

## Emotionally Based School Avoidance

What is it, and what can be done to help?

**Emotionally Based School Avoidance (EBSA) is a broad umbrella term used to describe a group of children and young people who have severe difficulty in attending school due to emotional factors, often resulting in prolonged absences from school.**

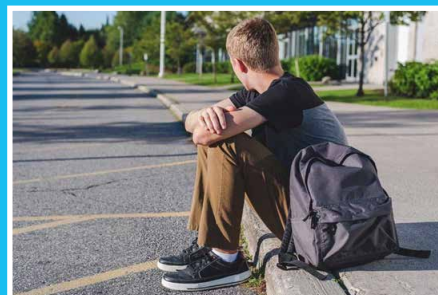
The UK literature reports that between approximately 1 and 2% of the school population are absent from school due to emotional reasons. It is reported to be equally common in males and females with little evidence of a link to socioeconomic status.

Outcomes for young people who display EBSA include poor academic attainment, reduced social opportunities and limited employment opportunities.

Ealing are in the process of creating a multi-agency EBSA strategy to include local data, recent research, and clearly understood pathways of access to services and support currently available locally. In the meantime, as a school you can start addressing EBSA universally by establishing your whole-school approach to mental health.

Anna Freud's Addressing Emotionally Based School Avoidance also recommends all staff;

- Keep an eye out for early indicators of EBSA like sporadic attendance, or behaviour changes
- Start those conversations by asking the pupil how they are feeling and let them know that they are being listened to and supported



- Nurture protective factors, such as helping pupils feel safe to express their emotions
- Connect with parents and carers to engender positive and supportive communication with families

To find out more, or to get involved in the strategy development please contact [KGibson@ealing.gov.uk](mailto:KGibson@ealing.gov.uk).

## Healthy Schools London – Ealing awards this term

The Healthy Schools London awards are a London wide awards-based programme that recognises school health and wellbeing achievements.

Bronze	Silver	Gold	Platinum
John Chilton school	Greenwood primary	The Ellen Wilkinson School for Girls	
Sybil Elgar school	North Ealing primary		
Mayfield primary school	Vicar's Green primary		
Tudor primary school			

## Healthy Schools points scheme

Points tally for Ealing schools

Healthy Schools points tally			
Schools	First	Second	Third
Ealing Primary Schools	Tudor, Greenwood, North Ealing, Mayfield, Vicar's Green, West Twyford primary (5 points each)	N/A	N/A
Ealing High Schools	The Ellen Wilkinson School for Girls (5 points)	N/A	N/A

## Health Improvement CPD

Take a look at the table below to see if there are any workshops this half term that interest you or would help you in your role in school. Register by going to [www.ealingcpd.org.uk](http://www.ealingcpd.org.uk)

Workshops	Date	Location	Cost
PHSE Network (High school)	7th November, 4.00–5.30pm	Ellen Wilkinson	Free to all schools
New PSHE Scheme of work launch	9th November, 12.30-3pm	EEC	Free to all schools
Nudging pupils to eat healthier lunches	30th November, 3.30-5pm	Virtual	Free to HAT & Nutrition & Exercise pack-age members
Youth Mental Health First Aid	30th November & 1st December, 9-5pm	Perceval House	Free to all schools
The OFSTED focus on PSHE	6th December 3.45 – 5pm	Virtual	Free to HAT & PSHE package members
Healthy Schools London lightning training	7th December 3.30-5pm	Virtual	Free to HAT package members

Book on CPD online for the above workshops & networks

### 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.

### 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](mailto:McGregorN@ealing.gov.uk)

### Editorial Committee

Nicole McGregor – Senior Health Improvement Officer  
 Karen Gibson – Health Improvement Manager  
 Liz Ainsworth – Health Improvement Officer  
 Faye Jones – Health Improvement Officer

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

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