



Stepping up to health



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Daily Mile launches at Stanhope

By Sahreen Siddiqui, Headteacher at Stanhope Primary School

In June, Councillor Binda Rai visited our school to officially launch our Daily Mile and run the first mile with 60 pupils along our newly painted yellow running track.

Murril Construction has funded our track which Ealing Council's Health Improvement and Public Health Team helped secure for us.

Our pupils and staff are very excited to be one of the first schools in London to start this innovative programme, and parents have been really supportive.

Our school has one of the highest rates of obesity in Ealing and in response we bought back the Health Improvement Team to help us introduce and embed a range of initiatives including the Daily Mile.

The Daily Mile is a programme where all pupils aim to walk, jog or run a mile (or as far as they can in 15 minutes) every day whilst at school.

This project started in St Ninian's Primary School in Scotland in 2012. Four years on, the number of pupils who are overweight has almost halved and teachers at St Ninians report the concentration and behaviour of pupils has significantly improved.

The Daily Mile has proven to be one of the most effective programmes to help pupils become a healthy weight and the Scottish Government now formally recommends the Daily Mile for all its primary schools.

Free Daily Mile training

Elaine Wyllie, the headteacher who founded the Daily Mile, will be delivering a free training in Ealing on 21 September at the EEC. This training will be followed by a learning walk at Stanhope Primary School to see the Daily Mile in action. Register to attend via Ealing CPD online.

Healthy Schools London Ealing award tally



Book your school visit



We are offering free 'Health in school visits' this term. Last year 100% of schools found this visit useful. Book your visit here:

<https://hisv.acuityscheduling.com>

Health Improvement in Schools

E-Safety Conference

Keeping up with the changes

Ealing schools are invited to attend a free conference titled 'Online Safety in Education' on 17 November, 8.30am to 3.30pm at Double Tree Hotel in Ealing. Conference delegates will learn about developing an effective approach to E-Safety and implementing the Prevent Duty.

Four things delegates will take away:

- Top tips from school practitioners to assess risk, implement critical thinking online and promote British values across the curriculum
- Understand emerging trends and issues around sex, relationships, radicalisation and the internet
- Learn practical steps to update your safeguarding policy, embed a peer-mentor strategy to tackle cyberbullying, and promote parental engagement
- Learn to report and respond effectively to incidents of concern

Delegates will receive a toolkit with resources they can use to address extremism, radicalisation and online safety.

Presenters include: Childnet International, UK Safer Internet Centre, VoxPol, Mubina Asaria, Greenford High School and Mark Robinson.

Suitable for Senior Leaders, Child Protection/Safeguarding Teams, E-Safety Coordinators, Community Officers, ICT Managers, PSHE Coordinators, Social Workers and SENCOs.

Book your place online here:

<http://onlinesafetyconference.eventbrite.co.uk>



NEW Platinum Award

We have introduced an Ealing Platinum award to help Gold schools embed their activities and to encourage learning and sharing of best practice. Only Gold schools can apply for Platinum and they will need to carry out and evaluate a learning walk, set up one of their Gold activities in another school and record their progress in the new Platinum form. Platinum schools will achieve an award, trophy and a front page feature in this newsletter.



Our celebration event

On 5 June the Health Improvement Team held a celebration event for Health Partnership members at W7 Emporium. Five schools gave a presentation on the impact of their health and wellbeing projects and then the Partnership schools who achieved Silver or Gold were presented with a certificate and gift. We were delighted that 89 percent of participants rated the event as 'excellent'.



HSL award ceremony

Nine schools in Ealing collected their Silver or Gold award at the Healthy Schools London awards ceremony on 24 June at City Hall. The event was chaired by Helen Jenner, Corporate Director for Children's Service. A student choir from Highfield Junior School opened the event followed by presentations from four Gold schools who shared their experiences.



★ Jenny Mosley's back!

Jenny Mosley, creator of Circle Time and school behaviour management guru, will deliver her full day training workshop 'Powerfully Positive Lunchtimes and Playtimes and Calm Dining Halls' in Ealing on 1 November. Two staff from each school who bought back the Healthy Schools Awards and Training package can attend this workshop for free. Book your place now via Ealing CPD online.

Health Improvement survey results

What you told us and what we will do next



A big 'thank you' to the 61 headteachers and PSHE Coordinators who completed our Survey Monkey in June this year. We received 13 percent more surveys this year compared to the previous year and our team have taken on board your feedback to improve the service that you will receive in the new academic year.

According to the survey, 93 percent of respondents said their school 'very highly' or 'highly' values health and 82 percent of schools said they felt confident that our service had an impact on their pupils' health and wellbeing.

We were delighted to learn that 100 percent of respondents said they found

their 'Health in school visit' useful (up from 90 percent in the 2015 survey) and half of respondents said that the most useful part of their school visit was having the opportunity to discuss their pupils' health priorities.

At 86 percent, our most used service was the Health Related Behaviour Survey, followed by our central trainings at the EEC and our annual Health Improvement conference.

The changes you asked for

When asked what additional support you would like from us, many of you said you would like us to hold more drop-in days to help you achieve your Health Schools London awards and training workshops on RSE, mental health, FGM, oral health, resilience, mindfulness and the Daily Mile. In response, we have included workshops on all these areas in our 2016/17 training offer.

Congratulations to our survey winners!

A big 'congratulations' to Jennifer Savage, David Robinson, Hannah McKeon and Louise Singleton who have won a movie voucher for completing our survey.

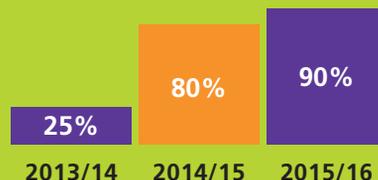
QUICK LOOK

Buy back survey results

Bespoke work

Our team have worked hard to improve the quality and effectiveness of our bespoke activities and our hard work appears to have paid off! Our survey found that 90 percent of schools rated our bespoke work as 'excellent', an increase of 220 percent since our first annual survey in 2014.

BESPOKE SERVICE RATING OF 'EXCELLENT'



Health Partnership

This year, 100 percent of Health Partnership members said they enjoyed being part of the partnership and found the Healthy Schools London award support very useful. Also, 90 percent of schools who achieved the HSL Silver or Gold awards were members of the partnership or the bespoke programme, demonstrating that schools are eight times more likely to achieve the HSL awards by buying back one of the Health Improvement Team's support packages.

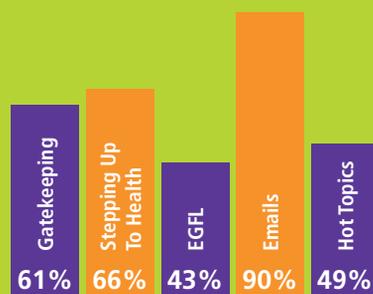
DID YOU ENJOY BEING PART OF THE HEALTH PARTNERSHIP?



Communication methods

We asked schools which of our methods of communication you find most useful. Overwhelmingly, 90 percent of schools said they found our email support most useful and 66 percent of schools said they read the Stepping Up To Health newsletter - up from 25 percent last year. However, fewer schools were aware of Hot Topics and EGFL.

COMMUNICATION METHODS I AM AWARE OF, USE AND FIND USEFUL



“

17 out of 19 schools rated our bespoke service as 'excellent'.

”



Resilience Toolkit

A tool to support teachers to deliver resilience lessons

Resilience group therapy for teachers

Would you like to be part of a unique programme in Ealing designed to improve teachers' resilience and capacity to support vulnerable children with emotional, mental health and wellbeing issues?

Unlike other helping professions, teachers are not currently offered dedicated emotional support to help them cope with the stress and anxiety of the job.

Through being part of this group you will be provided with a safe, non-judgemental, confidential, reflective and supportive space designed to help facilitate reflective practice at both a personal and professional level. The idea is that this model of support, effective in other professions, will support you and help improve your resilience and job satisfaction.

Spaces are limited so please approach your headteacher if you think you may benefit from being part of this programme. Eight groups will run once a month from November 2016 to June 2017 and you will need to attend a two hour induction workshop in September or October. Your school will need to contribute a one-off payment of £40 for you to take part and your head teacher will need to complete, sign and submit an agreement by 5pm on Friday, 7 October 2016.

How to register to attend

To book a place on an induction workshop, go to CPD online or to find out more contact the programme lead, Lisa Burrage, on 020 8825 6250 or 07976 154410.



Emotional health and wellbeing is an area all schools are trying to build into their curriculum. Reports released over the last year show the direct link between positive emotional health and wellbeing, and attainment.

The latest Public Health England report titled 'The link between pupil health and wellbeing and attainment' (November 2014), states that:

1. Pupils with better health and wellbeing are likely to achieve better academically.
2. Effective social and emotional competencies are associated with greater health and wellbeing, and better achievement.
3. The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn.

School-based programmes of social and emotional learning therefore have the potential to help young people acquire the skills they need to make good academic progress. They also benefit pupils' health and wellbeing, offering a significant return for the resource and time invested by schools to establish such programmes.

With this in mind, the Health Improvement Team has developed a

Resilience Toolkit to support teachers in delivering a robust and comprehensive emotional health and wellbeing provision to the children in their class.

This Toolkit contains tools for identifying vulnerable children, lesson plans and resources aimed for Year 1 to Year 6 as well as surveys to use with staff to identify areas of strength and areas for development.

A launch event for the toolkit was held on 30 June, and feedback from attendees was very positive with many reporting that the toolkit was extremely comprehensive and they are looking forward to using it in September.

The Health Improvement Team is currently working with schools to introduce mindfulness and meditation as a cooling down technique as well as training pupils to become 'Cooling Down Ambassadors' in the playground. Both these approaches have been used by schools who have said cooling down is becoming a barrier to learning and identified cooling down as an area of concern for the children in their school.

If you would like more information about the Resilience Toolkit or about bespoke work focused on emotional health and wellbeing, please email Claire: meadec@ealing.gov.uk

Exciting new training offer

Over 40 training workshops on health and wellbeing for schools.



In the new academic year, the Health Improvement Team will offer schools over 40 different training workshops on a wide variety of health and wellbeing topics. New training topics include smoking prevention, the PSHE scheme of work, the Daily Mile, oral health, Health Champions, RSE, FGM, emotional wellbeing, bullying, mindfulness and resilience.

We will continue to run our popular workshops on packed lunch policies, the dining room, active ideas, fussy eating

and the Healthy Schools London awards. We are also very excited to announce that Jenny Mosley, creator of Circle Time, will deliver her full day workshop on 'Powerfully Positive Lunchtimes & Playtimes & Calm Dining Halls', and Elaine Wyllie, headteacher who pioneered the first Daily Mile, will travel to Ealing from Scotland to deliver Ealing's first Daily Mile training workshop. For more information on our training workshops, read the training brochure enclosed with this newsletter.

In the new academic year, all training workshops will be free to schools who have bought into the Healthy Schools Awards and Training Package (previously entitled Health Partnership). All other schools can attend any of the sessions on a PAYG basis. Schools still have time to buy back the Healthy Schools Award and Training Package.

For more information or to buy back this package, contact Nicole : McGregorN@ealing.gov.uk.

Highly recommended training

Three training workshops not to be missed



Calm Dining Halls

Jenny Mosley, creator of Circle Time, will deliver her workshop 'Powerfully Positive Lunchtimes and Playtimes and Calm Dining Halls' in Ealing on 1 November. Two staff from each school who bought back the Healthy Schools Awards and Training package can attend for free. All other schools pay £120 per person. Book your place on Ealing CPD online.



Daily Mile

Elaine Wyllie, the head teacher from St Ninian's Primary School in Scotland, who founded the Daily Mile, will be delivering a training workshop in Ealing on 21 September at the EEC. This training will be followed by a learning walk at Stanhope Primary School to see the Daily Mile in action. All participants will receive a copy of the Daily Mile toolkit.



Emotional Wellbeing

For the first time, we are offering five training workshops on mental health and emotional wellbeing for pupils. The workshop themes include: Helping children develop resilience; Introducing mindfulness in the classroom; Ideas and resources for anti-bullying week; Cooling down strategies for the classroom; and Responding to pupils' emotional wellbeing needs.

Improving confidence in teaching RSE in a Special School

By Carole Lewis, PSHE Coordinator, Castlebar Special School

The PSED team at Castlebar asked KS2 teachers to complete an RSE survey which revealed that 67 percent felt 'not very' confident teaching RSE. To address this we had a staff workshop delivered by Image in Action which focused on resources. They also implemented a six week NSPCC 'Speak out, Stay Safe' course in years 5 and 6, which received brilliant feedback from staff. We reviewed our resource bank, updated our RSE policy and are currently adapting our curriculum to reflect the needs of our children. We also purchased the 'Bespoke' package from the Health Improvement Team and Karen came to deliver a brilliant staff workshop about the importance of RSE and gave some invaluable links to online resources. The post-intervention survey revealed that the percentage of KS2 teachers who felt 'quite' or 'very' confident teaching RSE increased from 33 percent to 78 percent.



Tackling FGM is everyone's business

A whole school approach to help tackle FGM in your school

FGM is the partial or total removal of the external female genitalia or injury to the female genital organs. It is illegal in the UK and a form of child abuse with long-lasting harmful consequences.

The new Keeping Children Safe in Education (Sept 2016) guidance makes clear the mandatory duty for teachers to

report disclosed cases of FGM clear, and states what school staff should do if they have a concern regarding a child that might be at risk of FGM.

It is widely recognised that schools are ideally placed to engage with children, young people and families about raising awareness about FGM. At the Ealing

Safeguarding Best Practice Exchange in April, staff and pupils from Norbury Primary School in Harrow shared their whole school approach to tackling FGM. A group of primary schools went to see their FGM preventative strategy in action. Its success, the senior leaders explained, was down to the long and important parent consultation which involved talking to small groups of parents from the very start, and encouraging them to raise awareness as well as help design how pupils at the school should learn about FGM and staying safe.

In the new academic year, Ealing's Health Improvement Team will continue to work with Norbury Primary school and the six Ealing schools to develop an Ealing Whole School approach to FGM.

If you would like to find out more, please register to attend the training 'How to develop a whole school approach to tackling FGM' on 24 November at the EEC. Schools can book a place via Ealing CPD online. For more information on this training, email Karen: KGibson@ealing.gov.uk.



PSHE NETWORK

New network for Ealing PSHE Coordinators

Having listened to your feedback, this academic year we will be resurrecting both the High School and Primary and Special School PSHE Networks. Both networks are free for PSHE teachers, and will be particularly useful to those teachers who lead PSHE. The termly meetings will feature PSHE practice and resources being used in Ealing schools, and whilst the networks will be facilitated by the Health Improvement Team, we will be inviting you to bring your ideas, resources, and questions to share.

There will also be plenty of opportunities to meet and talk to teachers who have similar roles from other Ealing schools so you can find out how other schools plan and deliver their PSHE provision. Come along to the first of the network meetings on 12 October at the EEC. If you work in a Primary or Special School please come from 1:30pm to 3:15pm and if you are a High School PSHE teacher and/or lead please come from 3:30pm to 5:15pm. You can book your place via Ealing CPD online.



Safeguarding Guidance for Education

RSE & E-Safety briefing for governors

The DfE have issued an updated version of the statutory safeguarding guidance for schools, Keeping Children Safe in Education 2016, which replaces the previous guidance.

Much remains the same but changes are outlined in a list in its appendix. The guidance sets out statutory duties and responsibilities on child protection and

staff employment practices, spanning several areas of schools' work.

Ofsted use the guidance to determine their inspection criteria and governing bodies can consider the detailed tasks in the guidance, audit their school's practice and formulate an action plan for any developments that may be identified.

What are the main changes?

There are three main changes to Statutory Safeguarding Training. These include:

- Whole school staff training is required to be an on-going process with at least one formal training every year.
- Designated lead teachers for child protection are required to do a training course at least every two years as well as on-going updates.
- All staff appointment panels must have at least one member who has successfully attended the Safer Recruitment course.

There is no longer a requirement to train Governing Bodies. However, training does support the Governing Body to meet its statutory duties.

Book Training

Schools can buy in training to meet these requirements from commercial sources. Ealing also offers a range of training to help meet these statutory demands that can be booked via Ealing CPD online.



Healthy Schools London – Ealing awards this term

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

We would like to congratulate all schools in Ealing that have worked hard to achieve their Healthy Schools London (HSL) awards this term. If you would like to achieve an award, first attend our Healthy Schools London training, or for more information email Nicole: McGregorN@ealing.gov.uk.

Bronze	Silver	Gold
Durdans Park Primary School	Holy Family Primary School	Beaconsfield Primary School
Petts Hill Primary School	Montpelier Primary School	Fielding Primary School
Beaconsfield Primary School	Allenby Primary School	
	Blair Peach Primary School	

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 on the courses by going to www.ealingcpd.org.uk

Workshops	Dates	Time	Cost	Venue
How to set up your 'Daily Mile'	21/9/16	1pm -3pm	Free	Ealing Education Centre
Effective RSE – top tips for delivery	5/10/16	3:30pm - 5pm	£85*	Ealing Education Centre
An introduction to PSHE and Healthy Schools	11/10/16	3:30pm - 5pm	£85*	Ealing Education Centre
An effective packed lunch policy	12/10/16	1pm -3pm	£85*	Ealing Education Centre
Healthy Schools London Bronze	13/10/16	9am - 10am	Free	Ealing Education Centre
Healthy Schools London Silver	13/10/16	10am - 12am	Free	Ealing Education Centre
Healthy Schools London Gold	13/10/16	1pm - 2pm	Free	Ealing Education Centre
Healthy Schools Ealing Platinum	13/10/16	2pm - 3pm	Free	Ealing Education Centre
Implementing the Ealing PSHE Scheme of Work	18/10/16	1:30pm - 3pm	£85*	Ealing Education Centre
Powerfully Positive Lunchtimes & Playtimes & Calm Dining Halls	1/11/16	9am - 3pm	£120*	Stanhope Primary School
Anti-bullying week – resources & ideas	3/11/16	1:30pm - 3pm	£85*	Ealing Education Centre
Dealing with difficult RSE questions	8/11/16	1pm - 3pm	£85*	Ealing Education Centre
Healthy eating parent workshops	15/11/16	1pm -3pm	£85*	Ealing Education Centre
The role of PSHE in light of the new Ofsted judgement	22/11/16	3:30pm - 5pm	£85*	Ealing Education Centre
Emotional wellbeing needs of pupils	29/11/16	1:30pm - 3pm	£85*	Ealing Education Centre
Helping children develop resilience – a toolkit for action	13/12/16	1:30pm - 3pm	£85*	Ealing Education Centre

*This workshop is free for 'Healthy Schools Awards and Training Package' members.

Our Services

All Ealing schools get access to our free Universal service. For additional support, the majority of schools also buy back the Awards & Training package and/or the 4 Day Bespoke Package.

Universal Service

Free to all schools and includes: an annual 'Health in School' visit, PSHE scheme of work, PSHE network, our termly Stepping Up To Health newsletter, monthly Hot Topics, the Health Related Behaviour Survey and conferences.

Awards & Training Package

Includes six practical workshops to help you achieve the HSL awards, access to the Ealing Healthy Schools partnership, a celebration event, drop-in days, plus a choice from over 40 training workshops.

4 Day Bespoke Package

Provides four days of comprehensive bespoke work, pre and post surveys to measure impact, an impact report and continuous phone and email support.

For more information on our services, contact KGibson@ealing.gov.uk

Editorial Committee Nicole McGregor (Health Improvement Officer) and Karen Gibson (Health Improvement Advisor)



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