



Stepping up to health



Features

- Health Improvement survey results
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PSHE scheme of work launch event

Ealing primary schools come together to officially launch the new scheme of work.

Over 90 delegates attended the launch of Ealing's new PSHE scheme of work for primary schools. Since September 2016, the health improvement team, in collaboration with six Ealing primary schools, have revised and updated the PSHE scheme of work for primary schools.

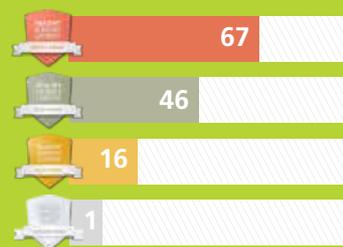
At the launch, Ben Cassidy, headteacher at St Joseph's Catholic Primary School, spoke about the need for a new scheme of work. He explained that as more safeguarding concerns were being raised by teachers, we needed to ensure that safeguarding was the golden thread throughout the scheme of work.

The three local schools involved in piloting the scheme of work in their schools

showcased the work they have been doing to trial the lesson plans and resources. They shared samples of learning, assessment and lesson planning with delegates. Delegates also had the opportunity to look through samples of the lesson plans and learned how to use this new scheme of work to embed British values and SMSC.

The health improvement team is delivering training on 12 September 2017 to support schools to successfully implement this new scheme of work; places can be booked via CPD online. Alternatively, our team can deliver PSHE bespoke work in your school to support teachers in delivering effective PSHE. For more information contact Claire: meadec@ealing.gov.uk

Healthy Schools London Ealing award tally



Book your school visit



To receive your school's health data, PSHE resources and contact lists, book your one hour Health in School visit here: hisv.acuityscheduling.com/

Health Improvement in Schools

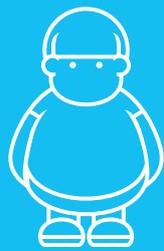
Did you know?



Ealing has the highest number of Healthy Schools London Gold awards out of 32 London boroughs.



In Ealing, 47% of schools are getting pupils to run a mile every day.



Stanhope primary school has seen a 22% decrease in the percentage of their pupils who are overweight.

Key Health Improvement dates

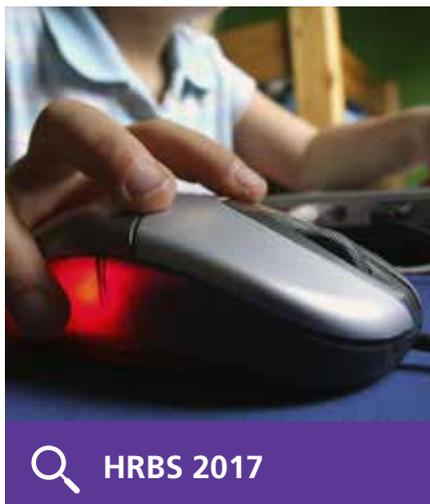
Event	Details	More information
PSHE high school network meeting	20 September 2017 3:30-5pm, venue TBC	Register via Ealing CPD online
PSHE primary school network meeting	21 September 2017 1:30-3pm, venue TBC	Register via Ealing CPD online
Emotional wellbeing toolkit launch	10 October 2017 1pm – 3pm, EEC	Register via Ealing CPD online
Great Weight Debate	11 October 2017 10am – 12pm, Ealing Town Hall	To register, email publichealth@ealing.gov.uk
Deadline to complete Health Related Behaviour Survey	13 October 2017	To register, email meadec@ealing.gov.uk
Book your annual Health in School visit	Booking begins early November	Book via hisv.acuityscheduling.com/
Deadline to submit HSL Bronze award	23 November 2017	Submit to meadec@ealing.gov.uk
Deadline to submit HSL Silver award	27 November 2017	Submit to meadec@ealing.gov.uk
Deadline to submit HSL Gold award	27 November 2017	Submit to meadec@ealing.gov.uk
Annual Health Improvement Team Conference	22 February 2018 Double Tree Hilton	Register via healthimprov.eventbrite.co.uk

More information about the above dates, contact Claire on meadec@ealing.gov.uk
Read our weekly electronic news for more details.

Events and important dates

The events below can be used to embed and extend PSHE learning. Some of these events are embedded within the new PSHE scheme of work.

International Day of Peace	21 Sep 2017
European Day of Languages	26 Sep 2017
Walk to School Month	Oct 2017
World Teacher's Day	5 Oct 2017
World Mental Health Day	10 Oct 2017
National Stress Awareness Day	1 Nov 2017
Alcohol Awareness Week	13 – 19 Nov 2017
Road Safety Week	20 – 26 Nov 2017



HRBS 2017

In October 2017, schools will undertake the 7th biennial Health Related Behaviour Survey. In 2015, 96% of schools and over 11,000 pupils took part in the survey. A briefing to support schools in administering the HRBS will take place on 21 September. Places can be booked via Ealing CPD online.

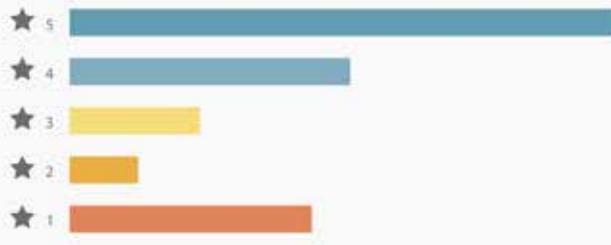


★ HAT celebration event

On 25 May, we held a celebration event for Healthy Schools Awards and Training (HAT) package members at W7 Emporium. Four schools presented on the impact of their school health activities and then certificates were presented to HAT schools who achieved a Healthy Schools London award.

Health improvement survey results

What you told us and what we will do next



A big 'thank you' to the 78 headteachers and PSHE co-ordinators who completed our annual survey in June this year. We received 15% more completed surveys this year compared to the previous year and we have taken on board your feedback to improve the service that you will receive in the new academic year.

We were delighted to hear that 86% of respondents believe their school 'very highly' or 'highly' values health and 90% believe our service has had an impact on your pupils' health and wellbeing.

“ Absolutely invaluable in supporting our school to get our bronze, silver and gold awards. The team are all so approachable and available to support with everything we have ever needed relating to our school's PSHE needs ”

Dawn Atkins
Berrymede Infant School

We were delighted to learn that 100% of respondents said they found their Health in School Visit useful and over half of respondents said the most useful part of their school visit was having the opportunity to discuss their school's health priorities.

At 91%, our most used service was our central trainings at the EEC, closely followed by our Health Related Behaviour Survey, Healthy Schools London award support 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 help to engage parents in health initiatives. A few schools also said they would like funding ideas and support to implement activities. You also asked for trainings on RSE, mental health, FGM and oral health, all which have been included in our 2017/18 training offer.

Congratulations to our survey winners!

A big 'congratulations' to Kay Scaldwell, Jamie Maloy, Ainna Miranda, Amy McCann, Tricia Gill, Dawn Atkins, Steven Cotton, Holly Chapman, Sahreen Siddiqui, Menhel Kassir and Stacey Gale. You have all won a cinema ticket for completing our survey.

QUICK LOOK

Bespoke work

11 OUT OF 13 SCHOOLS RATED BESPOKE AS EXCELLENT, AND 2 IN 13 RATED IT AS GOOD.

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 85% of schools rated our bespoke work as excellent and 15% said it was good. Schools said they bought back bespoke because they believe it's effective and saves them time, they value the help in school and like that the service is tailored.

Bespoke service rating 2016/17



HEALTH SCHOOLS AWARDS AND TRAINING (HAT) PACKAGE

This year, 100% of our HAT members said they found it rewarding to be part of this partnership and find the HSL award support very useful. Also, 90% of schools who achieved the Health Schools London Silver or Gold awards were members of the HAT or the bespoke programme, demonstrating that schools are significantly more likely to achieve the HSL awards by buying back one of the health improvement team's support packages.

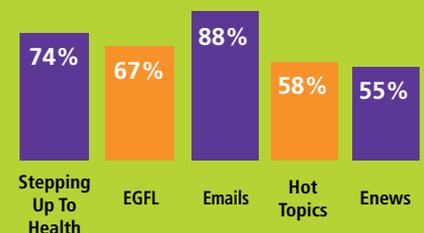
Did you enjoy being part of the HAT?



COMMUNICATION METHODS

We asked you which of our methods of communication you find most useful. Eighty-eight percent of you said you find our email support most useful, 74% of you said you read Stepping Up To Health newsletter but not many of you are aware of Hot Topics and our weekly eNews. We have now combined our Hot Topics and eNews into one weekly newsletter. To sign up for the weekly eNews contact our administrator Jina on burrowsj@ealing.gov.uk

Communication methods I am aware of, use and find useful





Ealing schools are tackling obesity

Read about the four schools taking on the challenge to reverse obesity rates.

Stanhope's kitchen launch

Celebrity chef Cyrus Todiwala officially opened Stanhope Primary School's new kitchen in May. The school's new fully equipped kitchen was generously donated by Magnet, a British kitchen retailer, to help pupils learn how to cook and prepare healthy food.

Cyrus, who was recently named BBC food personality of the year, cut the ribbon to officially open the new kitchen, and got to see food prepared and cooked by the health champions. Cyrus then talked to the 600 pupils at Stanhope Primary in assembly about why he loves cooking and what inspired him to become a chef.

At the kitchen opening, The Royal Academy of Culinary Arts Adopt-a-School Trust organised sensory learning activities and a cooking session with the school's health champions.



In May, Ealing schools were invited to apply for funding up to the value of £5,000 to help introduce initiatives that have been proven to reduce obesity. The criteria for the funding was strict: Schools needed to show commitment by contributing £500 to the cost of activities and only schools with above average rates of obesity could apply.

Seventeen schools applied and the funding was awarded to Blair Peach, St Vincents, Berrymede Infants and Coston primary schools.

Over the next twelve months, these four schools will receive support and resources to help them introduce a range of initiatives including: The Daily Mile, assemblies, a summer health fair food policies, high intensity training (HIT), healthy eating workshops with parents, One You Ealing's weight management programme and cooking initiatives.

The four schools will participate in The Daily Mile programme where all pupils run a mile every day at school along a marked track. This programme is proven to almost halve rates of obesity over four years.

The funded schools will also introduce a water-only packed lunch policy and

pupils who follow the policy will be rewarded with a token. The year group with the most tokens at the end of every half term will receive a reward. These schools will also introduce a whole school food policy where parents will receive guidance on food allowed at discos, excursions, fairs and birthdays.

Three of the funded schools will receive sensory learning activities and cooking sessions from The Royal Academy of Culinary Arts Adopt-a-School Trust.

High intensity training (HIT) will also be introduced in the schools. This is where pupils participate in high cardio activities, such as star jumps and lunges, at the end of first break for three minutes.

This funding has been provided by Ealing Council's public health team with the aim of replicating the success achieved in Stanhope Primary School, where rates of overweight and obesity of their last years' year 6 pupils decreased by 22% during their time at school.

If you would like help to introduce any of the initiatives received by the funded schools, please contact Nicole on McGregorN@ealing.gov.uk.



Daily Mile film

The Daily Mile company recently spent a day filming at Stanhope Primary to produce a short film on the Daily Mile.

In Ealing, thirty-five primary schools are doing the Daily Mile, which is around 13,000 pupils running a mile every day!

For more information on The Daily Mile, attend The Daily Mile training on the 17 October 2017 at the EEC. Book your place via Ealing CPD online. To sign up to The Daily Mile programme, email McGregorN@ealing.gov.uk

View the film at <http://tinyurl.com/yc97zhfh>



Relationships and Sex Education at Lady Margaret

By Helen Rai and Rosalyn Bartholomew.

Claire Meade, health improvement officer for RSE, has been working very closely with all staff to develop our RSE curriculum and review the policy. She initially met with the SLT to revise our RSE curriculum and discuss the new resources from the Christopher Wintour project, which Ealing are advising all schools to use.

SLT agreed that these resources would be implemented throughout the school and Claire then delivered an engaging staff workshop to introduce staff to these materials. Staff were encouraged to discuss appropriate language, lesson content and resources in their year groups as well as reflect on their own experiences to highlight the importance of high quality RSE for children.

Claire subsequently ran two workshops to familiarise parents with the lesson plans and resources for each year group. All materials were made available for parents to use and Claire was highly effective in supporting the discussion and engaging parents in dialogue.

RSE lessons took place in all year groups in June and letters were sent out informing parents of this. Parents who wished to withdraw their children from RSE had



to make an appointment with the head teacher to share their concerns and confirm how they would educate their children at home. If parents still wished to withdraw their children, the school provided them with the resources and lesson plans used in class, enabling parents to have RSE conversations with their children at home. This approach ensured that all information shared with children was in line with the school RSE policy.

Claire helped our school to update our RSE resources and policy, increase staff confidence to deliver RSE and increase parents understanding about the importance of RSE and the topics that are covered. Feedback from staff and parents has been overwhelmingly positive.

If you would like to develop a similar whole school approach to RSE in your school, email: meadec@ealing.gov.uk

Healthy Living Week at Castlebar

By Holly Chapman, PSHE co-ordinator

At Castlebar School, we held a healthy living week in May this year. Our healthy living week had a strong pupil input; school counsellors identified activities they wanted during sports day and then the school counsellors helped run the

activities during the day. All the pupils took part in activities such as boccia, curling, hurdles, hockey and basketball.

We also had some special events taking place across the week such as our 'design a healthy lunchbox' competition, where

children voted for their favourite design. Children also had the opportunity to take part in healthy cooking lessons and then were able to share the food they had cooked with other pupils at a healthy picnic.

We held two parent workshops on how to involve children with healthy cooking and imaginative ways to engage children in sports games at home.

Children across the school were involved in a fruit and vegetable taster session where each class sampled exotic fruits and vegetables; a lot of which children had never tried before.

We ended the week not only with our prize giving assembly but with our Walk 4 Wildlife; a charity Guinness World Record attempt taking place across the country to raise money for various charities – our chosen charity being Save the Rainforest.





Staff emotional wellbeing

Agnes Gretschel, PSHE co-ordinator, Springhallow School



Emotional wellbeing information exchange event

Schools have expressed a need for support in promoting children’s mental health and wellbeing and ensuring the whole school community is involved. In response to this, Stacey Edmead, mental health improvement officer, ran an emotional wellbeing information exchange event on 16 June 2017 at the EEC.

Primary, special and high schools attended the event to explore what a whole school approach to emotional wellbeing would look like and how the role of a mental health champion can play a key role in its implementation.

To bring this concept to life, Sharon Mercer from Grey Court School in Richmond gave an informative presentation about her role as director of wellbeing. Attendees also heard from Lynne Copeland, on Mindfulness in school, Bronach Hughes from the Pyramid Club and from Ealing school, Cardinal Wiseman on developing positive mental and physical health and wellbeing.

The outcome of the event was extremely positive with all schools expressing an interest in developing a mental health champion network and a toolkit for schools. Members of the network will meet termly and receive free mental health training and resources for their school, including the new emotional wellbeing toolkit which launches on 10 October.

If you would like to attend the launch event or join the mental health champion network, please contact Stacey: paynes@ealing.gov.uk.

Springhallow School is an Ealing special school for pupils aged four to sixteen with a diagnosis of autism, including Asperger’s syndrome. Our pupils have a wide range of learning abilities, from pupils who are being integrated into local mainstream schools to pupils with severe learning difficulties.

As PSHE co-ordinator I decided to prioritise the mental health and wellbeing of our pupils and staff in my school. According to National Autistic Society, 70% of children with autistic spectrum disorders (ASD) will have a mental health concern at some point in their life. School staff, alongside parents and carers, are most likely to identify pupils who have early signs of mental health issues.

Stacey Edmead-Payne, children’s mental health improvement officer, delivered two bespoke training sessions on mental health awareness, and autism and anxiety. Self-harm and obsessive compulsive disorder training is planned for the new academic year.

SEND teachers work under enormous pressures such as workload, poor work-life balance and highly challenging

behaviour from pupils. Our relationship with parents can be emotionally demanding and staff need to work with a number of other professionals to meet the complex needs of pupils, including a team of teaching assistants. As a result, our teachers are more likely to suffer work-related mental health conditions. The health improvement team co-ordinated a hope and wellbeing project run by Ealing Adult Learning. This consisted of a six week course in yoga and pilates, which staff attend every week.

Our pupils are at heart of everything that we do and I would like to continue to prioritise the emotional wellbeing of our pupils and staff and embed mental wellbeing into our curriculum. I look forward to continuing this work with the health improvement team next year.

“ Our teachers are more likely to suffer with work related mental health conditions. ”

Ealing Prevent audit – school feedback

What you told us



Following the launch of the Ealing Prevent Toolkit for Schools at our conference last November, we asked staff to complete a survey to measure the impact that the toolkit has had around implementing the Prevent duty in schools. A big ‘thank you’ to the 69 headteachers and designated safeguarding leads who completed the prevent audit in June this year. Our team have taken on board your feedback to improve the service that you will receive in the new academic year.

We were delighted to learn that 100% of respondents said they found the Ealing Prevent Toolkit an effective tool in implementing the Prevent duty in their school, in particular the step-by-step guide.

The most popular resource from the toolkit was the Policy and Practice Checklist, with 97% of schools rating it as good or excellent, followed by the Incident of Concern Flowchart at 94% and the British Values Department Mapping Template at 87%.

Our Curricular Resources Sharing Strategies, produced by schools from the ARISE network (Anti Radicalisation In Schools for Ealing), have proved popular with 98% of schools already underway in promoting British values, and 97% incorporating online safety and critical thinking skills across the curriculum.

Evaluations from our training and school visits have furthermore shown that our service has had an impact on staff confidence, with improved understanding and awareness of radicalisation, the factors and behaviours around vulnerability, and the referral procedures.

When asked what additional support you would like from us, many of you said you would like us to provide ideas on how to engage with parents around Prevent, as well as guidance around British values for SEN, which we are currently developing for you through collaboration with our ARISE network. Several schools also asked for training around risk assessment procedures together with additional training for new staff and governors, all of which have been included in our new autumn training calendar 2017/18, available on www.egfl.org.uk/prevent.

For further information and guidance, please email Mubina Asaria on asariam@ealing.gov.uk

“ 100% of staff said they found the Ealing Prevent Toolkit an effective tool for implementing the Prevent duty. ”

QUICK LOOK

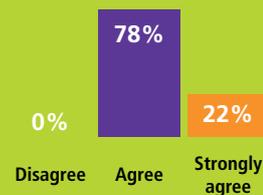
Survey Results

IMPACT OF TOOLKIT

Fifty-four out of 69 schools agreed that the toolkit was an effective tool in improving their understanding of the Prevent Duty for schools, and 15 in 69 strongly agreed.

Our team have worked hard to develop and pilot strategies and resources with the ARISE network to gain a better understanding of effective practice in implementing the Prevent duty, and our hard work appears to have paid off!

Improved understanding of the Prevent duty



AWARENESS OF THE PREVENT TOOLKIT

One hundred percent of our schools said that they were aware of the Ealing Prevent Toolkit for Schools. Also, most schools have already or are in the process of developing their Prevent working/safeguarding group or equivalent, to provide appropriate leadership and governance as part of a whole school approach.

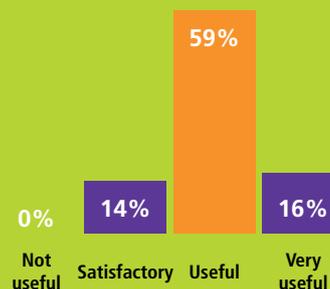
Are you aware of the Ealing Prevent Toolkit?



STEP-BY-STEP GUIDE

We asked schools how useful they found the step-by-step guide as a tool to implement the Prevent duty within their school; 41 out of 69 schools said they found it useful and 18 schools said they found it very useful.

Usefulness of the step-by-step guide



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.

We would like to congratulate all schools in Ealing that have worked hard to achieve their Healthy Schools London awards this term.

If you want to get your award, we advise you to attend our Healthy Schools London training or attend our Healthy Schools London drop-in days during the academic year for award support. Register via Ealing CPD online or for more information, email: MeadeC@ealing.gov.uk.

Bronze	Silver	Gold	Platinum
Lady Margaret Primary School	Dormers Wells Junior School	Springhallow School	Ravenor Primary School
Mayfield Primary School	Greenwood Primary School	Saint Anselm's Catholic Primary School	
Coston Primary School	Woodlands Academy	Berrymede Infants School	
Mount Carmel Primary School	Wood End Infants School	Belvue High School	
Hobbayne Primary School		West Twyford Primary School	
North Ealing Primary School		Mandeville School	
West Twyford Primary School			
Mandeville School			
Berrymede Junior School			
Edward Betham CE 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	Venue
HRBS 2017 briefing	21/09/17	3:15pm- 4:15pm	Ealing Education Centre
5 minute daily HIT for schools	27/09/17	2pm- 3:30pm	Ealing Education Centre
School travel: a new approach	03/10/17	2pm- 3:30pm	Ealing Education Centre
How to set up the daily mile	05/10/17	2pm- 3:30pm	Ealing Education Centre
Induction for new PSHE leads	12/10/17	2pm- 5pm	Ealing Education Centre
Anti- bullying resources and ideas	17/10/17	3:30pm- 5pm	Ealing Education Centre
Healthy Schools London awards briefing	31/10/17	10am- 11am	Ealing Education Centre
Is your school Ofsted ready?	01/11/17	2pm- 5pm	Ealing Education Centre
Teaching mental health in key stages 2,3 and 4	02/11/17	3:30pm- 5:30pm	Ealing Education Centre
Mental health awareness	07/11/17	9am- 12pm (primary) 1pm- 4pm (high schools)	Ealing Education Centre
How to implement a successful packed lunch policy	09/11/17	2pm- 4pm	Ealing Education Centre
Risk assessment for prevent	09/11/17	3:45pm- 4:45pm	Ealing Education Centre
Emotional wellbeing needs of LGBT pupils	29/11/17	9am- 11:30am	Ealing Education Centre
Understanding self-harm	29/11/17	1pm- 3:30pm	Ealing Education Centre
How to run healthy eating workshops with parents	05/12/17	2pm- 3:30pm	Ealing Education Centre
Analysing your HRBS survey	07/12/17	1pm- 3pm	Ealing Education Centre

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, newsletter 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, plus a choice from over 30 training workshops.

4 Day Bespoke Package

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

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

Editorial Committee

Nicole McGregor – Senior Health Improvement Officer
Stacey Edmead-Payne – Health Improvement Officer
Claire Meade – Health Improvement Officer

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

 @EalingPshe



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www.egfl.org.uk/healthy-schools

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