



Stepping up to health



Features

- ❖ Health Improvement conference
- ❖ Prevent toolkit
- ❖ FGM at Perivale
- ❖ Cybermentor package
- ❖ Activity clubs at Selborne
- ❖ Mental health champions

New Ealing PSHE scheme of work

A new scheme of work has been written to support primary school teachers across the borough deliver high quality PSHE Education.

A group of schools, along with the Health Improvement Team, have been working together to devise new lesson plans and resources to support teachers deliver relevant and up-to-date PSHE education.

This process began in September when we consulted with teachers and pupils across the borough to decide what would be kept from the current scheme of work and what needed to be added. We then wrote long and medium term plans for PSHE where topics and themes were finalised. These topics include Relationship and Sex Education (RSE), drugs and alcohol, FGM, economic education and global citizenship. Keeping safe runs as a golden thread throughout the entire scheme of work to ensure all pupils know how to stay safe and this is revisited every year.

In order to best support teachers, all lesson plans are fully resourced and link to themed

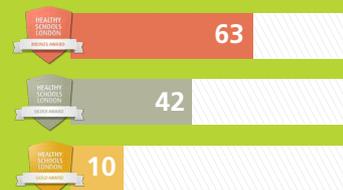
weeks that occur throughout the year. We have strived to ensure that assessment opportunities and evidence gathering are part of each lesson plan to ensure PSHE coordinators can gather assessment and evidence for PSHE.

The scheme of work also includes curriculum links that show where PSHE themes could be used across the wider curriculum. Finally, we have also made links to the Ofsted criteria to support schools in using the scheme of work to provide evidence for Ofsted.

This scheme of work will be launched on the 4th July at Trailfinders. It will be free to all maintained Ealing Schools and those who attend the launch event will receive a memory stick with the whole scheme available to print and share.

Places are limited, so book early via Ealing CPD online to avoid disappointment.

Healthy Schools London Ealing award tally



HIT survey & prizes



Complete the Health Improvement Team's annual survey before 31st June here: www.surveymonkey.com/r/HISurvey2017. Every 5th survey submitted will receive a free cinema ticket.

Health Improvement in Schools



♥ Mental Health Toolkit

The Health Improvement Team is currently updating the Resilience Toolkit with resources for use in both primary and secondary schools. The new 'Whole School Mental Health Toolkit' is a step-by-step guide for senior leaders to implement a whole school plan for emotional wellbeing.

This guide outlines how to set up a working group, what to include in a mental health policy, what training to deliver to staff, ideas for developing pupil resilience, how to implement the resilience scheme of work and how to evaluate impact. An information exchange event will take place in June. To register your interest, email Stacey on paynes@ealing.gov.uk.



The Ealing Public Health Team is offering four Ealing schools up to £5000 to introduce three healthy weight initiatives from a choice of six activities. Activity options include: the Daily Mile, healthy lunchtime initiatives, health fair support, 5 minutes of daily High Intensity Training (HIT), cooking activities, and active travel initiatives. Applications close 19th May. For an application form, email McGregorN@ealing.gov.uk



👥 Eat Like A Champ

Eat Like A Champ is a FREE and fun evidence based healthy eating education programme aimed at Year 5 pupils, proven to increase pupils' consumption of fruit and vegetables. Ealing schools who register receive a full toolkit with stickers, posters, passports and lesson plans. Over 50% of Ealing primary schools have already registered. Sign up at: www.eatlikeachamp.co.uk



🔍 HRBS survey

In October this year, all maintained primary and high schools in Ealing will be invited to take part in the Health Related Behaviour Survey (HRBS). For this survey, Year 4, 6, 8 and 10 pupils complete a series of questions about their health choices, behaviour and attitudes. Last year, all but one primary and secondary school in Ealing participated in the HRBS. This survey is free for all schools and is completed by pupils online.



★ SMSA training brochure

A training programme has been developed to support School Meals Supervisory Assistants (SMSA) in their role to assist in their understanding of nutrition, safeguarding, behaviour management, team working, communication and customer service skills. Download a copy of the brochure from the Health Improvement page on EGFL, under the training tab.

Health Improvement Conference

Sharing best practice ideas with Ealing schools

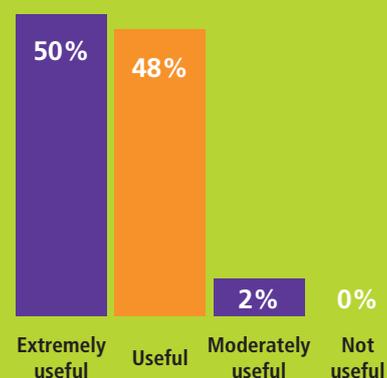
QUICK LOOK

Conference feedback

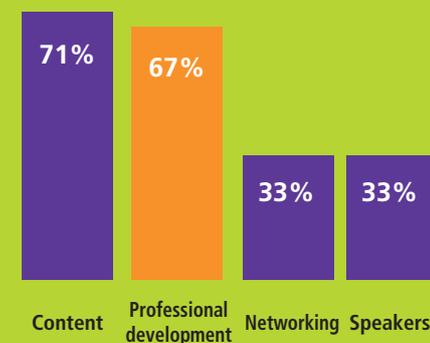
Ninety-one delegates attended the conference from schools in Ealing, an increase of 11% compared to last years' attendance. Delegates were predominantly Headteachers and PSHE Coordinators working in primary schools, followed by teachers working in high and special schools.

According to evaluations, 98% of delegates said the conference was 'useful', of which 50% said it was 'extremely useful'.

Usefulness of conference



Reason for attending



Delegates let us know that the main reasons they attended the conference was because of the content of the conference and for professional development. Other reasons why delegates said they attended the conference was for networking opportunities and to hear specific speakers.



Our conference in February looked at what schools can do to have a lasting impact on pupils' health, wellbeing and personal development.

This event was sold out and 91 delegates attended.

Local schools heard from former Olympian and gold medal winner, Dr David Hemery on how coaching for health, wellbeing and attainment can be effectively delivered to all school age children.

Dr Pooky Knightsmith, Director of the children, young people and schools programme for the Charlie Waller Memorial Trust, and ambassador on mental health, was also a keynote speaker on the importance of taking a whole school approach to pupil wellbeing.

Attendees also heard from three local schools about the programmes they have implemented which have seen a major change in the health and wellbeing of their pupils.

Stanhope Primary school has worked closely with Ealing Council's Health Improvement Team to tackle pupil obesity. Sahreen Siddiqui, the headteacher, discussed the actions they have taken to reverse childhood obesity rates with a 22% decrease in the number of overweight and obese children. This goes against the trend seen in schools which see rates of overweight and

obesity increase by 58%. Some of the initiatives mentioned included the Daily Mile, Health Champions programme, a packed lunch policy with token rewards, 3 minutes daily high intensity training, healthy eating parent programmes and health fairs.

Four pupil Health Champions from Stanhope then led 2 minutes of high intensity training which delegates enthusiastically participated in.

Castlebar Special School were concerned that staff were not confident in delivering RSE and PHSE. Working with the Health Improvement Team the number of staff who now feel confident in delivering these lessons has risen from 33% to 78%. This helped the school achieve their Healthy Schools London Silver and Gold Awards in 2016.

At Greenford High School pupils and staff have been working on reducing the incidence of bullying, and in particular online bullying, supported by the Health Improvement Team. The result is CyberMentors, a programme developed by the pupils to deliver peer mentoring and deliver online safety measures. The school has seen a 50% decrease in cyber bullying and the programme is being rolled out across the whole borough.

The conference closed by celebrating the success of the Healthy Schools programme with 30 schools receiving Silver and Gold awards.



CyberMentor Packages Now Available for Ealing Schools

Schools can now buy back our award winning CyberMentor programme

Our CyberMentor packages have been developed by Mubina Asaria, Ealing Health Improvement Team's 'Preventing Extremism in Schools' advisor, as part of the John Lyon's E-Safety Project for Ealing schools.

Of the ten schools who received support from Mubina to develop and embed a CyberMentor programme in their schools, all would recommend the programme, and:

- 100% rated it as an effective solution to tackle cyberbullying
- 80% said it enhanced their school's online safety programme
- 80% found being involved in the programme improved pupil confidence and self-esteem
- There has been a 48% reduction in the number of cyberbullying incidents at one school since they introduced a CyberMentor programme.

Schools can choose from our two packages which will save time, and provide the expertise, training and support to build resilience, develop online safety and promote British values as part of a whole school approach.

CyberMentor PLUS Package

This extensive package includes a staff 'train the trainer' day, a two day CyberMentor pupil workshop at your school and a detailed CyberMentor toolkit. It will enable your school to:

- Run your own school CyberMentor programme annually to reduce cyberbullying
- Create and develop peer mentors and online safety ambassadors
- Use a step by step CyberMentor toolkit guide

CyberMentor Package

This introductory package includes consultation to develop your peer-mentoring initiatives and a two day CyberMentor workshop at your school. It is suitable if you want to:

- Run a one off CyberMentor programme in your school to reduce cyberbullying
- Create and develop peer mentors and online safety ambassadors
- Receive a tailored action plan for your school.

Follow this link below to view our CyberMentor packages included in our Preventing Extremism in Schools services: www.egfl.org.uk/preventing-extremism

For further information, please contact Mubina Asaria, Preventing Extremism in Schools Advisor via phone on 020 8825 5323 or email AsariaM@ealing.gov.uk.

“ Students received a brilliant two day training programme and became online safety ambassadors and peer-mentors. I really can't recommend the training enough! ”

Paul Walton,
Assistant Head,
Cardinal Wiseman School

Ofsted-ready Prevent package

New four day bespoke service to prevent extremism in schools

Following on from the launch of the Ealing Prevent Toolkit last November, schools have been asking us for guidance and training around implementing the toolkit. In response, we have developed a new 'Four day bespoke Ofsted-ready package', which if purchased will ensure that your school will be fully trained and have the right policies, procedures and practice in place to meet the Prevent duty.

Our bespoke Prevent Package has been developed by Mubina Asaria, Ealing Health Improvement Team's 'Preventing Extremism in Schools' Advisor, who is qualified and experienced in leading whole school 'Prevent' and online safety

strategies, implementing peer mentoring and delivering Prevent training.

The package is suitable if you want to develop a whole school Prevent programme – it provides schools with four days of practical support to review your Prevent policies and procedures, embed British values and online safety, plus bespoke training for staff, parents and governors. Schools will also receive an action plan to monitor progress, together with cross-curricular resources developed by teachers, and guidance to implement the Prevent Toolkit.

Follow this link below to download our brochure, and view our new 'Four day bespoke Ofsted-ready package', as well as our award-winning school



The DfE have approved Ealing's Prevent Toolkit and strategy for schools

CyberMentor packages that are included in our Preventing Extremism services to schools at:

www.egfl.org.uk/preventing-extremism

For further information, please contact Mubina Asaria, Preventing Extremism in Schools Advisor via phone on 020 8825 5323 or email AsariaM@ealing.gov.uk.

Perivale Primary School – Beacon FGM aware school

Raising awareness of FGM among staff, parents and pupils.

Perivale Primary School is working with Norbury Primary School from Harrow to become the Beacon school for FGM awareness in Ealing. Norbury is a leading school in FGM awareness and their staff have worked for a number of years to develop staff confidence in raising FGM awareness and well as increasing parent's awareness of FGM.

Norbury have been funded by Barnardo's to roll out their model to other schools and have been supporting Perivale in

rolling out this model over spring term. This model includes three informal coffee events for parents to support them in discussing FGM, as well as raising awareness of FGM among parents. A whole school assembly to introduce the topic of FGM to pupils at an age appropriate level, modelled lessons for years 3, 4, 5, 6 and a final assembly for all the pupils who receive lessons to help consolidate learning. Finally, training was also delivered for all staff, including the school's safeguarding & curriculum

Governor, to support staff in understanding how to embed FGM awareness in the curriculum as well as to increase staff's own knowledge and awareness of FGM.

The Health Improvement Team will also be involved in this training and aim to support Perivale Primary to model to schools across Ealing. We will also be using the resources made available by Norbury to help embed FGM awareness and safeguarding in the new PSHE scheme of work.





Selborne dramatically boosts sports participation

By Patrick Amara, PE Leader

One of our school key priorities was to improve sports participation throughout the school but especially with Year 6 pupils.

We wanted to make PE and sports fun, to celebrate participation in sport and to change attitudes so that sport participation is the norm.

We started by ensuring that all PE lessons were well planned, consistent and offered high quality PE to all students. We then invested in new equipment, planned new resources, and supported and coached staff. Enriching the curriculum also involved organising a number of school trips to see live sporting fixtures to create excitement around sport. This has all been led and co-ordinated by a high quality and enthusiastic PE Leader.

Along with curriculum developments, we raised the profile of PE and sport throughout the school. We promoted sporting fixtures and events happening in the school and locally via the school noticeboards, through social media, by a new sport newsletter and in assemblies.

It also meant a restructuring of the current rewards programme; offering the opportunity to celebrate both sporting success but more importantly sporting participation – both in and out of school; establishing new awards and prizes, including the introduction of a good sportsmanship award and also awards that recognise elite performances in intra-school and inter-school competitions.

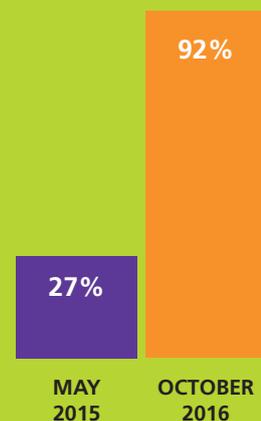
We offered more specialist clubs to engage girls in sport such as gymnastics, dance, cheerleading and tennis. And, established more in-house morning, lunchtime and after school clubs such as a cross country club. Encouraging participation in these clubs has led to new links with local professional and semi-professional clubs in our local community such as the London Broncos, and Ealing Trailfinders who now have a role in sports at Selborne.

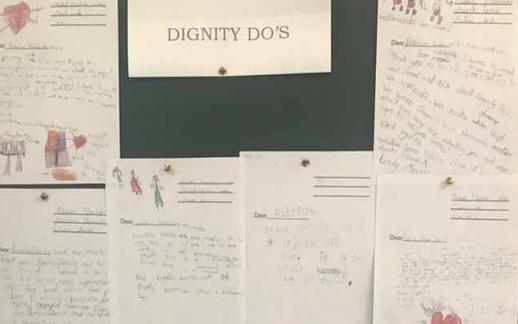
Our sports clubs registers show that as a result of all our exercise initiatives, participation in exercise clubs has increased from 27% (May 2016) to

92% (October 2016). In addition to the significant increase in exercise club participation, we have also observed considerable improvements in pupils' behaviour.

We intend to keep up this focus and nurture the growing enthusiasm and participation in sport by all our pupils.

Year 6 participation in exercise clubs





Mental Health Champion

A case study from Grey Court School, Richmond

Raising awareness of dementia in schools

Michael Flanders Resource Centre have been working closely with Berrymede Infant School to build links and create an intergenerational project.

The resource centre provides day opportunities for older people with dementia living in Ealing. Staff facilitate and provide a range of activities such as exercises, pottery, art & craft, baking, quizzes, reminiscence, current affairs and music appreciation for therapeutic and rehabilitative purposes, improving and maintaining older people's health and wellbeing.

Staff from the centre have been working with the pupils from Berrymede and in particular with Agnita Richardson and her colleagues.

Activities have included attending the Harvest Festival Assembly and delivering a presentation on Dignity in Care, providing the children with a copy of the Children's 10 Dignity Do's, and most recently presentations raising awareness around dementia.

The children, with the support of their teachers, interacted and engaged appropriately with the activities and as a result it has been agreed for the children to attend the resource centre. They will participate in activities such as gardening, baking and reminiscence with the support of centre staff and teachers to gain skills and to have experience of working with older people. The school and resource centre feel strongly that this project will enable the children to gain a better understanding of what older people are experiencing as a result of undergoing memory problems and dementia.

Older people who attend the centre will be able to share their skills, knowledge, memories and life experiences with the children which will improve their quality of life, purpose, health and wellbeing.

If your school is interested in working with the Michael Flanders Resource Centre on a similar project please contact

Patricia Hayward on 0208 8259118.



Grey Court School celebrating their success by breaking the Guinness World Record for popping the largest number of party poppers in one go.

As part of the government's agenda to promote, protect and improve children's mental health and wellbeing, a main focus is prevention. Theresa May has stated that a plan to transform mental health services should start "not in our hospitals, but in our classrooms, at work and in our communities".

A mental health champion is a member of school staff who leads on wellbeing and is key to ensuring the school is able to respond to the mental health needs of children. The main responsibilities for this role are to promote wellbeing and ensure there is a whole school plan in place to support pupils, parents and staff. They will liaise with mental health services and the council to ensure the school community are aware of local services and how to access support.

I recently visited Grey Court High School who has had a 'Director of Wellbeing' in post for the last four years. Sharon Mercer is an experienced teacher with an interest in pupil welfare. As Director of Wellbeing, Sharon is also a member of the senior leadership team and line manages a team of Student Support Officers and the PSHE coordinator.

Sharon delivers training to staff and chairs the staff wellbeing committee. She also leads on Restorative Justice which is the foundation of the school behaviour policy. As a result, children at Grey Court School have developed positive relationships with staff and each other. Rates of exclusions have seen a significant drop and students feel well supported throughout the school.

Sharon says that a key to success has been the vision of head teacher, Maggie Bailey to ensure that pupil and staff wellbeing remains a priority. "Without the trust and support of Maggie, I would not have been able to develop and implement such a comprehensive and innovative plan to address pupil wellbeing at the school".

Sharon is keen to share her learning with Ealing schools who are interested in developing the Mental Health Champion role, at an information exchange event in the summer term. If you would like to attend or be a part of this event, please email Stacey on paynes@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.

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 want to get your award, we advise that you first attend our Healthy Schools London training.

For more information, email Claire on MeadeC@ealing.gov.uk.

Bronze	Silver	Gold
Ark Byron	Castlebar School	Allenby Primary School
Berrymede Infants Schools	Clifton Primary School	Petts Hill Primary School
Dairy Meadow Primary School	Coston Primary School	Selborne Primary School
Dormers Wells Infant School	Greenford High School	
Dormers Wells Junior School	Hambrough Primary School	
Ellen Wilkinson School for Girls	Viking Primary School	
Elthorne Park High School	Wood End Academy	
Gifford Primary School	Woodlands Academy	
Greenford High School		
John Chilton School		
Khalsa Primary School		
St John Fisher Catholic 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
Improving the Dining Room Experience	25/4/17	1pm-3pm	Free *	Ealing Education Centre
KS3 & 4 RSE – class activities and resources	26/4/17	1:30pm-3pm	Free *	Ealing Education Centre
Help fussy eaters to eat well	27/4/17	9:30am-11:30am	Free	Ealing Education Centre
FGM briefing	11/5/17	3:45pm to 5:15pm	Free**	Ealing Education Centre
CSE briefing	18/5/17	3:45pm to 5:15pm	Free**	Ealing Education Centre
Effective RSE – top tips for delivery	24/5/17	1:30pm-3pm	Free *	Ealing Education Centre

* Free to 'Healthy Schools Awards and Training Package' members. All other schools pay £85

**Free to all CPD SLA schools. All other schools pay £85

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 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 McGregorN@ealing.gov.uk

Editorial Committee

Nicole McGregor (Senior Health Improvement Officer) and Karen Gibson (Health Improvement Manager)

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

 @EalingPshe



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www.egfl.org.uk/healthy-schools

Please dispose of this newsletter in a green box.