



# Stepping up to health



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## Ten years of the HRBS

### How schools are helping to improve pupils' health and wellbeing

**Over the last ten years the Health Improvement Team has invited every school in Ealing to take part in the Health Related Behaviour Survey (HRBS).**

Every two years, pupils from years 4, 6, 8 and 10 answer a series of questions about their health choices, behaviour and attitudes. In October last year, 75 schools in Ealing, a total of 11,929 children and young people, participated in the HRBS.

The results from the 2015 HRBS found that children and young people in Ealing are making better lifestyle choices. For example, the number of primary school pupils consuming junk food such as crisps and chocolate on most days has fallen from 29% in 2005 to 16% in 2015. And, 29% of secondary pupils said they ate five or more portions of vegetables and fruit on the day before the survey, up from 23%.

Attitudes towards smoking has significantly improved over the last decade with 10,885 primary school pupils stating that they won't smoke when they are older compared with only 5,798 in 2005.

There has been a fall in the percentage of pupils who said they have been bullied in the last 12 months from 26% to 22% and the percentage of high school pupils who feel satisfied with their lives has increased over the last ten years from 21% to 33%.

HRBS reports have been sent to schools and are available electronically on your school's data page on the EGFL. Use your results to celebrate successes, evidence impact of your work, and plan which health priority to focus on next.

Share the results with governors, parents, staff and pupils, and arrange your Health in School visit to get your data analysed.

## Healthy Schools London Ealing award tally



## Book your visit



We are offering free Health in School visits this term. Last year 90% of schools found their visit useful. Email [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk) to book your visit.

## Health Improvement in Schools

# Healthy Eating Week

Register online for a free pack

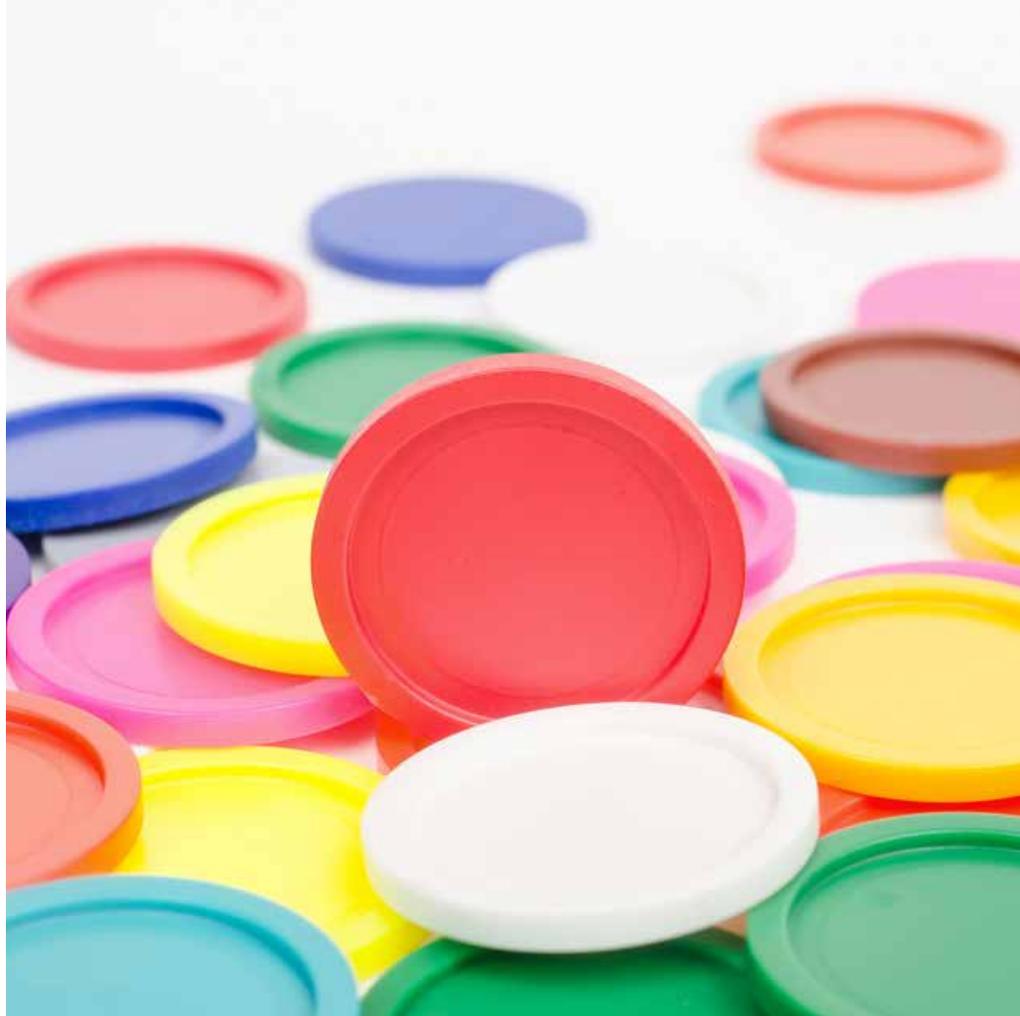
Healthy eating week 2016 will take place this year on the 13th to 17th June.

The aim of the week is to promote healthy eating and drinking, being active, food provenance and cooking in school. Holding a healthy eating week is a great way to show your school's commitment to raising the profile of healthy eating, cooking and food.

Schools can register with the British Nutrition Foundation to access some fantastic resources and activity ideas. Schools that register before the end of April 2016 will also receive free hard copies of resources in the post. Register your school at [www.nutrition.org.uk](http://www.nutrition.org.uk).

After you register, to start preparing you can:

- Plan for the school to be off timetable for the week
- Consider guests you could invite to talk or run workshops
- Think about trips and visits for the pupils e.g. to a supermarket
- Talk to your canteen about special dishes for the week



## WIN a token collector for your school's dining hall!

*Is your school doing innovative health and wellbeing activities with your pupils? If yes, tell us about it in 300 words. The best article will win a token collector and 1,000 tokens valued at £350 to reward pupils who eat a healthy lunch at lunchtime. Email your article to [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk) by the 29th April.*



## C4L School Zone

Change4Life has developed the School Zone resource for primary teachers to provide curriculum-linked materials and inspiration to help teach children about healthy eating and being active. The School Zone features exciting lessons, homework tasks and whole school ideas for you to use with KS1 and KS2 pupils. To find out more, go to: [www.nhs.uk/c4lschools](http://www.nhs.uk/c4lschools).



## D&T food SoW

Since the introduction of new food, cooking and nutrition aspects of the Design and Technology Curriculum in England in September 2014, the British Nutrition Foundation has developed schemes of work for Year Groups 1 to 9, including individual lesson plans for all years. To view the schemes of work, click on the 'resources' tab at: <http://www.foodafactoflife.org.uk>.



## Self-esteem project

Low body confidence and low self-esteem have a strong influence on a child's learning and school life. In light of this, Dove has developed a series of lesson plans and resources to promote body confidence and free PSHE workshops for KS2 pupils. To find out more, visit: <http://selfesteem.dove.co.uk/>

# Ravenor Primary gets first HSL Gold

By Claire Meade, PSHE Co-ordinator



## We were delighted to be the first school in Ealing to achieve the Healthy Schools London (HSL) Gold award.

To achieve our HSL Silver and Gold Awards, we decided to focus on healthy eating and Relationship and Sex Education (RSE) with Year 5 pupils.

Our 2013 HRBS data showed that only 32% of our pupils eat the recommended 5 portions of fruit and vegetables a day. This percentage was below the Ealing average, showing that healthy eating needed to be a focus for the pupils at our school.

We carried out activities to target this including a school assembly on healthy packed lunches, we reviewed our food policies in consultation with parents, pupils, staff and governors, and we started rewarding healthy packed lunches with a 'Lunchbox of the week' award. We also improved our cookery curriculum and the Year 4 children learnt to cook healthy meals with the Jamie Oliver Food Revolution.

However, the activity that had the greatest impact was the parent workshop. We ran three workshops that focused on healthy eating.

**“ We are delighted to be the first school in Ealing to achieve HSL Gold ”**

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The most successful was when parents and children were encouraged to try a variety of new fruits and vegetables together. Parents were provided with ideas and tips for including these foods in their children's diet. The feedback was extremely positive and we hope to continue to run similar sessions.

RSE was an area of focus for our Year 5 pupils as our HRBS data showed that they were not being taught how their body changes as they grow up. Again, we ran a variety of activities including parent workshops where I met with parents and showed them the videos, materials and lesson plans we would be using and discussed their concerns. I consulted with staff, pupils, parents and governors to edit and adapt our RSE policy. I mapped RSE across the school, ensuring it was being taught consistently in each year group.

However, the key activity involved staff. Before we began the project we surveyed staff about their own confidence in delivering RSE sessions which showed 50% of staff didn't feel confident to teach RSE. We ran training in school which involved looking at RSE teaching resources, modelling lessons, discussing key concerns and sharing good practice.

In December last year, we achieved the HSL Gold award after analysing and reporting on the impact our activities had on the eating habits of children and confidence of staff to deliver RSE.

The results that we achieved have exceeded our target and we are now aiming to achieve Ealing's new Healthy School's Platinum award.

QUICK LOOK

## Ravenor's results

### Healthy eating results

Our HRBS data revealed that the number of children who eat five or more portions of fruit and vegetables a day increased from 90 to 190 children. Our target was to have 40% of children eating at least five portions of fruit and vegetables a day by the end of the project, but we exceeded this target and now 45% of our pupils achieve their 5 A DAY.

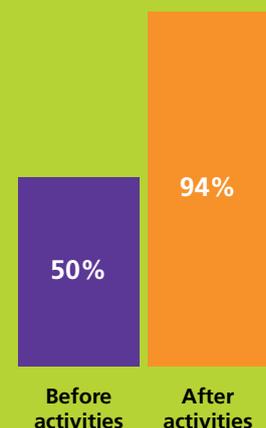
#### Pupils who meet their 5 A DAY



### RSE staff training results

When we began this project, 50% of our staff reported that they were not confident in delivering RSE lessons. I targeted those who were not confident and organised for them to attend an RSE CPD session at the Ealing Education Centre. Back at school we did whole school training, looking at resources and lesson plans. After these training opportunities, 94% of staff said they were confident in delivering RSE session, a percentage increase of 80%.

#### Teachers confident in teaching RSE



# A token way to transform lunches!

By Jennifer Savage, PSHE Coordinator at St John Fisher Primary



Our National Child Measurement Programme revealed that we needed to help our children develop healthier eating habits.

We bought back the Health Improvement Team to help us introduce a range of effective and proven healthy eating initiatives. One of the first initiatives we introduced was a whole school food policy and a packed lunch policy. We launched these two policies within our Healthy Eating Week where we arranged a healthy eating parent workshop, an oral health assembly, a visit to our local Tesco and carried out a healthy eating drawing competition.

An online survey completed by pupils from each year group revealed that only 11% of them were eating vegetables each day. In addition, and encouragingly, we found that children indicated they

would be in favour of a policy of having no sweets in lunches from Monday to Thursday, with Friday being the sole 'treat' day of the week. These two areas became the focus for our healthy schools initiative and the base of our HSL Silver Award.

One of the key ways we have enjoyed great success is with a special 'token' system at lunchtimes. If a child has fruit and vegetables in their packed lunch or if a child who has a school meal chooses fruit for their dessert and salad, they receive a token which is placed in their year group jar. The year group with the most tokens receives a special treat every half term. This system has proven extremely popular with the children, who are keen to show off their healthy lunches. It has been great to see that children are encouraging each other to eat healthily and eat fruit and vegetables.

Another major change was modifying our school dinner dessert menu. We worked with Harrisons, our caterer, to redesign our dessert menu to include more fruit-based desserts such as apple crumble, fruit salad and frozen yoghurt.

We are already seeing the benefits of our activities in the impact it has had on children's and parents' attitudes and we can see how it has benefited our children's outlook to the importance of health and diet.

## ONLY 2%

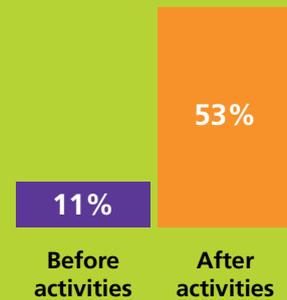
OF OUR PUPILS NEVER EAT VEGETABLES, DOWN FROM 28% BEFORE OUR ACTIVITIES!



QUICK LOOK

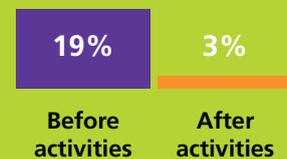
## St John Fisher's results

Pupils who eat salad or vegetables everyday



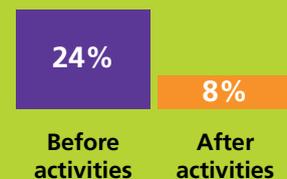
To measure the impact, we asked our pupils to complete a survey before and after our healthy eating activities. The graph above shows that before our activities, only 11% of children were eating salad or vegetables every day, and this has now increased to 53% of children.

Pupils who have chocolate, cake and biscuits in their lunchbox



The number of children who have unhealthy snacks as part of their packed lunch has decreased from 19% to 3%.

Pupils who drink sugary drinks at lunchtime



Since implementing the rewards system at lunchtime, the number of children consuming sugary drinks at lunchtime has decreased from 24% to 8%.



## Stan-Hope for health

By Sahreen Siddiqui, Senior Deputy Head at Stanhope Primary

**According to our National Child Measurement Programme 2014/15, our pupils are the most overweight in Ealing and 63% of our Year 6 pupils are overweight or obese.**

In 2014, we bought back the Health Improvement Team to help us introduce a range of activities to help our pupils reach a healthy weight. These activities included a health fair, healthy eating week, healthy eating assemblies, Health Champions programme and school food policies.

To learn the impact of our project, our pupils completed a survey before and after our activities. The results from this survey found that our initiatives have had a significant impact on our pupils' nutrition. For example, the percentage of pupils who eat vegetables or salad for lunch increased from 15% to 39% and the percentage of junk food in pupils' lunchboxes decreased from 65% to 10%.

We were very pleased with these initial results but our activities need to be

ongoing and sustained if we want to see significant reductions in levels of obesity. For this reason, we bought back the Health Improvement Team again last academic year to introduce some new and exciting projects including a 'Daily Mile', high intensity interval training (HIIT) and a lunchtime reward system.

Daily Mile has proven to be one of the most effective programmes to help pupils become a healthy weight. Daily Mile involves all pupils running as far as they can along a mile track every day at school. This project started in St Ninian's Primary School in Scotland in 2012 and almost four years on, none of the pupils in this school are overweight. We have secured funding for this and we aim to launch our Daily Mile in the summer term. A promotional campaign will start this term to ensure this is well received and supported by parents, pupils and staff, and to ensure the rationale for introducing this is understood. From April, all pupils will also participate in five

minutes of HIIT every day at the end of break time.

We have just introduced a token reward system where both school meal and packed lunch pupils are rewarded with a token if they eat salad or vegetables and fruit at lunch. Pupils then put the token in the plastic collector box that is labelled with their year group. The year with the most tokens at the end of every half term will receive a half day of sport games organised by our PE Lead. Three weeks in, we have already seen a significant improvement in the nutrition of our pupils' lunches and our token collectors are quickly filling up!

### THE %

OF JUNK FOOD IN  
PUPILS' LUNCHBOXES  
DECREASED FROM  
65% TO 10%



## Primary Movement

By Finnula Treacy, CPSHE  
and SEN teacher

The Primary Movement Programme involves a daily movement exercise which takes 10 minutes and aims to stimulate the development of secondary reflexes.

Last year, Dormers Wells High School started teaching Primary Movement to a group of students with a range of difficulties and we have now rolled out the programme to year 7 pupils.

Teachers have fed back that their students are able to concentrate better in class and have more energy throughout the day.

Research published in the Lancet shows that Primary Movement could improve the reading and maths ages of students by an average of two years.

Schools can attend a Primary Movement learning walk at Dormer's Wells High School on the 4th March.

To register your interest, email [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk)



## Preventing Extremism Adviser

Mubina Asaria recently joined the Health Improvement Team as Ealing's Preventing Extremism in Schools Adviser. Her role is to support and advise Ealing schools to develop a whole school approach to tackling extremism and radicalisation as part of the Prevent Duty. Mubina is developing a resource toolkit for schools and can provide staff training, guidance on how to embed Prevent into safeguarding policies and procedures, and is developing curriculum resources to build staff confidence and to map British values across the curriculum.

For more information, email Mubina: [asariam@ealing.gov.uk](mailto:asariam@ealing.gov.uk).

## Ofsted inspect safeguarding

By Alka Bhagat, Safeguarding Officer at Dormer's Wells High School



In December last year, we had a one day Ofsted inspection at Dormer's Wells High School that focused on how the school has embedded a 'culture of vigilance' into everything the school does.

The conversation with the inspector focused on how students are kept safe and how the school ensures that all adults in the school community understand the safeguarding risks for young people and how they report concerns.

The inspectors asked how the school raises awareness of safeguarding topics and they requested to see evidence of when these topics were discussed with pupils and staff.

Another key area was the role of the curriculum in safeguarding: helping children understand risk, become more resilient and know where to go for help and support. The inspector wanted examples from both the structured curriculum and unstructured time.

A vast majority of the discussion was focussed on radicalisation and extremism and what measures the school have put in place to tackle this issue.

During the last couple of months the school has dealt with two cases of

radicalisation. The inspector heavily focused on these two cases and asked to see the case studies. A series of questions were asked including:

- How many staff had the Safer recruitment training and how do staff keep up to date with safeguarding?
- How did you work with the parents and did you keep notes?
- How did you ensure that the student was safe and did you continue to see the student?
- Did you make a referral to Social Care and what was their response?
- How rigorous is the monitoring of attendance and punctuality?
- How is safeguarding built into the curriculum?

The inspector also asked to see meeting logs with parents and the students, training materials, training certificates, qualifications, QTS and Induction certificates, and DBS checks.

My advice to all schools to be 'Ofsted ready' would be to make sure you are able to back up any points you make regarding your safeguarding practice with practical examples and be able to discuss the impact of your actions.



## NEW Health Improvement Packages for schools

### What are they and which package is right for you?

**According to a survey of 54 Ealing schools (July 2015), 84% of senior leaders surveyed said the Health Improvement Team's services have had a positive impact on health and wellbeing in their school.**

So what packages are available from the Health Improvement Team? All Ealing schools receive the free Universal service. This includes; PSHE schemes of work, guidance and support to help you achieve the Healthy Schools London Bronze award, termly Stepping up to Health newsletters

and an annual 'health in school' visit.

Last academic year, 44 schools in Ealing bought back one or both of our buy back services for extra support and to help them save time by bringing in an expert on health and wellbeing.

### NEW Platinum Award

We have introduced a NEW Ealing Platinum award. To achieve Platinum, schools need to achieve a Gold award, carry out and evaluate a learning walk and set up one of their Gold

activities in another school.

Platinum schools will achieve a Platinum trophy and a front page feature in Stepping Up to Health newsletter.

### Which package is right for your school?

To help you choose the package that is right for your school, we have highlighted our services below. For more information on any of the services, please contact Karen Gibson:

**[karen.gibson@ealing.gov.uk](mailto:karen.gibson@ealing.gov.uk)**

### Healthy Schools Awards and Training package

This package includes 20 training sessions of your choice, practical workshops and a detailed plan of action to help you achieve your Healthy Schools London awards.

#### This package is suitable for you if:

- You want to achieve your HSL Bronze, Silver, Gold and Platinum awards
- You want tailored training to help you achieve your health priorities

#### What's included in this package?

- Access to 20 training sessions of your choice that typically includes nutrition, safeguarding prevention, emotional wellbeing, RSE and PSHE
- 4 drop in days to help write your HSL awards
- 6 practical Healthy Schools London workshops to help you achieve your award
- 3 learning walks
- A celebration event

**91% of schools rated the quality of our training as 'good' or 'outstanding'**

### 4 Day Bespoke package

The package includes four comprehensive days of bespoke work tailored to your specific health priorities.

#### This package is suitable for you if:

- You want to save time by bringing in an expert to deliver health activities to pupils, parents and staff
- You want to gain support, knowledge, skills and resources so you can deliver your health activities

#### What's included in this package?

- 4 days of bespoke work, tailored to your specific health priorities (choose from over 50 activities)
- Pre and post surveys to measure impact
- Two school visits to monitor and evaluate progress of activities
- A full report that demonstrates the impact of the bespoke activities on pupils

**80% of schools rated our bespoke service as 'excellent'**

# Healthy Schools London – Ealing awards this term

The Healthy Schools London awards are a London wide awards based system 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. The table here shows the schools that achieved their Bronze, Silver and Gold awards over the autumn term.

**Before starting these awards, attend our Healthy Schools London training workshops (see dates below) and ask your Health Improvement Officer for example templates. For more information on these awards, email Nicole: [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk).**

Bronze	Silver	Gold
Allenby Primary School	Fielding Primary School	Ravenor Primary School
Belvue School	Greenwood Primary School	Berrymede Junior School
Castlebar Primary School	St Anselm's Catholic Primary School	Hambrough Primary School
Clifton Primary School	St Vincent's Catholic Primary School	
Holy Family Catholic Primary School	West Twyford Primary School	
Horsenden Primary School	St John Fisher Catholic Primary School	
Little Ealing Primary School	Castlebar School	
Montpelier Primary School	Belvue School	
St Gregory's Catholic Primary School	Selborne Primary School	
St John's Primary School	Horsenden Primary School	
St Raphaels Catholic Primary School		
Vicar's Green 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](http://www.ealingcpd.org.uk)

Workshops	Dates	Time	Location
Healthy Schools and Ofsted	3 March 2016	3:45pm to 5:15pm	Ealing Education Centre
Teaching effective RSE and Drug education in primary schools	7 March 2016	9:30am to 4:30pm	Ealing Education Centre
Ideas to get pupils more active	9 March 2016	3:30pm to 5pm	Ealing Education Centre
RSE as a safeguarding prevention tool	22 March 2016	3:45pm to 5:15pm	Ealing Education Centre
RSE and e-safety briefing for governors	22 March 2016	6pm to 8pm	Ealing Education Centre
How to implement a successful packed lunch policy	20 April 2016	3:30pm to 5pm	Ealing Education Centre
How to run a health fair	4 May 2016	9:30am to 5pm	Ealing Education Centre
Child Sexual Exploitation briefing	5 May 2016	3:45pm to 5:15pm	Ealing Education Centre
Healthy Schools London Gold	17 May 2016	9am to 12pm	Ealing Education Centre
Improving the dining room experience	18 May 2016	3:30pm to 5pm	Ealing Education Centre
FGM briefing	19 May 2016	3:45pm to 5:15pm	Ealing Education Centre

## Events and important dates

**Eating Disorders Awareness Week**  
22 to 28 February 2016

**No Smoking Day**  
9 March 2016

**CSE National Awareness Day**  
18 March 2016

**World Fair Trade Day**  
9 May 2016

**Walk to School Week**  
16 to 20 May 2016

**Mental Health Awareness Week**  
16 to 22 May 2016

**National Smile Month**  
16 May to 16 June 2016

**International Day Against Homophobia**  
17 May 2016

**Healthy Eating Week**  
13 to 17 June 2016

**Sexual Health Week**  
12 to 18 September

### Editorial committee

Karen Gibson – Health Improvement Advisor  
Nicole McGregor – Health Improvement Officer

### Newsletter Contributors

Claire Meade – PSHE Co-ordinator  
Jennifer Savage – PSHE Co-ordinator  
Finnula Treacy – CPSHE and SEN teacher  
Sahreen Siddiqui -Senior Deputy Head

We hope you like our refreshed new look! If you have a comment about our newsletter or if you would like to write an article on what you have been doing in your school, email us at [HealthySchools@ealing.gov.uk](mailto:HealthySchools@ealing.gov.uk)



**Ealing Council** 14-16 Uxbridge Road, London W5 2HL  
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[www.egfl.org.uk/healthy-schools](http://www.egfl.org.uk/healthy-schools)

Please dispose of this newsletter in a green box.