



Stepping up to health



It's time to buy back

Schools have until 31 March to purchase a health improvement package. Read on to decide which package is right for your school.

This year schools have five health improvement packages to choose from. Our most popular package is the Healthy Schools Awards and Training (HAT) package. Schools that purchase this package receive half termly workshops to help them achieve their Healthy Schools London awards, drop-in days to help complete their awards, a celebration event, and access to 30 health improvement training workshops. According to our annual survey, last year 100% of HAT members said that this package met their expectations.

For school-based support with proven results, we recommend schools purchase our Four Day Bespoke package. This package provides schools with 28 hours of bespoke support and provides a saving of £281 (compared to purchasing 28 individual hours). Last year, 100% of schools rated our Four Day Bespoke package as 'excellent' or 'good'.

We are also offering three dedicated packages to

address specific health challenges. These include Reducing Pupil Obesity, RSE – A Whole School Approach, and Enhancing Mental Health. These packages include two days (14 hours) of in-school support in this health area and access to all relevant central trainings.

Schools that purchase any of our packages will receive two tickets to our annual health improvement conference, access to our termly PSHE network meetings and attendance to our two bi-annual Healthy Schools drop-in days for free (total value is £615).

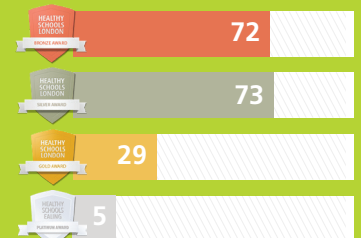
For more information on our packages, read our brochure on EGFL by clicking on 'Health Improvement in Schools' under the ELP services tab. Schools will also receive a copy of our brochure in the post in January.

For more information on our packages, email Karen at KGibson@ealing.gov.uk.

Features

- Health Related Behaviour Survey
- Sugar Smart Schools launch
- Villiers High Eco-Warriors
- Trailblazer project
- Operation Encompass
- FGM conference
- Wellbeing at Woodlands Academy

Healthy Schools London Ealing award tally



HIT CONFERENCE



Ealing schools are invited to attend our annual health improvement conference on 4 February at the Doubletree Hilton. Book your place at <https://hiconf2020.eventbrite.co.uk>

Health Improvement in Schools

Did you know?



Did you know the percentage of year 6 pupils who said teachers have talked with them in school lessons about alcohol, tobacco or drugs has risen from 56% in 2017 to 70% in 2019*.



The percentage of pupils who drink fizzy drinks on most days decreased from 19% to 2005 to 6% in 2019*.



Teachers who talk about how the body changes increased from 38% in 2005 to 75% in 2019*.

*Source: Ealing Health Related Behaviour Survey 2005, 2017 and 2019.

Key health improvement dates

Event	When and where?	More information
Health improvement team annual conference.	4 February, DoubleTree by Hilton, Ealing Common.	Contact Nicole on mgregorn@ealing.gov.uk
Closing date for booking Health in School Visits.	14 February	Contact Claire on meadec@ealing.gov.uk
A whole school approach to ending FGM conference.	18 June	Book your free place at https://cutt.ly/beL9qjS

Key health promotion dates

Event	When and where?	More information
LGBT History Month	February	lgbthistorymonth.org.uk
International day of zero tolerance for FGM	6 February	un.org/en/events
Children's Mental Health Week	3 – 9 February	childrensmentalhealthweek.org.uk
Time to Talk Day	7 February	time-to-change.org.uk
Safer Internet Day	11 February	saferinternet.org.uk
Fair Trade Fortnight	24 February – 6 March	fairtrade.org.uk
International Women's Day	8 March	internationalwomensday.com
World Water Day	22 March	worldwaterday.org
World Autism Awareness week	30 March – 3 April	autism.org.uk

For more information about the above dates, email Claire at meadec@ealing.gov.uk and keep abreast of key health promotion dates by reading our monthly eNews.



★ HISV

Schools can now book their free annual Health in School Visit. These visits last one hour and are an opportunity for the headteacher and PSHE Coordinator to review and identify their health priorities. The most up-to-date HRBS and NCMP data will be shared with schools at these visits. Schools can book their visit at: hisv.acuitiescheduling.com



★ RSE resources

To support schools to prepare for statutory relationships, sex and health education, the health improvement team has developed a range of resources, support tools and guidance documents including suggested timelines, a policy template, sample surveys and briefing papers. Schools can access the resources via EGFL.



★ Introducing Emily

We would like to welcome Emily Rayfield, our new mental health improvement officer, to the health improvement team. Schools can now contact Emily with any mental health and emotional wellbeing queries. Emily has a Master's in experimental psychology and comes with a wealth of knowledge and experience in mental health.

The Health-Related Behaviour Survey results are in!

Results show pupils in Ealing are healthier and are making better health choices.

The Health-Related Behaviour Survey (HRBS) asks pupils in years 4, 6, 8 and 10 to complete a series of questions about their health choices, behaviours and attitudes. Ealing first participated in the HRBS in 2001, and eighteen years on, it is encouraging to learn that pupils in Ealing are making healthier choices overall. This is likely to be a result of all the work schools are doing to help improve their pupils' health and wellbeing.

In October 2019, a total of 11,285 children and young people from 78 schools across Ealing participated in the survey.

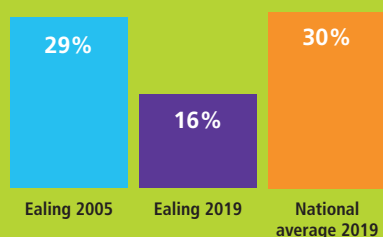


PRIMARY SCHOOL RESULTS

The percentage of pupils who said they consumed fruit on most days increased from 53% in 2005 to 66% in 2019, and vegetable intake has slightly increased from 43% in 2005 to 47% in 2019. However, more still needs to be done as compared with other boroughs that completed the HRBS, Ealing pupils are less likely to eat vegetables 'on most days' (47% versus 55%).

The percentage of pupils eating unhealthy snacks has significantly decreased since the first HRBS and this is likely to be attributable to stringent packed lunch policies in most schools. In 2005, 29% of pupils in Ealing had sweets and crisps the day before the survey and this decreased to 16% in 2019. Compared with other boroughs, Ealing pupils were less likely to say that they have crisps and sweets 'on most days' (16% versus 30%).

Percentage of pupils eating sweets and chocolate



There is an overall decreasing trend for pupils who report being bullied at school. In 2005, 33% of pupils said they were victims of bullying, and this has decreased significantly to 17% in 2019.

There is an increase in the percentage of year 6 pupils who said teachers had talked to them about how their body changes as they grow up from 38% in 2005 to 75% in 2019. This improvement is likely to be a result of the extensive work that Ealing schools, in collaboration with the health improvement team, have done to ensure they are ready for statutory relationships and sex education from September 2020.

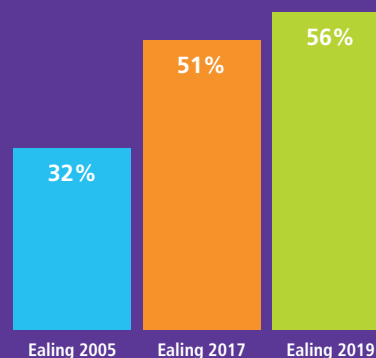
There was an increase in the percentage of pupils who said they did some physical activity on at least five days in the last seven days; an increase from 26% in 2015 to 32% in 2019, and the percentage of pupils who said they go for a walk at least once a week increased from 48% in 2015 to 54% in 2019.

SECONDARY SCHOOL RESULTS

Since 2005, more Ealing high schools have embedded PSHE into the school curriculum and the survey results reflect this.

Pupils in 2019 were more likely to say that school lessons were their main source of information about sex compared with previous years; 32% said this in 2005, which increased to 51% of pupils in 2017, rising to 56% in 2019.

School lessons are pupils' main source of information on sex



Bullying in Ealing high schools remains unchanged compared to the previous HRBS, however bullying in Ealing is comparatively low. According to the HRBS, Ealing pupils are less likely to be afraid of going to school because of bullying compared to other boroughs that also participated in the survey (17% versus 27%).

The percentage of high school pupils who eat crisps 'on most days' decreased from 28% in 2005 to 14% in 2019, and this percentage is considerably lower compared with other boroughs (14% versus 23%). Ealing pupils are also more likely to consider their health when making food choices compared with pupils in other boroughs (20% versus 14%).

HRBS reports have been sent to schools and are available electronically on your school's data page on EGFL. Use your results to celebrate successes, evidence the impact of your work, and plan which health priority to focus on next. Share your results with governors, parents, staff and pupils, and book your free Health in School Visit for support with analysing your data.



Sugar Smart school launch

Primary schools are encouraged to start the new academic year by becoming more sugar smart.

In November 2019, the Ealing health improvement team launched the Sugar Smart school initiative, which aims to help reduce the amount of sugar pupils consume at school.

Children spend six hours a day, 30 hours a week, 1,170 hours a year in school and may have up to two meals a day in school. Therefore, the school environment presents a substantial opportunity to positively influence food choices and reduce daily sugar consumption through simple changes that make the healthy choice the easy choice.

Becoming more 'sugar smart' can have a range of benefits for schools, such as improving pupils' physical and mental health. Health is also associated with better learning and educational outcomes.

What is the issue?

Excess sugar consumption in children is linked with poorer physical, mental and dental health, and contributes to the

current high levels of childhood obesity – one in three year 6 children in Ealing are currently overweight or obese. In addition, children are eating three times the recommended amount of sugar every day and tooth extraction is the largest cause of admission to hospital in 5 to 9-year-old children in Ealing. Today's children are the first generation in history predicted to have a shorter life expectancy than their parents.

How does my school become a Sugar Smart school?

To become a Sugar Smart school, your school needs to complete the Sugar Smart school checklist that includes activity options under the following three pledges:

- ❖ *Encourage students to drink plenty of water*
- ❖ *Reduce sugar in snacks and food eaten at school, and*
- ❖ *Raise awareness about sugar with children and families.*

Email Nicole if you would like more information or have questions on how to achieve Sugar Smart school status or attend the Sugar Smart training on 13 February (register via Ealing CPD online).



The Sugar Smart school checklist and other helpful resources to help schools achieve Sugar Smart schools status can be found within the Sugar Smart schools tab, under the health improvement tab on EGFL.

Email your completed Sugar Smart school checklist to McGregorN@ealing.gov.uk.

What do sugar smart schools receive?

Schools that achieve Sugar Smart school status will receive a certificate and five healthy schools points, and the first ten schools to achieve Sugar Smart school status will receive £500 to use towards sustaining their sugar smart initiatives.

Trailblazer

Following the successful bid to become a trailblazer authority, Ealing will have two mental health support teams working in and with schools from January 2020 to complement the existing emotional health and wellbeing services in schools.

The service will be based at Ealing Primary Centre and managed in collaboration with West London NHS Trust. Ealing Council's health improvement team will help to ensure effective communication with schools.

Our two mental health support teams will initially partner with eight primary and eight high schools. They will have a wellbeing practitioner based in their school for half a day a week, with outreach support available to other primary and high schools as the project develops.



The wellbeing practitioner will be trained over the course of the first year and will be able to offer brief, focused, evidence-based interventions for anxiety and low mood (under close supervision) to children and young people who would not otherwise reach the threshold for CAMHS.

Regular communication about the development and implementation of the Ealing trailblazer programme will be disseminated through gatekeeping and networks, including the next mental health network meeting taking place on 16 June.

Operation Encompass

Last academic year eleven Ealing schools piloted a new notification system entitled Operation Encompass - a police and education early information sharing partnership enabling schools to offer immediate support for children and young

people experiencing domestic abuse. Information is shared by the police with the school's trained Designated Safeguarding Lead (DSL) prior to the start of the next school day after officers have attended a domestic incident. This then enables the school to prepare

and provide appropriate support to the child or young person, dependent upon their needs and wishes.

Most pilot schools were notified of between three to seven domestic abuse cases that had occurred in homes where their pupils lived, or were present, over a half term period. All DSLs involved said it had a positive impact mainly because knowing about the incident helped the DSL decide what to do, and who else to inform. They also reported how helpful it had been to observe the child's behaviour and respond to issues sensitively.

Seventeen schools attended the phase two briefing in October and phase three will begin in February 2020. Look out for the gatekeeping inviting you to the phase three briefing which the DSL must attend if your school wants to be involved.





Villiers High School's Eco-Warriors

Lewis Adams, PSHE lead, Villiers High School

Our students have always been environmentally conscious but as reflective learners they acknowledged that there was more the school could do to reduce its carbon footprint and protect the environment. In September 2018, Villiers High School began its journey to become a Green Flag Eco School through the creation of the Villiers Eco-Warriors.

One of the ten environmental topics that our students were empowered to improve was 'healthy living'. We met with our canteen manager to improve the snacks provided at lunch. The Warriors hosted Eco-Days once a term in our school where outdoor learning was greatly encouraged and students brought healthy food for a picnic on the school football field. We educated students on the benefits of cycling or walking to school and then took our message to our local community by organising an 'area clean-up' project in Southall. Our students worked hard and

collected 14 bags of litter in one hour.

Our school motto, 'For life, not school, we learn,' inspired our Eco-Warriors to address the school body in assemblies, form rooms, and the staff room to advise on strategies to become even more environmentally conscience in everyday life. We then spread the message even further by liaising with the geography department to create a giant mural dedicated to preventing plastic pollution which our students walk by and see every day. In our school's Outstanding Ofsted report in May 2019, Villiers was praised for giving pupils strong support to develop healthy lifestyles and good mental health. We aim to continue and build opportunities for this within our planning of Eco-Days.

Our students felt proud to have achieved the Bronze, Silver and Green Flag Award status for Villiers within one academic year. It is a real testament to the impactful

changes the Warriors have made so far and the resilience and tenacity our students will continue to show in the future. For this year's Eco-Projects we hope to connect even more with the local community, so we can inspire as many people as possible to join the journey of living a healthy lifestyle and protecting our environment.

“ *In September 2018, Villiers High School began its journey to become a Green Flag Eco School through the creation of the Villiers Eco-Warriors.* **”**

School case study: Wellbeing at Woodlands Academy

Laura Moxon, PSHE coordinator, Woodlands Academy

At Woodlands Academy we are focusing on wellbeing. On World Mental Health Day, 10 October 2019, children across the school designed a brick to build our Wellbeing Wall. We learned about the five ways to wellbeing, which include:

- ❖ *Connect: spend time with people around you*
- ❖ *Be active: do regular exercise to keep fit and lift your mood*
- ❖ *Take notice: be curious about your environment and enjoy every moment*
- ❖ *Give: do something nice to someone else*
- ❖ *Keep learning: try something new, challenge yourself or find out something new.*

Children use the wall to remind them of different ways they can look after their physical and mental health. They use thought bubbles to reflect on what they have done in the week for their wellbeing. This Wellbeing Wall also supports the



work we are doing in classrooms around regulating emotions. Children are learning about how to express and manage their feelings using the Zones of Regulation.

For this year's Antibullying Week with the theme 'Change starts with us', we focused

on friendships and the role friends play in helping us stand up against bullying. Children learned that if you see your friend being bullied, you must become an active bystander by telling someone.

Developing a community led approach to ending FGM conference



Following on from the John Lyon's Charity funded project, which has been running in Ealing for the last two years the project leads, Hoda Ali and Claire Vaughan, will be holding a free conference for schools on 18 June 2020.

Schools attending the conference will hear from lead national campaigners against FGM and will have the chance to speak to health and law professionals working to end FGM. Attendees will also hear from local schools who have been part of the project and will receive practical tips and resources for implementing this work in their own settings. Although this project was based in primary schools, the key messages and resources are also applicable to special schools and high schools.

This conference is aimed at teachers, designated safeguarding leads, senior leaderships teams, pastoral leads and parent support advisors. Schools can book their free place by following this link at <https://cutt.ly/beL9qjS>

Healthy Schools London – awards this term

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

Bronze	Silver	Gold	Platinum
Havelock Primary School	Holy Family Catholic Primary School	Mayfield Primary School	
Stanhope Primary School	Coston Primary School	Saint Augustine's Priory	
Woodlands Academy	Ravenor Primary School	Hambrough Primary School	
		Allenby Primary School	
		North Ealing Primary School	

Healthy Schools Ealing points scheme

Point tally		
Position	School	Points
First	Clifton Primary	18
Second	Hambrough Primary	17
Third	Allenby Primary and Perivale Primary	16

Health Improvement CPD

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

Workshops	Dates	Time	Cost	Location
Developing a Whole School Approach to RSE	28 Jan	3:30 - 5pm	Free*	Ealing Education Centre
Healthy Schools London briefing	3 Feb	3:30 - 4.30pm	Free	Ealing Education Centre
Daily Mile: Fun and fundraising activities	5 Feb	2 - 3.30pm	Free*	Ealing Education Centre
Updating your Relationships and Sex Education policy	11 Feb	3:30 - 5pm	Free*	Ealing Education Centre
How to achieve Sugar Smart school status	13 Feb	2 - 4pm	Free*	Ealing Education Centre
How to introduce a whole school food policy	25 Feb	2 - 4pm	Free*	Lady Margaret Primary School
A whole school approach to mental health	26 Feb	9:30 - 11:30am	Free*	Ealing Education Centre
PSHE network	27 Feb	1:30 – 3pm	Free*	West Acton Primary School
Parental engagement in online safety - grooming, gaming and social media	5 Mar	9:30 - 10:30am	Free*	Ealing Education Centre
FGM briefing	10 Mar	3:30 - 5pm	Free	Ealing Education Centre
How to implement a successful packed lunch policy	12 Mar	2 - 4pm	Free*	Ealing Education Centre
Effective RSE - what is it? top tips for teaching effective RSE	19 Mar	1:30 – 3pm	Free*	Ealing Education Centre
Train the trainer - how to deliver an effective RSE parent workshop	24 Mar	1:30 – 3pm	Free*	Ealing Education Centre
Train the trainer - how to deliver an effective RSE staff training	24 Mar	3:30 - 5pm	Free*	Ealing Education Centre
Healthy Schools London award drop in	1 Apr	9am - 1pm	Free*	Ealing Education Centre

* Free to 'Healthy Schools Awards and Training Package' members. All other schools pay £92

Editorial Committee

Nicole McGregor – Senior Health Improvement Officer
 Karen Gibson – Health Improvement Manager
 Claire Vaughan – Health Improvement Officer
 Emily Rayfield – Health Improvement Officer

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

 @EalingPshe



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 Tel: 0208 825 5484 Email: McGregorN@ealing.gov.uk
www.egfl.org.uk/healthy-schools

Please dispose of this newsletter in a green box.

Specialist packages: RSE, Mental health and Reducing Obesity

Includes pre and post surveys to measure impact, pupil assembly, parent workshop, staff INSET, policy review, central trainings in the health area, and up to four targeted activities in the health area.

Awards & Training Package

Includes 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, phone and email support.

For more information on our services, email Nicole: McGregorN@ealing.gov.uk