



# Stepping up to health



## Features

- Health improvement conference
- Empowering parents at Three Bridges
- STARS seminar
- Sugar Smart at Stanhope
- St Vincent's community volunteering
- Engaging parents at Perivale primary

## Statutory Relationships, Sex and Health Education

Statutory RSHE comes into effect from September 2020. Schools should use the remainder of this academic year to prepare for this curriculum change.

Schools across Ealing have spent this academic year preparing for statutory Relationships, Sex and Health Education, which comes into effect from September 2020. The health improvement team have developed a range of support tools, policy templates and lesson plans to support schools in preparing for these curriculum changes.

The primary Ealing PSHE scheme of work has been updated to reflect all statutory changes. The new scheme of work will launch on 8 July and schools can book their free place at this event via Ealing CPD online. All maintained schools in Ealing will be sent a USB containing the revised scheme of work before the end of the academic year.

The health improvement team have also rewritten a series of RSE lessons for primary schools and high schools to use, and the primary lessons will be embedded within the revised PSHE scheme of work. These lesson plans will be available on the EGFL, but

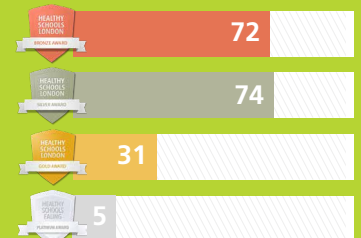
if schools would like immediate access to the lesson plans, please email Claire.

Schools are reminded to ensure they have revised their RSE policy to reflect the statutory changes. RSE policy templates for primary, faith, special and high schools are available on the EGFL. A wide range of support materials can also be found on EGFL including staff training PowerPoints, sample letters, sample surveys, sample parent workshop presentations and RSE leaflets.

Schools should continue to use their existing RSE policy and lesson plans this academic year and continue to teach RSE as they have done previously, as the revised curriculum and policy do not come into effect until September 2020.

If you have any questions relating to RSE, please email Claire Vaughan on meadec@ealing.gov.uk.

## Healthy Schools London Ealing award tally



## HI survey & prizes



Complete the health improvement team's annual survey before 14 June here: [surveymonkey.co.uk/r/HIT20](https://surveymonkey.co.uk/r/HIT20). Every 10th survey completed will receive a £10 Tesco voucher.

## Health Improvement in Schools

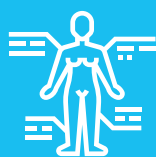
# Did you know?



A video showcasing how to deliver a successful RSE parent workshop is now available on EGFL under our training tab.



Seven schools in Ealing have achieved Sugar Smart School status and will receive £500.



Ninety percent of schools have bought back RSE support from the health improvement team.

## Key health improvement dates

Event	When and where?	More information
Deadline to submit Healthy Schools London Silver and Gold awards to be invited to City Hall event.	8 May 2020	Contact Claire on meadec@ealing.gov.uk for more information.
A whole school approach to ending FGM conference.	18 June 2020, Double Tree Hilton, Ealing Common	Book your free place at: <a href="https://cutt.ly/beL9qjS">https://cutt.ly/beL9qjS</a>
Deadline for HAT schools to submit Healthy Schools London Silver, Gold and Platinum awards to receive a gift at HAT celebration event.	26 June 2020	Contact Claire on meadec@ealing.gov.uk for more information.
HAT celebration event.	TBC	Contact Nicole on mcgregorn@ealing.gov.uk for more information.
PSHE scheme of work launch event.	8 July 2020, Trailfinders Ealing	Book you free place via Ealing CPD online.

## Key health promotion dates

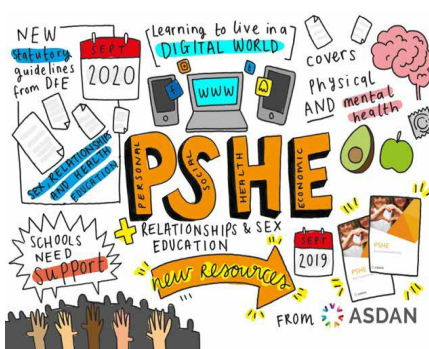
Event	When and where?	More information
Sun Awareness Week	4 – 8 May 2020	bad.org.uk
World Red Cross Day	8 May 2020	RedCross.org.uk
Mental Health Awareness Week	18 – 22 May 2020	mentalhealth.org.uk
Walk to School Week	18 – 22 May 2020	livingstreets.org.uk
Roma, Gypsy, Traveller History month	June	gypsy-traveller.org
Pride month	June	theproudsttrust.org
Child Safety Week	1 – 5 June 2020	capt.org.uk
Healthy Eating Week	8 – 12 June 2020	nutrition.org.uk
World Refugee Week	15 – 19 June 2020	refugeeweek.org

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.



★ Developing a whole school approach to ending FGM conference

Schools are invited to attend a free conference on FGM on 18 June 2020 to celebrate the success of the three-year, John Lyon's Charity funded FGM awareness project. At this conference participants will hear from Leyla Hussein OBE, a lead national campaigner against FGM, as well as teachers, parents and pupils who have been part of the project. Book your place via Eventbrite by using this link: <https://cutt.ly/beL9qjS>



★ Launch event for revised PSHE scheme of work

The revised Ealing PSHE scheme of work will launch on 8 July 2020 at Trailfinders. At this event, teachers who have been trialling the revised scheme of work will share samples of learning and participants will find out how this scheme meets the DfE statutory guidance for Relationships and Health Education. Primary schools can book their free place via Ealing CPD online.



★ video for PSHE leads on the Ealing Health Improvement service

The health improvement team has created a short five-minute video to provide PSHE leads with a quick tour of the health improvement team's services. In five minutes, PSHE leads will learn how to apply for Healthy Schools London awards, find out how to earn Healthy Schools Ealing points and discover how to access all our resources, trainings and more. Watch our video here: [egfl.org.uk/elp-services/health-improvement-schools](http://egfl.org.uk/elp-services/health-improvement-schools)

# 2020 Health Improvement Conference

Helping schools prepare for statutory relationships and health education



**Thank you to the 105 delegates who attended our annual health improvement conference on 4 February. This year, a range of workshops and talks were focused on the theme of Relationships, Sex and Health Education (RSHE) with the aim of helping schools to prepare for statutory RSE when it comes into effect in September 2020.**

Julie Lewis, Director of Learning Standards and School Partnerships, opened the conference reflecting on how health in schools has progressed over the last few decades. Following on from Julie, Alex Harris, Editor of BBC Teach, discussed 'Promoting inclusive RSE in schools' and showcased the excellent BBC Teach resources. The audience was shown the range of videos, which are available to support schools to deliver inclusive RSE, as well as interactive lessons, videos, factsheets and worksheets for each subject area. Seventy-eight percent of delegates rated Alex's presentation as 4 or above (out of 5) for usefulness.

Fitness influencer siblings, Bradley and Connie Simmonds, with half a million Instagram followers between them, presented a toolkit of ideas to get young people moving more and eating better in schools, and shared their personal journeys of health, fitness, training celebrities and publishing cookbooks.

We also offered four breakout sessions for delegates to choose from, tailored for both primary and secondary schools.

Louise Singleton and Jackie Renault from Hambrough Primary School shared their experience of developing a whole school approach to RSE, which they are now calling 'Relationships and Growing Up' (RAGU), and they provided top tips on what worked for them. Brook also delivered a useful presentation for high schools on how to best prepare for statutory RSE.

In two health-related sessions, Toni Medcalf from the Ealing Schools Counselling Partnership delivered an engaging presentation on how to implement a whole school approach to emotional health and wellbeing, and PSHE lead Victor Guerro from Stanhope Primary School presented on Stanhope's Sugar Smart journey alongside four of the school's Health Champions.

The conference was closed by celebrating the success of the Healthy Schools London programme with 24 Ealing schools receiving their silver, gold or platinum award.

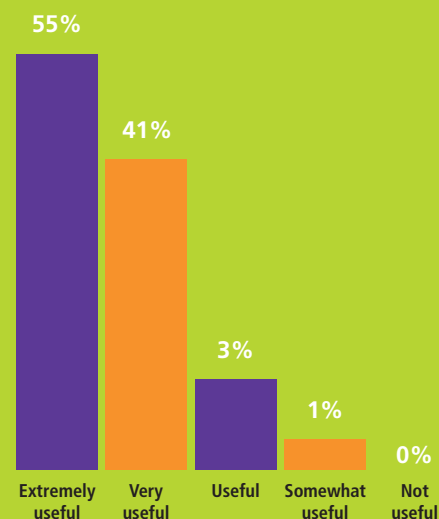
If you would like to attend next year's conference, please remember that two free tickets (valued at £160) are allocated to all schools that purchase any of the health improvement team's packages for the 2020/21 academic year. If you would like to buy back one of our five packages or discuss which package is right for your school, please email Karen on [KGibson@ealing.gov.uk](mailto:KGibson@ealing.gov.uk).

## QUICK LOOK

### CONFERENCE FEEDBACK

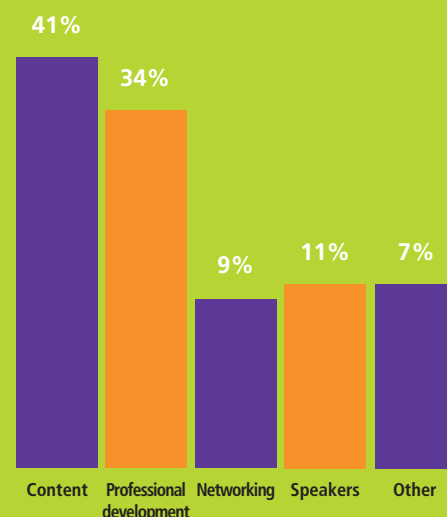
Delegates were predominantly headteachers and PSHE co-ordinators working in primary schools, followed by teachers working in high and special schools. According to evaluations, 55% of delegates said the conference was 'extremely useful' and a further 41% said they found it very useful. No participants said they did not find the conference useful at all.

#### Usefulness of conference



Delegates let us know that the main reasons they attended the conference were the topics being discussed and the opportunity for professional development. Other reasons for attending included networking opportunities and to hear specific speakers.

#### Reason for attending



# Get ready for Mental Health Awareness Week

How kindness can bring us together with benefits for everyone

**Taking place from Monday 18 – Sunday 24 May, the focus for Mental Health Awareness Week 2020 is kindness. Mental Health Awareness Week is an opportunity for schools to raise awareness about mental health, promote positive mental health and wellbeing, and provide pupils with skills for keeping well.**

The original theme for this year was sleep, but the Mental Health Foundation decided that 'now more than ever, we need kindness in our daily lives.' Mark Rowlands, Chief Executive of the Mental Health Foundation, says that 'we want to celebrate the random acts

of kindness that are so important to our mental health.' Mental Health Awareness Week is an excellent opportunity for pupils to learn about the importance of kindness, and how coming together as a community in difficult times is beneficial for individual wellbeing.

There will be new data and research published, showing how kindness is linked to mental health, as well as tips, ideas, and inspirational stories from the community. Check [mentalhealth.org.uk](http://mentalhealth.org.uk) for more information on the theme, for research on how kindness affects our mental health, and for free resources to use in your school.



**“ Need guidance or resources for Mental Health Awareness Week at your school? Please contact Emily on [RayfieldE@ealing.gov.uk](mailto:RayfieldE@ealing.gov.uk) ”**

## Springhallow's eco café

How students at Springhallow recently changed a classroom into an eco-friendly café.

**After receiving grants from the London Young Ambassadors and Natwest bank, Springhallow Special School set about designing and building the Spring Café. The café was built using donated items and scrap material - the barista bar was even built with the same scaffold planks that supported the**

**school build! Volunteers from the community came to help build the café and to donate goods to help with the café's launch.**

After undertaking food hygiene and barista training, our students held a grand opening and invited everyone who helped to make Spring Café happen.

Now that it's up and running, the café is used as a safe space for pupils, and students who work in the café can now use the cash register and make coffee. This is in line with our Rights Respecting School ethos of supporting and promoting our learners and their right to meet and relax with friends.

Clubs like wellbeing, yoga, girls' group and Lego club are also held in the café and we welcome parent groups and professionals on training visits.

This year, students using the café won The Judges Choice Award for Team London Young Ambassadors and the RHS Gardening Team of the Year.

We love welcoming schools into our café to practise our social interaction skills, so if your school would like to learn more about our café and see it in practice, please email Michelle on [michelle@springhallow.ealing.sch.uk](mailto:michelle@springhallow.ealing.sch.uk).





## Safeguarding workshops at Three Bridges Primary School

By Emma Valério, Deputy headteacher at Three Bridges Primary School

**In my first term as Deputy at Three Bridges Primary School, one of my main priorities was to build closer connections with parents across the school. I was thrilled to find that our PSHE lead had successfully applied for us to be part of the project 'A Community Led Approach to Ending FGM', which included safeguarding workshops for parents. I thought this would be a good opportunity to spend time with our parents, share information and build relationships. I could not have predicted how powerful these workshops would be.**

The safeguarding project was run by Claire Vaughan and Hoda Ali, who quickly became part of our school family. Early in the term, we invited parents to the sessions in person, with letters, through the PTA and with an online invitation which promised homemade cake and a creche for young children.

The response from parents was enthusiastically positive from the first session. They said they felt encouraged and empowered and said that not only would

they be making changes in their families, but they would spread the word and bring their friends the following week.

The second session had twice as many parents attend - word had spread about the importance and usefulness of the session. As one mum said, "These are the things that we all worry about." The focus developed from parents safeguarding their own children to all of us supporting one another in keeping all children safe. It really felt like something special was happening as a powerful community of families came together with that one aim.

Our most attended session was the workshop which focused on RSE. Parents came with concerns and questions. Claire went through what is taught in primary schools and why. Myths were busted and a lot of minds put to rest. This session reinforced the importance of honest communication in building trust across the school community.

I would highly recommend these sessions to any school. The information shared was useful, clear and powerful. We now have a team of parents who are now better

informed and determined to support other parents in keeping all children safe.

To find out more about the Community Led Approach to ending FGM project, please contact Claire on [meadec@ealing.gov.uk](mailto:meadec@ealing.gov.uk).

**“ I had the wrong information about what my child will be taught in RSE. After attending the parent workshop, it is now clear that it is important for all children to attend these classes. ”**

Parent, RSE parent workshop



## STARS Secondary Seminar

By Victoria Willis,  
School Travel Team

Transport for London, in partnership with the London Transport Museum and Ealing Council, ran a TfL STARS Secondary seminar on 2 December, 2019 at Ealing Town Hall.

The event was an interactive seminar for pupils at Ealing and Hounslow Secondary schools, with the aim of supporting schools with their STARS School Travel Plans, as well as introducing the Youth Travel Ambassadors (YTA) scheme.

TfL STARS is a school travel plan accreditation scheme which recognises and supports schools to inspire young Londoners to think differently about travel and its impact on their health, wellbeing and the environment.

YTA is another TfL scheme delivered in secondary schools across London. It works intensively with a small group of pupils to deliver campaigns promoting active travel and road safety messages across their schools.

We also supported schools to plan their own travel campaigns for the coming year. Some fantastic ideas were discussed, including plans to make short films, run poster competitions and active travel challenges to promote better behaviour on public transport, as well as walking and cycling to school instead of driving.

For more information about STARS and YTA please see <https://stars.tfl.gov.uk>

# Stanhope is first Sugar Smart School!

By Victor Guerro, PSHE Lead, Stanhope Primary School



**Over the last few years Stanhope Primary School has introduced a wide range of initiatives and changes to improve the nutrition of the food that our pupils consume during the school day. We have introduced a healthy packed lunch policy, worked with our catering team to improve the nutrition of our school lunch menu, trained pupils to lead on health champion roles in the school, enforced a water-only school policy, installed a kitchen to teach pupils how to cook healthy recipes, and embedded nutrition education into the curriculum.**

Since introducing these activities four years ago and continuously monitoring and improving their effectiveness, we have observed a significant reduction in obesity rates. Compared with our 2013/14 National Child Measurement Programme, rates of obesity in year 6 pupils have decreased by 22%.

While our obesity statistics are encouraging, rates are still high and more can be done. For this reason, we decided to sign up for the Sugar Smart Schools initiative that Ealing's health improvement team launched in November last year.

To gain Sugar Smart School status, we made several additional changes to help reduce the amount of junk food consumed outside of school but also at school events and excursions. We developed a whole school food policy,

designed non-food fundraising ideas instead of cake sales, such as an ice skating rink and casual dress days, we launched 'say no to pop' challenges with staff and parents, delivered healthy eating assemblies, trained year 6 pupils to become health champions, introduced the concept of 'healthy discos' and encouraged pupils to bring in reusable water bottles.

In February this year we were the first school to achieve Sugar Smart School Status, and as one of the first ten schools, we received £500 from the health improvement team to help sustain our Sugar Smart initiatives. We will spend this funding on rewards and excursions for the year groups who have the healthiest lunches every half term (measured by our token reward system).

*The first ten schools to achieve Sugar Smart School status receive £500. Schools interested in applying for Sugar Smart School status can email Nicole on [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk).*

# St. Vincent's volunteer at Dementia centre

By Jessie Truscott, PSHE lead, St. Vincent's Catholic Primary School

The students at St Vincent's Catholic Primary School have always been involved with community volunteering. One of our many neighbourhood projects is the work we do with the Michael Flanders Dementia Centre. Our school has been working to bring elderly people suffering from dementia together with some of our pupils, with the aim of mutually benefiting from spending time together.

Each week the school's ambassadors for these visits go to the Michael Flanders Centre alongside Mrs Redmond and Ms Delaney (members of staff at St. Vincent's). They read books, reminisce, sing songs, play games and do a variety of arts and crafts with the dementia patients. These afternoons are a chance to interact in a calming and peaceful way while teaching lifelong skills such as respect, empathy, patience and friendship.



Another newly introduced project for both St. Vincent's school and the Michael Flanders Centre is the creation of the 'Dementia Choir'. St Vincent school's Music Coordinator Miss Linda Anagnostopoulou, together with five singing ambassadors from the school's choir, started getting together weekly, singing songs for the residents.

St. Vincent's Catholic Primary school's Headteacher Mrs Monica McCarthy intends to continue this project for the next couple of years and engage more children to take part, to raise awareness of dementia. The students and teachers at St Vincent's feel proud to be working with many different people from our community.

# Safeguarding Fair at Perivale Primary

By Sian Vaux, Parent Support Advisor

At Perivale Primary School we held two fairs this academic year for parents including a Safeguarding Fair in December 2019 and a wellbeing fair in February. For our safeguarding fair, we recruited stallholders who exhibited information and advice about cyberbullying, gaming and

online safety. There were also privacy setting demonstrations for laptops, chrome books, game boxes plus experts and information on GDPR, FGM, the school safeguarding curriculum, NSPCC PANTS Rule and Prevent.

At our wellbeing fair in February we were joined by: The Samaritans, Ealing Schools Counselling Partnership, Art Therapy, Elms Sports, Perivale Children's Centre, Healthy eating and weight management, Tesco's (with fruit, water and healthy recipes) and experts to advise on benefits, housing, dental health and sugar reduction.

For schools interested in running a safeguarding or wellbeing fair, our top tips would be book stall holders well in advance, spend time promoting and advertising the event, provide free tea and coffee and play relaxing music on the day. Our fair commenced at 8.30am to capture our nursery parents and ran until 10am.

Feedback from parents was positive and we will definitely be running fairs again next year.



## 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.

Bronze	Silver	Gold	Platinum
North West London Independent School	Saint John Fisher Catholic Primary School	Havelock Primary School	
Saint John Fisher Catholic Primary School			
Berrymede Infant School			

## Healthy Schools Ealing points scheme

School Points		
Position	School	Points
First	Stanhope Primary	38
Second	Hambrough, Perivale and Clifton Primary Schools	30
Third	Woodlands Academy	27

## 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](http://www.ealingcpd.org.uk)

Workshops	Dates	Time	Cost	Location
Healthy Schools Awards and Training workshop	2 June	13.30-15.30	Free*	TBC
Mental Health First Aid training	10-11 June	08:30-16:30	Free*	TBC
Mental health network	16 June	15:30-17:00	Free*	TBC
PSHE network	24 June	13:30-15:00	Free**	TBC

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

\*\* Free to schools who have purchased any health improvement package. All other schools pay £92.

### Our Services

All Ealing schools get access to our buy back packages including the Awards & Training package, Four Day Bespoke Package and three specialist packages.

### 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 20 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 at [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk)

### 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



Ealing Council 14-16 Uxbridge Road, London W5 2HL  
 Tel: 0208 825 5484 Email: [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk)  
[www.egfl.org.uk/healthy-schools](http://www.egfl.org.uk/healthy-schools)

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