

Health Improvement Training Programme

for Primary, High &
Special schools

2017/18



Health Improvement in schools

The team

The Ealing Health Improvement team are a trusted and qualified team of experts, providing support and training in **safeguarding prevention, mental health and emotional wellbeing, nutrition and exercise, Relationships and Sex Education (RSE) and PSHE** to help improve your pupils' health and achievement.



Claire Meade

RSE & PSHE
Health Improvement
Officer



Nicole McGregor

Nutrition & Exercise
Senior Health
Improvement Officer



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Safeguarding
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Mental Health
Health Improvement
Officer



Mubina Asaria

Preventing Extremism
Schools Advisor

Our services

All Ealing schools have access to our two buy back packages. Most schools buy back one or both of these packages:

Healthy Schools Awards & Training package

Includes six workshops to help you achieve your Healthy Schools London awards PLUS a choice of 30 training workshops.

£995 per year

4 Day Bespoke package

Provides four days of practical support, an action plan, pre and post surveys to measure impact and an impact report.

£1750 per year

We also have a **‘Combined Package’**, that includes both packages at £2495, saving £250 compared to buying the packages separately.

Our training workshops

We offer schools a variety of trainings covering a wide range of health and wellbeing topics. This brochure provides all the details you need about the content, time, date, venue, target audience and cost of all our trainings.

How much do the trainings cost?

All trainings are FREE to schools who buy back the Healthy Schools Awards and Training (HAT) Package. All other schools pay as indicated in the 'cost' column.

How do I book?

Book a place via Ealing CPD online www.ealingcpd.org.uk.

Terms and conditions

Workshops require a minimum sign up of four people to run.

Relationships & Sex Education (RSE)

Title	What you will learn	Who for?	School	When?	Venue	Cost
Updating your RSE policy	<ul style="list-style-type: none"> How to review and write an RSE policy How to ensure your policy covers all statutory guidelines <p>Receive time to update your policy with guidance and support</p>	PSHE Leads, Senior Leaders	Primary, High & Special schools	<ul style="list-style-type: none"> 3:30pm-5:30pm, 23/01/2018 	EEC	Free to HAT members*
NEW: Preparing for delivering Statutory RSE	<ul style="list-style-type: none"> How to deliver effective RSE lessons What topics are covered in RSE How to monitor and assess RSE effectively Ways to ensure your school is meeting new statutory guidance for RSE 	PSHE Leads, Senior Leaders	Primary & High schools	<ul style="list-style-type: none"> 1:30pm-3:00pm, 19/04/2017 	EEC	Free to HAT members*
Emerging safeguarding issues in schools—for governors	<ul style="list-style-type: none"> Risks associated with technology and the internet How the school RSE policy and practice can help keep children & young people safe What schools and governors can do to help children identify risks Responsibilities of a governor in safeguarding and RSE 	Governors	Primary, High & Special schools	<ul style="list-style-type: none"> 6:00pm-8:00pm, 22/11/2017 6:00pm-8:00pm, 22/03/2018 	EEC	Free to all schools

**This workshop is free for 'Healthy Schools Awards and Training' (HAT) members and £85 for all other schools.*

PSHE

Title	What you will learn	Who for?	School	When?	Venue	Cost
NEW: Is your school Ofsted ready? How to embed SMSC, British Values, safeguarding and PSHE	<ul style="list-style-type: none"> • How the Ofsted framework links to PSHE • Tools for mapping SMSC and British Values across the curriculum • Tools for embedding safeguarding across the curriculum • Guidance on how to gather evidence for PSHE, SMSC and British Values 	PSHE Leads, Senior Leaders	Primary, High & Special schools	<ul style="list-style-type: none"> • 2pm-5pm, 1/11/2017 	EEC	Free to HAT members*
Induction meeting for new PSHE coordinators	<ul style="list-style-type: none"> • How to implement and monitor a PSHE scheme of work • How to gather evidence and assessment for PSHE • How to achieve the Healthy Schools London awards 	PSHE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> • 2pm-5pm, 12/10/2017 	EEC	Free to HAT members*
Anti Bullying Week resources and ideas	<ul style="list-style-type: none"> • How to plan for this year's Anti-bullying week • Find out this year's theme • Resources and ideas for each year group based on the theme • How to implement, monitor and assess Anti Bullying Week 	PSHE Leads, NQTs, Teachers	Primary, High & Special schools	<ul style="list-style-type: none"> • 3:30pm-5:00pm, 17/10/2017 	EEC	Free to HAT members*

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PSHE

Title	What you will learn	Who for?	School	When?	Venue	Cost
NEW: Implementing the new Primary PSHE scheme of work	<ul style="list-style-type: none"> Find out what topics and themes are covered in the new PSHE scheme of work How to gather evidence and assessment for PSHE across a school How to support teachers to deliver high quality PSHE lessons 	PSHE Leads	Primary schools	<ul style="list-style-type: none"> 3:30pm-5:30pm, 12/09/2017 	EEC	Free to HAT members*
PSHE network	<ul style="list-style-type: none"> Hear about the latest updates, resources and local initiatives for PSHE Network, learn from, and share good practice with other PSHE leads Participate in learning walks in local schools to find out about innovative PSHE activities 	PSHE Leads	Primary, High & Special schools	<p><i>Primary schools</i></p> <ul style="list-style-type: none"> 21/09/2017 30/01/2018 5/06/2018 <p><i>1:30pm - 3:00pm</i></p> <p><i>High schools</i></p> <ul style="list-style-type: none"> 20/09/2017 01/02/2018 7/06/2018 <p><i>3:30pm - 5.00pm</i></p>	TBC	Free to all schools

**This workshop is free for 'Healthy Schools Awards and Training' (HAT) members and £85 for all other schools.*

Healthy Schools London (HSL) awards

Title	What you will learn	Who for?	School	When?	Venue	Cost
Healthy Schools London awards briefing	<ul style="list-style-type: none"> How to achieve the Healthy Schools London awards How to complete the Healthy Schools London award templates How to submit your awards <p>Receive support tools and resources to help complete these awards.</p>	PSHE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> 10am-11am, 31/10/2017 	EEC	Free to all schools
Healthy Schools London drop-in day	<p>Come at any time during the day and receive one-on-one support to complete the Healthy Schools London awards.</p> <p>Receive templates, support tools and examples to help complete these awards. Most schools achieve at least one award during this drop-in day.</p>	PSHE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> 15/11/2017 14/03/2018 08/05/2018 <p>Drop in anytime between 10am and 5pm.</p>	EEC	Free to HAT members**
NEW: Analysing your HRBS	<ul style="list-style-type: none"> How to analyse your HRBS data and assess progress How to identify areas of strength and areas for development Ideas on how you can address areas for development 	Senior Leaders, PSHE Leads	Primary & High schools	<ul style="list-style-type: none"> 1pm-3pm, 7/12/2017 	EEC	Free to HAT members*

**This workshop is free for 'Healthy Schools Awards and Training' (HAT) members and £85 for all other schools.*

***This workshop is free for 'Healthy Schools Awards and Training' (HAT) members and £110 for all other schools.*

Mental health & emotional wellbeing

Title	What you will learn	Who for?	School	When?	Venue	Cost
NEW: Mental health awareness	<ul style="list-style-type: none"> • What is mental health and who does it affect? • The impact of stigma • How to support people with mental health needs 	PSHE Leads, NQTs, Teachers, Teaching Assistants	Primary, High & Special schools	<ul style="list-style-type: none"> • 1pm - 3:30pm, 07/11/17 	EEC	Free to HAT members*
NEW: Emotional wellbeing needs of LGBT pupils	<ul style="list-style-type: none"> • How to identify children who have emotional wellbeing needs • Key issues around young people and sexuality • Exploring gender, sexuality and identity 	Senior Leaders, PSHE Leads, Teachers	Primary, High & Special schools	<ul style="list-style-type: none"> • 9am- 11:30am, 29/11/17 • 1pm– 3:30pm, 17/01/18 	EEC	Free to all schools
An introduction to mindfulness	<ul style="list-style-type: none"> • What is mindfulness? • How to use mindfulness in school • How to fit mindful techniques into a school day 	Senior Leaders, PSHE Leads, Teachers	Primary, High & Special schools	<ul style="list-style-type: none"> • 1pm - 3:30pm, 01/05/18 	EEC	Free to HAT members*
NEW: Talking to parents about mental health	<ul style="list-style-type: none"> • The impact of parental mental health on children • Identifying vulnerable families • How to support parent's to build resilience in their children 	NQTs, Teachers, Teaching Assistants, Support Staff	Primary, High & Special schools	<ul style="list-style-type: none"> • 1pm -3:30pm, 27/02/18 	EEC	Free to HAT members*
NEW: Understanding stress and anxiety	<ul style="list-style-type: none"> • How we cope with stress • What is anxiety? • Supporting pupils during exam periods 	PSHE Leads, Teachers, Teaching Assistants	Primary, & High schools	<ul style="list-style-type: none"> • 1pm -3:30pm, 20/03/18 	EEC	Free to HAT members*

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Exercise

Title	What you will learn	Who for?	School	When?	Venue	Cost
How to set up the Daily Mile	<ul style="list-style-type: none"> How to set up the Daily Mile How to use the Daily Mile toolkit How to get funding and freebies <p>Receive a free copy of the Daily Mile toolkit.</p>	Head teachers, PSHE Leads, PE Leads	Primary, & Special schools	<ul style="list-style-type: none"> 2pm-3:30pm, 5/10/2017 	EEC	Free to HAT members*
NEW: School Travel — a new approach	<ul style="list-style-type: none"> How to encourage and promote active travel How to introduce a walking school bus How to get walking maps and cycle training for your school How to complete the STARS award 	PSHE Leads, PE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> 2pm-3:30pm, 3/10/2017 	EEC	Free to HAT members*
NEW: 5 minute daily High Intensity Training (HIT)	<ul style="list-style-type: none"> How to implement the 5 minute High Intensity Training programme in your school How to complete HIT exercises Receive a pack of HIT cards to use in your school 	PSHE Leads, PE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> 2pm-3:30pm, 27/9/2017 	EEC	Free to HAT members*
NEW: How to spend your School Sports Premium	<ul style="list-style-type: none"> Find out about the changes to the School Sports Premium Gain ideas for spending your School Sports Premium Which programmes have been a success 	PSHE Leads, PE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> 2pm-3:30pm, 11/7/2017 	EEC	Free to HAT members*

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Nutrition

Title	What you will learn	Who for?	School	When?	Venue	Cost
An effective packed lunch policy	<ul style="list-style-type: none"> How to introduce a successful packed lunch policy How to use the packed lunch policy toolkit and get your free copy How to introduce token rewards 	Senior Leaders, PSHE Leads	Primary & High schools	<ul style="list-style-type: none"> 2pm-4pm, 9/11/2017 	EEC	Free to HAT members*
Oral health ideas for schools	<ul style="list-style-type: none"> Consequences of poor oral health Best oral health care practices Practical oral health ideas for schools How to encourage pupils in your school to take care of their teeth 	Senior Leaders, PSHE Leads	Primary, High & Special schools	<ul style="list-style-type: none"> 2pm-3:30pm, 6/3/2018 	EEC	Free to HAT members*
Help fussy eaters to eat well	<ul style="list-style-type: none"> How to encourage fussy eaters to try new foods How to encourage pupils with special needs, such as autism, to expand their food range and texture tolerance <p>This training is delivered by a psychologist, behavioural therapist and dietician.</p>	PSHE Leads, SENCOs, SMSA Leads	Primary, High & Special schools	TBC	EEC	Free to HAT members*
Running healthy eating workshops for parents	<ul style="list-style-type: none"> Ideas for nutrition sessions for parents How to encourage hard-to-reach parents to attend How to promote your workshop How to ensure good participation rates 	PSHE Leads, Parent Support Advisor	Primary, High & Special schools	<ul style="list-style-type: none"> 2pm-3:30pm, 5/12/2017 	EEC	Free to HAT members*

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A Jenny Mosley style workshop series

These trainings have been inspired by Jenny Mosley's lunchtime and dining room initiatives.

In these trainings find out how to introduce:

- Golden Rules and a Golden Table to improve behaviour
- Jenny Mosley's ideas for improving the dining room experience
- Dining Hall Helpers
- Playground Zones

Title	What you will learn	Who for?	School	When?	Venue	Cost
Improving the dining room experience	<ul style="list-style-type: none"> • Ideas to improve the school dining experience, enhance the dining environment and encourage children to eat well • Get resources to introduce the Golden Table and Golden Rules in your school 	PSHE Leads, SMSAs, Senior Leaders	Primary, High & Special schools	<ul style="list-style-type: none"> • 2pm-3:30pm, 22/2/18 	EEC	Free to HAT members*
NEW: Dining Hall Helpers	<ul style="list-style-type: none"> • How to introduce the Dining Hall Helpers programme in your school • Get access to all the resources you need to set up this programme in your school • Get a custom made baseline survey on your dining room for your school 	PSHE Leads	Primary schools	<ul style="list-style-type: none"> • 12pm-1:30pm, 9/5/18 	EEC	Free to HAT members*
NEW: Playground Zones	<ul style="list-style-type: none"> • How to introduce Playground Zones in your school • Get access to all the resources you need to set up this programme 	PSHE Leads	Primary schools	<ul style="list-style-type: none"> • 2pm-3:30pm, 9/5/18 	EEC	Free to HAT members*

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Safeguarding (FGM and CSE)

Title	What you will learn	Who for?	School	When?	Venue	Cost
NEW: Understanding self harm and eating disorders	<ul style="list-style-type: none"> What is self harm and why do children do it? Responding to self harm and eating disorders Identifying key issues 	PSHE Leads, NQTs, Teachers, Teaching Assistants	Primary, High & Special schools	<ul style="list-style-type: none"> 1pm -3:30pm, 29/11/17 9am - 11:30am, 17/01/18 	EEC	Free to all schools
Female Genital Mutilation (FGM) briefing	<ul style="list-style-type: none"> What is FGM? How to identify risk How to respond and report appropriately What schools can do Where to go for support 	CP Leads, Senior Leaders, PSHE Leads, Teachers	Primary, High & Special schools	<ul style="list-style-type: none"> 19/09/2017 15/03/2018 20/06/2018 <p><i>All 3:45pm-5:15pm</i></p>	EEC	Free to all CPD SLA schools*
Child Sexual Exploitation (CSE) briefing	<ul style="list-style-type: none"> Learn what CSE is and the different forms of CSE Learn how to identify risks How to respond and report appropriately using the CSE matrix Find out what schools can do to ensure they are teaching pupils how to keep themselves safe Where to go for support 	CP Leads, Senior Leaders, PSHE Leads, Teachers, Teaching Assistants	Primary, High & Special schools	<p>Primary School:</p> <ul style="list-style-type: none"> 21/11/2017 08/03/2018 21/06/2018 <p>High School:</p> <ul style="list-style-type: none"> 23/11/2017 06/03/2018 19/06/2018 <p><i>All 3:45pm-5:15pm</i></p>	EEC	Free to all CPD SLA schools*

*Free for schools who have bought into the CPD SLA and £85 for all other schools.

Safeguarding (Prevent)

Title	What you will learn	Who for?	School	When?	Venue	Cost
WRAP (Workshop to Raise Awareness of Prevent)	<ul style="list-style-type: none"> • What is the Prevent Duty? • Explore vulnerability in the context of radicalisation building on existing safeguarding processes • How to identify risk, respond and report appropriately 	All new staff or those who have not received WRAP training	Primary, High & Special schools	• 3:45pm to 4:45pm, 14/09/17	EEC	Free to all schools
WRAP Train the facilitator	<ul style="list-style-type: none"> • Become a qualified WRAP (Workshop to Raise Awareness of Prevent) trainer • How to deliver staff training to raise awareness of Prevent in your school 	Child Protection Leads, Senior leaders	Primary, High & Special schools	• 1pm to 4:30pm, 05/10/17	EEC	Free to all CPD and Prevent SLA schools*
NEW: Risk Assessment for Prevent	<ul style="list-style-type: none"> • How to effectively utilise a risk assessment model for Prevent • Receive the Prevent toolkit and a sample risk assessment 	Child Protection Leads, Senior leaders	Primary, High & Special schools	• 3:45pm to 4:45pm, 09/11/17	EEC	Free to all CPD and Prevent SLA schools*
Prevent briefing for Senior Leaders	<ul style="list-style-type: none"> • Be aware of the legal and statutory requirements for schools around Prevent • Focus on equalities, safeguarding and the curriculum 	Headteachers, senior leaders	Primary, High & Special schools	• 3:45pm to 4:45pm, 7/12/17	EEC	Free to all CPD SLA schools*

*Free for schools who have bought into the CPD SLA or Prevent SLA and £85 for all other schools.

Safeguarding (Prevent)

Title	What you will learn	Who for?	School	When?
NEW: Tier 2 Prevent	<p>This on site workshop provides :</p> <ul style="list-style-type: none"> • An understanding of Prevent through a values led approach, enabling staff to notice and refer concerns • An understanding of underlying motivations of behaviour • A deeper understanding of ideologies, narratives, methods of communication • Case studies to understand how risk is assessed. 	School Prevent Leads, safeguarding and senior staff	Primary, High & Special schools	<ul style="list-style-type: none"> • A one hour on site workshop to be arranged with schools. This can be delivered to cluster schools as part of a shared event to an audience of 15 to 20 staff. <p>Please contact Paul Smith to discuss arrangements SmithPa@ealing.gov.uk</p>

**Free for schools who have bought into the CPD SLA or Prevent SLA and £85 for all other schools.*

100%

of participants would **recommend** our training workshops to others*.

98%

of participants **strongly agree** that our training workshops are **useful***.

100%

of participants said our training workshops will **help them in their role***.

*Source: Training workshop evaluation survey 2015/16

Book your place now via Ealing CPD online www.ealingcpd.org.uk. For more information on the any of the trainings, contact:

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020 8825 5484

www.egfl.org.uk/healthy-schools