

# Healthy Schools London

## Silver award



Health Improvement Team

# Meet the Health Improvement team



**Karen Gibson**  
HIT manager  
Safeguarding



**Nicole McGregor**  
Nutrition & exercise  
Officer



**Claire Meade**  
RSE & PSHE  
Officer



**Mubina Asaria**  
Prevent specialist  
Officer



**Stacey Payne**  
Mental health &  
emotional wellbeing  
Officer

# Our services to schools

The Health Improvement team's three services



## Universal

All schools receive this service for free.



## Health Partnership

Workshops, resources and training.



## Bespoke

Three day customised service.

# What we do

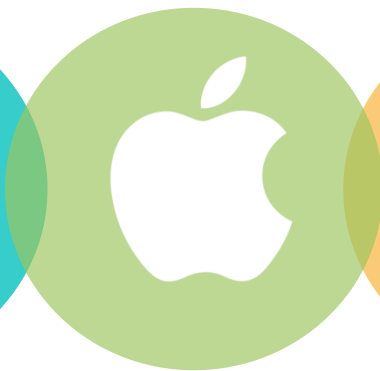
We provide support and training in five areas:



**Safeguarding**



**RSE**



**Nutrition**



**PSHE**



**Emotional wellbeing**

# Aims of the workshop

By the end of this workshop you will have:



**Increased confidence to complete your Silver award**



**Increased knowledge about the HSL process**



**Completed sections of your Silver award**

# Healthy Schools London awards

The process and how to get each award



**AUDIT  
TOOL**



**ACTION  
PLAN**

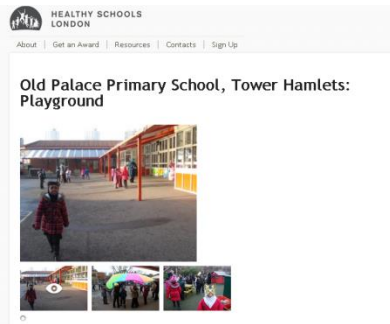


**REPORT ON  
IMPACT**

# Recognition for achieving HSL Silver



**Ceremonies**  
HSL ceremony &  
HIT conference  
for achieving  
Silver & Gold.



**Case studies**  
Get your case  
study featured  
on HSL website  
and in SUTH.

**Certificates**  
Receive a  
certificate for  
achieving your  
HSL Silver award.



**SUTH**  
Be acknowledged  
in our SUTH  
quarterly  
newsletter.

**Healthy School London – Ealing awards**  
The Healthy School 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 School London awards. The table below shows the schools that have achieved their Bronze award. Contact your Health Improvement Officer for more information on how to achieve the HSL awards.

Bronze	Silver	Gold
School Name	School Name	School Name
School Name	School Name	School Name
School Name	School Name	School Name
School Name	School Name	School Name

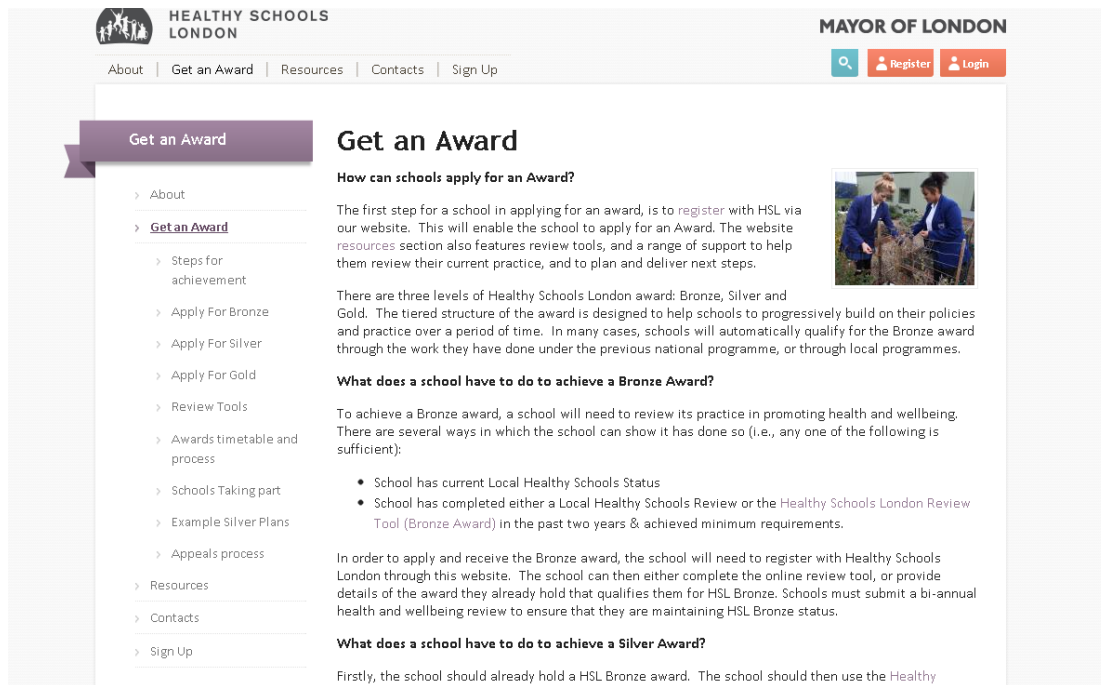
Before starting these awards, we strongly suggest you attend our Healthy Schools London training workshops and ask your Health Improvement Officer for example templates.

**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	Location

**Events and important dates**

# HSL website – where to download tools



The screenshot shows the 'HEALTHY SCHOOLS LONDON' website. The header includes the logo, navigation links (About, Get an Award, Resources, Contacts, Sign Up), and the Mayor of London's name. A search bar and 'Register'/'Login' buttons are also present. The main content area is titled 'Get an Award' and includes a sidebar with a list of links: About, Get an Award (selected), Steps for achievement, Apply For Bronze, Apply For Silver, Apply For Gold, Review Tools, Awards timetable and process, Schools Taking part, Example Silver Plans, Appeals process, Resources, Contacts, and Sign Up. The main text explains how schools can apply for an award, mentioning the first step is to register with HSL. It also lists the three levels of the award (Bronze, Silver, Gold) and provides details on what a school needs to do to achieve a Bronze Award, including having current Local Healthy Schools Status and completing a review. A small photo of two people in school uniforms is included.

**HEALTHY SCHOOLS LONDON**

Mayor of London

Get an Award

How can schools apply for an Award?

The first step for a school in applying for an award, is to register with HSL via our website. This will enable the school to apply for an Award. The website resources section also features review tools, and a range of support to help them review their current practice, and to plan and deliver next steps.

There are three levels of Healthy Schools London award: Bronze, Silver and Gold. The tiered structure of the award is designed to help schools to progressively build on their policies and practice over a period of time. In many cases, schools will automatically qualify for the Bronze award through the work they have done under the previous national programme, or through local programmes.

**What does a school have to do to achieve a Bronze Award?**

To achieve a Bronze award, a school will need to review its practice in promoting health and wellbeing. There are several ways in which the school can show it has done so (i.e., any one of the following is sufficient):

- School has current Local Healthy Schools Status
- School has completed either a Local Healthy Schools Review or the Healthy Schools London Review Tool (Bronze Award) in the past two years & achieved minimum requirements.

In order to apply and receive the Bronze award, the school will need to register with Healthy Schools London through this website. The school can then either complete the online review tool, or provide details of the award they already hold that qualifies them for HSL Bronze. Schools must submit a bi-annual health and wellbeing review to ensure that they are maintaining HSL Bronze status.

**What does a school have to do to achieve a Silver Award?**

Firstly, the school should already hold a HSL Bronze award. The school should then use the Healthy



# EGFL website – where to download tools

The screenshot shows the EGFL website interface. At the top, there is a navigation bar with the EGFL logo (E, G, f, L in colored hexagons) and the text 'Ealing Grid for Learning'. To the right of the logo is a search bar with a magnifying glass icon and a 'Log in' button. Below the navigation bar is a horizontal menu with tabs: Home, Topics, Facilities, Finance and data, Human resources, School effectiveness, and Services for children. The 'School effectiveness' tab is selected, and the breadcrumb trail reads: 'Home » School effectiveness » Health improvement in schools » Healthy schools London awards'.

The main content area is titled 'Healthy schools London awards'. It includes a sidebar on the left with a list of links under the 'School effectiveness' category, such as 'Strategies and plans', 'School effectiveness impact evaluation', 'Career and professional development', 'Extended schools', 'Health improvement in schools', 'Contact us', 'Healthy schools London awards', 'IT resources and support', 'Signing up to health newsletter', 'IT training resources', 'IT toolkits', 'Health related data', 'School improvement and leadership', 'School governance', and 'Teaching and learning'. The main text area describes the awards program, stating that schools are recognized for their achievements in supporting health and wellbeing. It lists four levels of awards: Bronze, Silver, and Gold. The Bronze award requires schools to complete the 'Healthy Schools London bronze audit tool'. The Silver award requires schools to complete the 'Healthy Schools London silver action plan' and use the 'silver support tool' and 'silver evaluation ideas tool'. The Gold award requires schools to demonstrate sustainability and community engagement, and use the 'Healthy Schools London gold tool'.

On the right side of the main content area, there is a section titled 'Popular pages' with a list of links: 'Early years foundation stage (EYF5)', 'Career development for support staff', 'Teacher standards', 'Religious education', and 'Curriculum subjects'. Below this is a section titled 'Services for schools' with a list of links: 'Computing and ICT SLA 2016/17', 'Continuing professional development (CPD) and training programme 2016/17', 'Ealing Education Centre (EEC) training and meeting venue 2016/17', and 'Ealing Grid for Learning website 2016/17'.

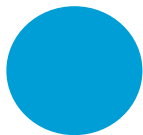
EGFL, School effectiveness, Health Improvement in schools, HSL awards

# HSL website queries

Contact Rebeca Roper if need forgotten/don't have your password and username

Rebecca.Roper@london.gov.uk

# How to I submit my Silver?



**Email your HSL Silver to MeadeC@ealing.gov.uk**

You will receive feedback on your Silver

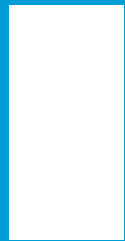


**Upload your HSL Silver to the HSL website**

This can take up to a week to approve



**Once approved, you will receive your HSL Silver award in the post and be invited to celebration event at City Hall in June/July**



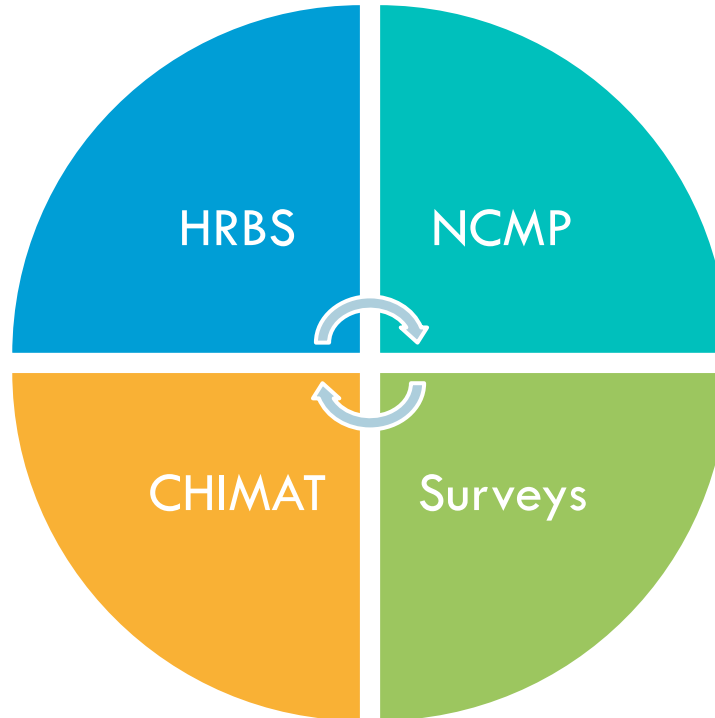
How to achieve  
HSL Silver award

## Decide on your health area

Use any data you have to help you decide on a health area to focus on

What are the health issues affecting your pupils?





What are the health issues in Ealing?




Is overweight an issue in your school?

What are your health issues for all pupils?

# Silver award – decide on your health priority & target group

Name of School:		Borough:
Ealing Gardens Primary School		Ealing
Key contact and job title:	John Smith/ PSHE Coordinator	
Date achieved HSL Bronze Award:		
Health Priority 1 (universal)	Group	Planned Outcome(s)
Mental health 	Pupils 	Increase the proportion of pupils who report that they know who to approach if they have worries or concerns from 76% to 100% (238 pupils to 314).
Health Priority 2 (targeted)	Group	Planned Outcome(s)
Health 		Increase in the numbers of pupils in Year 8 able to identify unsafe behaviours in a relationship (from PSHE assessment) 65% to 88% (237 pupils to 307 pupils)
Project Start Date		
Project End Date		

# Silver award – complete your needs analysis

Health Priority 1 (Universal)	Needs Analysis (the data and evidence to demonstrate why you have identified this priority and outcomes)				
Mental and Emotional Health	 <p>Staff survey identified training needs around promoting emotional health and wellbeing and the school wants to ensure all pupils know who to approach with worries or concerns. The school's environment includes high levels of deprivation, family homelessness and unemployment, which can result in family stress and worries.</p>				
Group					
All pupils					
Planned Outcome	Success indicators	Activities	Timescale	Lead and Job Title	Monitoring and Evaluation
What do you want to improve?	How will you know you are on your way to achieving your outcome?	What are you going to do to achieve your outcome?	How long will it take to achieve?	Who will lead the work?	What will you use to measure your success and demonstrate your improvements?
Increase the proportion of pupils who report that they know who to approach if they have worries or concerns from 76% to 100% (238 pupils to 314)	<ul style="list-style-type: none"> <li>Increase the proportion of all pupils knowing who to go to</li> <li>Increase in staff confidence in how to deal with children's worries</li> <li>Increase in staff understanding of emotional health and wellbeing</li> </ul>	<p>Displays on support available in school</p> <p>Staff training on emotional health and wellbeing</p> <p>Review of staff confidence to support pupils and of staff understanding of emotional health and wellbeing</p> <p>Discussions on help and support available in school included in all IEP meetings</p>	September to July 2014		<ul style="list-style-type: none"> <li>PASS survey</li> <li>Staff training evaluations</li> </ul>



**STEP 1:**

**Write a needs analysis**



# What is a needs analysis?



# How to write your needs analysis

**Reference data (to show why your health area is an issue)**

**Compare your data to the Ealing average (see headline pages of your HRBS)**

**Mention any feedback from staff, SMSAs, parents, pupils**

**Be brief and concise**

**Describe the socio-demographics of your area**

**Write acronyms such as NCMP in full with their date**

# What's wrong with this needs analysis?

“ The results from our Survey highlighted that healthy eating is an area that requires significant improvement. According to this survey, only 15% of pupils eat five or more portions of fruit and vegetables a day. In addition to this 51% of pupils responded that they eat sweets or chocolates at least 2-3 days each week while 45% of pupils responded that they eat crisps at least 2-3 days each week.

According to Ealing NCMP data 34.8% of pupils at Ealing Primary are obese or overweight, and this percentage of overweight/obesity is up from 15% when this same cohort was in Reception in 2007. In addition, the NCMP figures show that 29% of reception pupils were either overweight or obese. This positioned the school as the 11th most obese reception year out of 63 schools within the borough.

”

# How to write your needs analysis

Mention data source & write in full

The results from **Ealing Primary School's Health Related Behaviour Survey (2014/15)** highlighted that healthy eating is an area that requires significant improvement. According to this survey, only 15% of pupils eat five or more portions of fruit and vegetables a day, which is **significantly lower than the Ealing average of 27%**. In addition to this 51% of pupils responded that they eat sweets or chocolates at least 2-3 days each week while 45% of pupils responded that they eat crisps at least 2-3 days each week.

Compare data with the Ealing average

According to Ealing **National Child and Measure Programme data 2014**, 34.8% of pupils **in year 6** at Ealing Primary are obese or overweight. **This places Ealing Primary's Year 6 pupils as the 22<sup>nd</sup> most obese pupils (out of 62 schools within the Ealing borough)**, and this percentage of overweight/obesity is up from 15% when this same cohort was in Reception in 2007. In addition, the National Measurement Child Programme 2014 figures show that 29% of reception pupils were either overweight or obese. This positioned the school as the 11th most obese reception year out of 63 schools within the borough.

Mention your target group

Ealing Primary school is a larger than average school in a deprived socio-economical area, where parents and pupils face challenging conditions including overpopulation, poverty and social issues.

Mention your school's socio-demographics and compare with the England average

According to Ealing's Children's Child Health Profile 2015, Children and young people under the age of 20 years make up 25.3% of the population of Ealing. 83.2% of school children are from a minority ethnic group. The level of child poverty is worse than the England average with 21.6% of children aged under 16 years living in poverty. The rate of family homelessness is worse than the England average. Children in Ealing have worse than average levels of obesity: 10.8% of children aged 4-5 years and 22.8% of children aged 10-11 years are classified as obese.

Include observational data & feedback

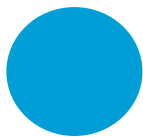
Teachers have observed that a large proportion of pupils are bringing in junk food items and sugary drinks in their lunch boxes.



## **ACTIVITY:**

**Have a go at writing  
your needs analysis.**

# What does a planned outcome need to include?



Your target group



Number of pupils and percentages



State where you got your data from



Mention sample size and number of pupils in your target group

# Example of a planned outcome

How to write a planned outcome question results to write

Increase or decrease

Mention target group

Mention baseline percentage and number of pupils this equals

“ To decrease the percentage of all pupils who don't eat any fruit and vegetables from 29% (29 pupils) to 18% (18 pupils). (Whole school Survey Monkey on healthy eating, April 2015). Total of 100 pupils completed the survey out of 350 pupils in school. ”

State where you got this data from

Mention number of pupils in your survey and total number of pupils in your school

# What's wrong with this planned outcome?

decrease

All? Year 6?

To **increase** the percentage of **pupils** who don't eat fruit & vegetables at lunchtime from **29% to 18%**. (Whole school Survey Monkey).

When was it carried out? How many pupils completed the survey? How many pupils in the whole school?

How many pupils does that equal?





**STEP 2:**

**Get your baseline  
through a survey.**

# Why survey the school?

To get a baseline. Repeat survey at end to find out your impact

To identify if there is actually an issue

Other data is limited i.e. NCMP & HRBS

# Writing good questions

How to get reliable results and actionable insights from your survey

**Short**

Max 5- 7  
minutes to  
complete

**Measurable**

Ask  
questions  
that you can  
measure

**Language**

Avoid jargon  
and double  
negatives

**Unbiased**

Keep the  
tone  
balanced and  
even-handed

# Writing good questions

How to get reliable results and actionable insights from your survey

## Simple

Ask one  
question at a  
time

## Implication

Do not imply  
a desired  
answer

## Flow

Questions  
should  
follow  
comfortably  
from the  
previous  
question

## Assumptions

Don't  
assume  
anything. If  
in doubt,  
include a  
'don't know'  
option'

# More tips



# Types of questions

## Multiple choice question

Which flavor of ice cream is your favorite?

- ☐ Chocolate
- ☐ Vanilla
- ☐ Strawberry

## Open ended question

What do you like about your favorite brand of ice cream?

## Drop down menu

Which flavor of ice cream is your favorite?

-- Please Choose --

## Matrix question

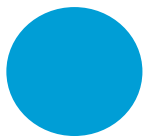
Which flavor of ice cream is each member of your family's favorite?

	Chocolate	Vanilla	Strawberry
Mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Father	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Single question

What is your favorite ice cream brand?

# Survey Monkey features



Ensure questions are answered



Allow users to chose more than one answer



Ensure multiple users can complete survey from same computer



Duplicating surveys

- Decide on 10 questions  
for your Survey Monkey





## ACTIVITY

Design a Survey Monkey

## ■ DEMONSTRATION (do with)

- Create survey
- Add questions
- Add skip logic
- Add 'requires answer' feature
- Add 'answer multiple' option



## ACTIVITY

Decide on activities and  
an evaluation method



## ACTIVITY

Decide on success  
indicators



## ACTIVITY

Complete remaining  
sections



## ACTIVITY

Swap with person next to you and use the approval checklist to give feedback.

# Thank you



McGregorN@ealing.gov.uk



www.egfl.org.uk



020 8825 7707