

School Effectiveness Impact Evaluation 2016
Achieving Excellence Together

Report title	Health Improvement Team
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Key objectives 2015- 2016	<p><i>Aim 2: Every school will have the highest expectations for the well-being, progress and achievement of all its learners – significantly reducing achievement gaps between groups of children and their peers</i></p> <p>Outcome 1: Increase the number of schools buying back HIT packages by 15% and who say they value the service</p> <p>Outcome 2: Every head teacher in Ealing understands who we are, what we do, and prioritises health for their pupils</p>

Impact Evaluation

Aim 2: Every school will have the highest expectations for the well-being, progress and achievement of all its learners – significantly reducing achievement gaps between groups of children and their peers

OUTCOME 1: Increase the number of schools buying back Health Improvement Team packages of support by 15% and increase the number who value the service provided.

Health Improvement service & buy back

This year the aim was to retain existing buy back schools as well as grow the number of schools that bought back. This was to increase the number of schools who commit to develop and embed their health and wellbeing work and build capacity and strong leadership in whole school health and wellbeing work.

There has been a 24% increase (from 33 to 41 schools) in the number of schools who bought back a HIT package this year. All but 2 of the schools who bought back in 2015/16 have bought back this year– one has a new head, the other wanted to buy back but due to budget constraints felt unable to do so. This year, for the first time, three schools have bought back both our support packages.

97% of schools surveyed rated the impact our service as ‘good’ or ‘outstanding’ this year with a 150% increase in the number who rated the difference our service is making for children and young people as ‘outstanding’ (from 4 in 2015, to 10 in 2016).

Universal (free) level of service

Health in School Visits

Every school is offered a free universal Health in School Visit (HiSV) annually. Results of the HRBS are shared with each school and they each receive their own report. 45% of schools accepted the invitation to have a Health in School Visit (HiSV) in 2015/16 compared to 73% in 2014/15. This decline is thought to be largely due to a reduction in team capacity in 2015/16 so it was not possible to carry out as many visits.

Of those who had a HiSV 100% (up from 90% in 2015) found it useful and the most cited reason was that it provided the school with an opportunity to discuss their specific health priorities. One Primary School head teacher stated:

“Our annual Health in School Visit gave me and the PSHE lead time to discuss areas for improvement as well as sharing our successes. We have now managed to complete our Healthy Schools London Bronze award”

Top health concerns in Ealing

Health priorities most cited as areas of concern in schools across Ealing included:

- **Obesity** with unhealthy packed lunches and poor uptake of physical activity main contributing factors
- **Oral health** and poor oral hygiene
- **Under confident staff** in delivering Relationship and Sex Education (RSE) coupled with concerns about how to tackle parental withdrawal from RSE
- **Mental health and emotional wellbeing** concerns – most notably resilience and self-esteem issues

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HRBS

In October 2015 the 5th HRBS was completed by 11929 pupils from 13 secondary and 62 primary schools. 95% of Ealing's maintained schools took part and received a detailed analysis of their results to prioritise health needs. Below is a table that highlights the changes to primary school pupils' food choices, oral hygiene and physical activity levels over the last ten years. **Green** indicates an improvement, **Amber** indicates no change and **Red** indicates a deterioration.

Top two health priorities	Questions related to top two health priorities	2005	2015
1) Oral health	Drink fizzy drinks every day	19%	7%
2) Obesity	Eats sweets, crisps and chocolate every day	29%	16%
	Eats fruit every day	58%	61%
	Exercised 5+ days a week	39%	26%
	Brush their teeth at least twice a day	82%	86%

Schools that use their data to identify a health need that they prioritise and focus on as part of their Healthy Schools London (HSL) Silver award are more likely to see positive changes to their pupil's healthy choices and behaviours. They are also more likely to continue to commit time and resources to focus on pupil health and wellbeing than those who stop once they have achieved Bronze. As one head teacher of a school who has just been awarded HSL Silver commented:

"Being part of the Health Improvement Partnership (see below) and getting support with achieving the award saves a lot of teacher time and means the school continues to focus on health and wellbeing as a priority"

Training & CPD

There was a 67% increase (from 146 participants in 2015/16 to 244 participants in 2016/17) in attendance for our central training and briefings. Of the nine healthy eating sessions delivered 100% of participants found the training useful and would recommend the training to others. 91% felt it increased their confidence and 100% 'strongly agreed' or 'agreed' it would help them in their role.

100% of head teachers who completed the HIT survey monkey rated the quality of training, support and guidance we offer as 'good' or 'outstanding' and one head teacher reported:

"the training and support we have received has helped the staff to be more confident in the particular areas of RSE and PSHE and allow our PSHCE lead to have a clear vision and understanding of the subject"

Buy Back

97% of schools (up 7% from last year) rated the overall value for money of the Health Improvement team as 'good' or 'outstanding' with one head teacher commenting that:

"we only bought a small package but got excellent value for money"

Option 1 - Health Improvement Partnership

This provides practical support and resources for schools to prepare and submit for their Healthy Schools London Silver or Gold award. 63% of head teachers report buying this package to receive Healthy Schools London (HSL) Bronze, Silver or Gold support and 56% to get the teams' support, advice and expertise. 92% of schools who achieved their HSL Gold or Silver this year had bought back this service.

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Option 2 - Bespoke

Out of 19 responses 17 (90%) rated the bespoke work we delivered as 'good' or 'excellent'. An example of the impact of our bespoke work is capture in the **case study** below:

CASE STUDY – St John Fisher 3 days bespoke support

St John Fisher Primary school focused on improving healthy eating choices and behaviours. Baseline data revealed 20% of packed lunches contained cake, chocolate or biscuits, 24% had a sugary drink and only 34% had any salad or vegetables.

The bespoke package included support to plan and deliver a healthy eating week; deliver school assemblies on the difference between healthy and unhealthy packed lunches; plan and deliver parent workshops; provide and introduce a new tokens system to reward healthy choices; and help to write, consult and implement a new whole school food policy that would restrict access to junk food and sugary drinks.

Results showed children were making healthier choices after the interventions as there had been an increase in the number of packed lunch boxes containing vegetables from 34% to 45%; a decrease in soft/sugary drinks intake from 24% to 8%; and a decrease in junk food consumption from 11% to 2%.

OUTCOME 2: Every head teacher in Ealing understands who we are, what we do, and prioritises health for their pupils

Health Improvement Team: improving communications

Improving our communication systems and style to raise our profile so that all school leaders are aware of the service and what we offer was a key priority for us this year. We also identified a need to increase the number of school leaders who prioritise health and wellbeing and those willing and able to share innovative practices with other schools.

97% of head teachers rated the quality of our communication, including our responsiveness to requests and follow up actions as 'good' or 'outstanding'. Feedback from a selection of heads included:

'always efficient and helpful'

'email and other communication is focussed and helpful'

'I asked for a PowerPoint presentation.....and was sent it'

There has however been a 14% fall in those who think their school rates health highly. This could be explained by a 28% decrease in the number of head teachers and 18% increase in the number of PSHE co-ordinators who completed the survey and their difference of opinion. It could also be explained by a number of significant changes schools have had to tackle during 2015/16 that has meant health may not have had such high a priority even for those who have prioritised it in the past.

However, it was good to note that 90% of those who responded to the HIT survey knew who their Health Improvement Officer was for the year, and 90% used, and found useful the email contact they had with their allocated Officer.

Newsletter

In 2015/16, eleven Ealing schools wrote an article that featured in our 'new look' Stepping Up to Health newsletter including: introducing the Daily Mile; the benefits of having a 'cooling down' area in every classroom; how to use MindUp as a mindfulness tool across the school; and how to improve staff confidence in delivering RSE.

It is encouraging to see there has been a 135% increase (from 28% to 66%) of those who are aware of, use and find useful our termly Stepping Up to Health newsletter that features data, trainings, news items, a list of schools who have achieved a Healthy Schools London award as well as these case studies.

Conferences

Attendance at our events and trainings has increased this year. We held three conferences for schools that focused on health and wellbeing and there was a 67% increase (from 46% to 77%) in the number of

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staff aware of our conferences. Ten Ealing schools presented their work at two of the conferences (1&3). Feedback has been extremely positive with one Ealing head teacher commenting that the team “...*deliver quality conferences*”.

Here are some of the details of the three conferences the team planned, delivered and evaluated:

1) Personal Development for pupils: an Ofsted ready approach to implementing health and wellbeing in schools.

- a. 82 school staff attended (18% increase from last year) representing 62 Primary, 5 Secondary and 5 Special Schools from across the borough.
- b. 92% agreed it was useful
- c. 71% said they would share what they had learnt with their head teacher
- d. 63% said they would be interested in attending a full days training with one of the presenters, which is now offered as part of our training package for 2016/17.

2) Make every contact count: Using every opportunity to help young people improve their health and wellbeing.

- a. 122 attended
- b. 97% agreed it was useful

3) Managing children’s emotional literacy to support their education - Six Ealing schools were successfully awarded £7,500 to be part of the Emotional Wellbeing Innovation Fund and their presentations demonstrated what they did, how they did it and what worked/had the most impact.

- a. 121 school staff attended
- b. 100% found it useful
- c. Ravenor Primary school’s presentation (1 of 6 school presentations) ranked top as the presentation most delegates found useful because their programme had the greatest impact and included work with the often forgotten SMSAs
- d. 32% of those who attended said they would share that they had learnt with parents and 29% with ‘their team’

Health Improvement Team: supporting schools to prioritise health

Healthy Schools London Awards

The number of schools who have achieved a **Healthy Schools London (HSL) award** this year, and therefore prioritised health and wellbeing in their schools, has also exceeded expectations.

Award	2014/15	2015/16	% increase
Bronze – foundation award	39 schools	51 schools	28%
Silver – whole school health & wellbeing plan	9	31	244%
Gold – whole schools health and wellbeing impact report	0	6	

The reason for the large increase in the number of schools achieving their HSL Silver award this year is because we tailored one of our two buy back options – the Health Improvement Partnership –to provide practical support and resources for schools to prepare for their Silver or Gold submission.

In addition, out of the 61 staff surveyed this year 92% were aware of the Health Improvement Partnership compared to only 78% in 2015/16, suggesting the marketing and communication of our buy back options is improving and having the desired impact.

Impact of laying the foundation: Awarded Bronze

The 51 schools (46 Primary, 1 Secondary, and 4 Special) who achieved HSL Bronze had to review their whole school health and wellbeing practice and record their provision for promoting children and young people’s health and wellbeing under 7 sections:

1. Leadership, management and managing change
2. Policy development
3. Learning and teaching, curriculum planning and resourcing
4. School ethos, culture, environment and SMSC development
5. Provision of support services for children and young people

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6. Staff continuing professional development (CPD), health and wellbeing
7. Partnerships with parents/carers, local communities, external agencies and volunteers

Impact of planning whole school health and wellbeing change: Awarded Silver

The 31 schools (27 Primary, 4 Special) who achieved HSL Silver had to undertake a needs analysis to identify two health priorities to focus on and then plan, develop and implement an action plan. All 31 schools adopted a whole school approach that has involved changing systems, structures, policy, curriculum, and teaching content and practice to encourage pupils and parents to change their behaviours and improve their health and wellbeing in these areas of need:

Health Priority area	No of schools
Healthy Eating	22
Oral health	11
Physical activity	11
Mental/Emotional health	6
RSE	6
Anti-bullying	4
Internet safety	2
Relationships	2

Impact of behaviour and systems change: Awarded Gold

The 6 Primary schools who have achieved HSL Gold have made significant changes to the way they operate and have all seen the impact of these changes to the health choices, behaviours and practices of pupils, staff and parents.

Case Study: Ravenor Primary School

Needs Analysis:

In 2014 33% of Year 6 pupils were overweight or obese (20 children) which is significantly higher than the Ealing average (22.4%) and the England average (18.9%), only a third were eating the recommended 5 portions of fruit and vegetables a day and 11% of parents admitted to giving their pupils unhealthy packed lunch contents.

Goal:

To increase the percentage of children eating 5 or more portions of fruit and vegetables a day, to 40%.

Actions:

Packed Lunch policy review – banned chocolate, cake, crisps and sugary drinks; working party (including pupils and parents) to consult and get everyone onside; healthy choices assemblies; staff training; growing and cookery clubs; liaison with caterers to change menus; rewards for healthy choices at lunchtime; health fair.

Impact:

45% of pupils (190 children) are eating the recommended 5 or more portions of fruit and vegetables a day, above the intended 40% outcome and a decrease in the number of parents who give unhealthy snacks to their children from 11% to 5%.

Unintended impact:

Improved working relationship with caterers
 Staff behaviour change too
 Behaviour of pupils after lunch calmer and fewer reported incidents

2016/17 buy back

Feedback as to why some head teachers have decided to buy back for 2016/17 includes:

“we want support to achieve the new (for 2017/18) Platinum award”

“we want support to run a health fair”

“I am a new head and our PSHE and CP lead spoke highly of the service”

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Priorities for 2016-2017

There are five top priorities for the HIT team for 2016/2017.

1. Increase schools' staff knowledge in each of the 5 health areas (Safeguarding prevention; nutrition and exercise; PSHE; RSE; and mental health and emotional wellbeing)

Number of schools/staff attending training (>244 participants) and rate the quality of training, support and guidance as 'good' or 'outstanding' (=100% and > 31 respondents)

Number of schools attending conferences (>82 staff and 62P,5S,5SS)

Number who were not aware of the HI Conference (<20%)

Number of schools who take up a HISV (>45%) and found it useful (=100% >61 respondents)

Number of schools who buy back (>41 total and >11 NEW) and rate bespoke work 'good' or 'excellent' (>90% 17/19)

Number who know, use and find useful EGFL (>43%)

2. Enhance staff confidence to support parents to know and understand each health area

Number of schools/staff attending training (>244 participants) and rate the quality of training, support and guidance as 'good' or 'outstanding' (=100% and > 31 respondents)

Numbers of parents attending workshops, coffee mornings, focus groups (attendance registers)

Numbers of schools with parent ambassadors

Number of schools who have held a parent RSE workshop this year (>43%)

3. 40% of schools to have HSL Silver or Gold

Number of schools who have been awarded the HSL Silver this year (>31) or Gold (>6)

Overall number of schools with HSL Silver (>40) or Gold (>6)

Number of schools who buy back (>41 total and >11 NEW) and rate bespoke work 'good' or 'excellent' (>90% 17/19)

Number who attend Silver or Gold training (in addition to those who attend via the HAT)

4. Every head teacher knows their health priorities/the team

Number who value health 'highly' or 'very highly' (>49%)

Number of respondents of the Impact Evaluation survey (>31)

Number who were not aware of the bespoke package of support (<9)

Number who were not aware of the new Health Awards & Training package (previously HIP) (<8%)

Number of quadrants who have a 'Health quadrant lead'

Reduction in number of schools that don't engage with HIT (<36 out of 92)

Number of schools working who has an up-to-date HSL Bronze (>51 schools)

Number of school leaders who know who their HI Officer is (>90%)

Number of schools who attend Annual Conference (>82 staff and 62P,5S,5SS)

5. All High School engaged with HI team and undertake HSL Bronze award

Number of high schools that have a Health in School Visit (>4)

Number of high schools that buy back (>6)

Number of high schools with Bronze (>1)