

School Effectiveness Impact Evaluation 2015

1. Raise standards, close achievement gaps, remove barriers to learning to secure the best possible outcomes for Ealing children and young people
2. Build capacity for sustainable improvement by developing infrastructure, leadership and school to school partnerships

Report title	Health Improvement in Schools
Lead	Karen Gibson
Key objectives 2014-15	<p>Raise standards, close achievement gaps, remove barriers to learning to secure best possible outcomes</p> <p><i>1.5 Specific programmes aimed at reducing the effects of background and/or poverty on educational achievement and, have measurable impact and sustainability (Health Improvement in Schools).</i></p> <p><u>Health Improvement objectives</u></p> <ol style="list-style-type: none"> 1. 100% of schools receive the 'Bottom 20%' (HRBS) data and new ideas of how to address these issues using the services and interventions available and the pupil premium funding. 2. 95% of schools have a 'Health in School' visit in 2014/15 3. 100% of Ealing schools are registered on the Healthy Schools London website, 50% acquire Healthy Schools London Bronze (have the foundations in place to be a healthy school) and 20% have Healthy Schools London Silver (showing commitment to addressing a health priority in their school) <p>Build capacity for sustainable improvement by developing infrastructure, leadership and school-to-school partnerships</p> <p><i>2.1 All schools have access to quality bespoke support packages; these are highly rated and have measurable impact on professional development/school improvement.</i></p> <p><u>Health Improvement objectives</u></p> <ol style="list-style-type: none"> 1. Increase Level 3 buy back by 15% for 15/16 2. Improve by 10% those who rate the quality of Health Improvement service work as 'outstanding' 3. Increase attendance at HILP events from 50 to 65% to further embed the HILP work with schools who have bought back Level 2 <p><i>2.2 The quality, breadth and sustainability of the central training programme is secured through high quality commissioning matched to school needs.</i></p> <p><u>Health Improvement objectives</u></p> <ol style="list-style-type: none"> 1. Increase the reach of the comprehensive free central training programme by 15% 2. 50% of those who attend training have shared what they have learnt with other people in their schools and 35% have done something differently as a result of attending the training 3. Improve impact analysis of training programme through use of a new evaluation process assessing longer term change 4. Improve by 10% those who rate the quality of communication by the Health Improvement service as 'outstanding'

Impact Evaluation 2015

Raise standards, close achievement gaps, remove barriers to learning to secure best possible outcomes

- **Specific programmes aimed at reducing the effects of background and/or poverty on educational achievement and, have measurable impact and sustainability (Health Improvement in Schools).**

Objective 1: 100% of schools receive the 'Bottom 20%' (HRBS) data and new ideas of how to address these issues using the services and interventions available and the pupil premium funding.

- 100% of schools were sent a copy of the HRBS data and this was the focus of the 2014/15 'health in schools' visit.
- 63% value health highly in their school, a 22% increase from 2013/14

Objective 2: 95% of schools have a 'Health in School' visit in 2014/15

- 73% of schools accepted the invitation to have a 'health in school' visit in 2014/15 which included analysis of the school's HRBS data.
- 90% (n48) of those who completed the HIT survey said they found the visit useful and 55% of those found 'the opportunity to discuss our school's health priorities' the most useful.
- 68% found the update from the School Nurse Service useful and 72% had activities delivered as a direct

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result of the 'Health in School' visit:

- Parent drop-in x7
- Pupil drop-in x5
- Oral health promotion x4
- Epi pen training x3

Objective 3: 100% of Ealing schools are registered on the Healthy Schools London website, 50% acquire Healthy Schools London Bronze (have the foundations in place to be a healthy school) and 20% have Healthy Schools London Silver (showing commitment to addressing a health priority in their school)

- Registered = 77 (83%)
- Bronze = 39 (43%)
- Silver = 9 (10%)
- There was an increase from 21 to 26 schools who bought back HIP membership this year.
- The Health Improvement Partnership (HIP) was re-designed based on the comments and feedback from 2013/14 which led to the partnership meetings offering practical support and guidance for schools to complete their HSL Silver.
- Of the 9 schools being awarded HSL Silver award in 2014/15, 8 were regular attenders at the HIP meetings
- Of those who regularly attended
 - 94% found the support to complete the Healthy Schools Silver and Gold awards the most useful
 - Two head teachers from schools who bought back this service reported having their PSHE co-ordinator attend the health partnership has meant they are kept informed of key developments in health education which has led to changes being made in the school.
- 88% of Health Improvement Partnership (HIP) members said they used the skills and resources gained in the HIP to improve the health of their pupils.

Build capacity for sustainable improvement by developing infrastructure, leadership and school-to-school partnerships

2.1 All schools have access to quality bespoke support packages; these are highly rated and have measurable impact on professional development/school improvement.

Objective 1: Increase Level 3 buy back by 15% for 15/16

- The number of schools who bought back Level 3 in 2014/15 rose by 40% with 10 schools buying back
- Case study example with evidence of the impact our buy back work has:
 - Stanhope Primary – 3 days bespoke work to tackle higher than average levels of obesity
- Pre and post whole school healthy choices survey
- Review and refresh whole school food policy
- Health Champion training
- Health Fair support
- Staff healthy choices workshop

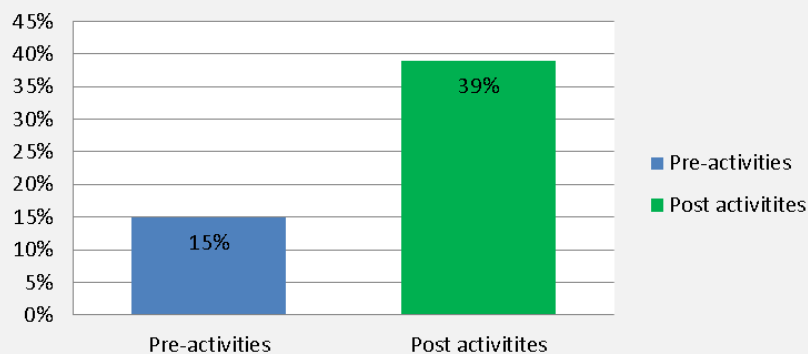
IMPACT DATA

- 8% increase (from 77-85%) who ate fruit and veg every day
- 18% increase (from 51-69%) who ate at least 5 portions of fruit and veg every day
- 19% increase (from 15-39%) who ate salad or veg with their lunch

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Percentage of pupils who have vegetables at lunch everyday



- 8% increase (from 74-82%) who know the importance and relevance of eating 5-a-day
- 55% increase (from 26-81%) who could name the four main food groups on the eat well plate
- 21 out of 26 Health Champions achieved what they pledged to achieve, including:
 - 'I stopped eating chips and chocolate'
 - 'I swapped full fat, for lighter milk'
 - 'I have fruit in my lunchbox every day'
- 54% of pupils said the health fair inspired them to make healthier choices

Objective 2: Improve by 10% those who rate the quality of Health Improvement service work as 'outstanding'

- 95% (n19) of respondents from the SE Impact Evaluation survey rated the Health Improvement service as 'Good' or 'Outstanding'.
- Comments included:
 - 'The team are committed, well informed and have lots of ideas to around obstacles' (Infant School head teacher)
 - 'A highly motivated and knowledgeable team' (Primary School head teacher)
 - 'They provide a valuable service' (Primary School head teacher)
- 82% know and used the central training programme provided by the Health Improvement team
- Of the 54 respondents that completed the Health Improvement 2015 survey:
 - A 22% increase (from 41- 63%) in schools who value health 'very highly' at their school
 - An 8% increase (from 85-93%) in those who know who their Health Improvement Officer is
 - 55% found their opportunity to discuss health priorities as part of their 'health in school visit' one of the most useful aspects of our service
 - A 55% increase (from 25-80%) in those who rated the bespoke work they received as 'excellent'.

Objective 3: Increase attendance at HILP events from 50 to 65% to further embed the HILP work with schools who have bought back Level 2

- 26 schools bought back Level 2 Health Improvement Partnership in 2014/15 compared to 21 in 2013/14.
- 58% of members regularly attended the Health Partnership workshops regularly and 25% attended all the workshops
- Of those who regularly attended
 - 94% found the support to complete the Healthy Schools Silver and Gold awards the most useful
 - 95% found sharing ideas with other schools useful
 - 88% said they used their new skills, knowledge and resources to focus on an aspect of development. This included:
 - PSHE
 - Pupil consultation
 - Dining room enhancement
 - RSE provision

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- Two head teachers from schools who bought back this Level 2 service reported having their PSHE co-ordinator attend the health partnership has meant they are kept informed of key developments in health education which has led to changes being made in the school.

2.2 The quality, breadth and sustainability of the central training programme is secured through high quality commissioning matched to school needs.

Objective 1: Increase the reach of the comprehensive free central training programme by 15%

- The Health Improvement team delivered 19 training sessions to 146 staff over the year.
- 91% rated the quality of training, support and guidance received from the Health Improvement team as 'good' or 'outstanding'
- Based on feedback from last years survey and 'health in school visits' we developed and delivered two NEW training sessions this year:
 - FGM briefing
 - 13 staff completed an online audit following attending the FGM training
 - 92% 'agreed' or 'strongly agreed' the training helped them in their role
 - 69% have reviewed their RSE resources and now include FGM in the curriculum
 - 69% have shared the FGM leaflet with pupils and 61% have used the NSPCC 'Pants Rule' campaign material
 - 1 school contacted their feeder Primary School to discuss what was being covered re: FGM to inform their PSHE/RSE planning for Year 7
 - Healthy eating and reviewing the school packed lunch policy
 - 100% 'agreed' or 'strongly agreed' the training was useful
 - 64% 'strongly agreed' the training helped them in their role
 - 82% reported feeling more confident following the training

Objective 2: 50% of those who attend training have shared what they have learnt with other people in their schools and 35% have done something differently as a result of attending the training

- A change in the evaluation process included a change to the evaluation questions asked at the end of each training session. One new question was to enquire about who the participant intends to share their learning with and another was to share something they have done differently as a result of training. Here is a sample from this year's evaluations:
 - Governor training on RSE & E-safety – 17 participants attended with 100% 'strongly agreeing' or 'agreeing' it was useful and will help them in their role
 - 30% will share the content with fellow Governors
 - 76% will recommend the training to other Governors
 - I intend to
 - 'Reduce RSE parental withdrawals'
 - 'Work with our PSHE Co-ordinator to plan changes needed'
 - 'Adapt our RSE policy'
 - Self-harm guidance – 76 participants attended
 - I intend to
 - 'Use the new guidance in my school'
 - 'Change our systems and processes in school'
 - 'Develop a whole school policy'
 - 'Train all our staff on this important area'
 - Bronze Healthy Schools London - 5 participants
 - 75% submitted their Bronze review tool that term and achieved their Healthy Schools London Bronze award

Objective 4: Improve by 10% (to 33%) those who rate the quality of communication by the Health Improvement service as 'outstanding'

- 95% (n19) of respondents from the SE Impact Evaluation survey rated the communication by the Health

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Improvement service as 'Good' or 'Outstanding'.

- Comments included
 - 'Very appreciative of ongoing guidance completing audits and surveys'
 - 'Clear and regular updates'
- There was an increase from 85% last year to 93% (n50) of those who completed the HIT survey this year who knew who was their Health Improvement Officer
- 65% read, accessed and found our emails useful
- 83% read and use our Gatekeeping documents
- 72% read and use our Stepping up to Health newsletter and 70% pass it on to colleagues to read and use
- 23% were not aware of our annual conference and 22% were unaware of the benefits of being a Health Improvement Partnership member.
- 2 people asked to bring back our termly PSHE network

Priorities for 2015-2016 (in line with the aims in 'Achieving Excellence Together 2015-18')

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

Increase the number of schools buying back HIT packages by 15% and value the service

Number of schools who buy back (> 34 schools)

Number of schools who take up a HISV (>73%) and find it useful (>90%)

Number of participants who attend HIT CPD (> 146 participants) and rate the quality of training, support and guidance as 'good' or 'outstanding' (> 91%)

Number of schools who rate the value for money of our service as 'good' or 'outstanding' (> 90%)

Number of schools who rate bespoke work as 'good' or 'excellent' (> 95%)

Number of schools who are not aware of the health improvement partnership (HIP) (<22%)

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

Number of schools who know what HIT does and request spontaneous buy-back

Number of schools who value health highly in their school (> 63%)

Number of schools who take part in the 2015 HRBS (aiming 100%)

Number of schools who are aware of and attend our conference (> 69 participants)

Number of schools who are awarded Bronze (> 43% or 39 schools) Silver (> 10% or 9 schools) or Gold HSL awards 2015-16

Number of schools that report the quality of our communication as 'good' or 'outstanding' (> 95%)

Improve internal systems to demonstrate the impact of our service

Number of schools who rate the difference we make as 'good' or 'outstanding' (> 86%)

Number of schools who are awarded Silver HSL (> 9)

Number of schools who regularly attend Health Improvement Partnership (>58%)