

Healthy Schools and STARS overlap

There are many overlaps between Healthy Schools Accreditation and TfL STARS Accreditation. Both cover active travel and road safety in different ways. If your school is already working on Healthy Schools Accreditation, this table below shows how you can easily apply for STARS Accreditation as well because of how much you can do that overlaps. If a school were to make each of the Healthy School Criteria below related to Active Travel/Road Safety as per the suggestions, they would already be well done their way towards Bronze Accreditation at a minimum.

Healthy Schools Criteria	Example overlap activity with STARS	Activity Card on STARS (and title)	Type of STARS story
<p><u>1. Leadership, Management & Managing Change</u></p> <p>PE, Physical Activity and Sport – SLT Lead</p>	For schools to work on their STARS accreditation, a champion or ‘lead’ will need to be designated. This person is often also the PE lead, therefore this can come under this Healthy Schools requirement.	A pre-requisite for a school to be working on STARS – unfortunately does not count as a story but please see below for those that do!	N/A
<p><u>2. Policy Development</u></p> <p>Healthy Schools London: Physical Activity</p>	Active Travel comes under Physical Activity, so why not adopt STARS very own active travel policy for your school?	https://stars.tfl.gov.uk/explore/idea/details/73 ‘School active travel policy’	Consultation (Silver/Gold only)
<p><u>3. Learning and teaching, curriculum planning and resourcing</u></p> <p>Physical Activity including a minimum of 90 minutes to 2 hours curriculum PE a week</p> <p><i>Please provide the name of any resources and partners supporting the delivery of PE in the curriculum.</i></p>	Cycling and scooting are activities that can be easily fitted into the PE curriculum. This can be delivered by internal staff as cycle/scooter skill sessions, or external contractors, such as ScootFit , and The Bicycle Society . It could even consist of Bikeability training . Please note the Daily Mile is not counted for STARS.	<p>https://stars.tfl.gov.uk/explore/idea/details/1083 ‘Cycling Lessons’ (not the same as Bikeability)</p> <p>https://stars.tfl.gov.uk/Explore/Idea/Details/32 ‘Bikeability training’</p> <p>https://stars.tfl.gov.uk/explore/idea/details/45 ‘Scooter training’</p>	<p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p>

<p><u>4. School ethos, curriculum, environment & SMSC development</u></p> <p>Outdoor Areas and Playground Provision</p> <p><i>Please provide examples of the energetic activities or sports that are available to pupils in outdoor areas or playground.</i></p>	<p>Having pool balance and/or pedal bikes and scooters is a great way to provide energetic activities in outdoor areas and link it to active travel.</p> <p>The council has bought Strider and Frog bikes via The Bicycle Society in the past, and scooters via ScootFit.</p>	<p>Although you don't need pool bikes for this activity, they can help https://stars.tfl.gov.uk/explore/idea/details/18 'Biking at break'</p> <p>https://stars.tfl.gov.uk/explore/idea/details/25 'Pool bikes and scooters scheme (for lending out)'</p>	<p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p>
<p><u>4.</u></p> <p>Physical Activity</p> <p><i>Please provide examples of the extra-curricular physical activity opportunities that you provide (e.g. before and after school, at lunchtimes).</i></p>	<p>After school bike (or scooter!) clubs are great opportunities to link physical activity to active travel.</p> <p>We are currently producing guidance on how to run a bike club. Contact us at sta@ealing.gov.uk for more information.</p> <p>Also any active travel challenge can count – why not Ealing's own Active Travel Challenge? Please see here for more information. There is also the Big Pedal, Walk to School Week, WOW and International Walk to School Month.</p>	<p>https://stars.tfl.gov.uk/explore/idea/details/18 'Biking at break'</p> <p>https://stars.tfl.gov.uk/explore/idea/details/13 'Cycling club'</p> <p>Why not be more ambitious and do something a bit different? Great for year 5s and up https://stars.tfl.gov.uk/explore/idea/details/1081 'Bike polo'</p> <p>https://stars.tfl.gov.uk/Explore/Idea/Details/1093 rename 'Autumn/Spring (write applicable) Active Travel Challenge'</p>	<p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p>

<p>4.</p> <p>Active Travel</p> <p><i>The school promotes active travel to and from school.</i></p> <p><i>The school has achieved or is working towards TfL STARS Bronze accreditation. Please provide details of initiatives in place to promote active travel to and from school.</i></p>	<p>Please get in touch with the School Travel Team for support with your TfL STARS accreditation at sta@ealing.gov.uk.</p> <p>There are plenty of initiatives on TfL STARS to choose from that promote active travel.</p>	<p>Check out any of the activity cards on TfL STARS for inspiration. Why not start with Ealing's Active Travel Challenge?</p> <p>https://stars.tfl.gov.uk/Explore/Idea/Details/1093</p> <p>rename 'Autumn/Spring (write applicable) Active Travel Challenge'</p>	<p>Check activity card if not the ATC.</p> <p>Travel activity (all levels)</p>
<p>4.</p> <p>Pupil Voice</p> <p><i>Please provide examples of the mechanisms you have in place to ensure the views of pupils are reflected in decision making, policy and practice. (e.g. school council, we adopt 'Assessment for Learning' principles to include views of all pupils, less vocal and less visible children targeted for small group support, questionnaires / surveys, suggestion boxes etc.).</i></p>	<p>Ealing's very own JTA Programme is the perfect opportunity to allow pupils to get their views across. Check out the School Travel Team's guidance on how to run JTAs (Junior Travel Ambassadors).</p> <p>For secondary schools the YTA programme (Youth Travel Ambassadors) offers the same opportunities of influence for pupils, only tailored for a secondary context and run by TfL. For more information please email sta@ealing.gov.uk.</p> <p>You can also ensure your pupils are involved in your School Travel Working Group. Separate to a JTA or YTA activity, although the pupils can be JTAs/YTAs.</p>	<p>https://stars.tfl.gov.uk/explore/idea/details/26</p> <p>'Junior Travel Ambassadors Scheme'.</p> <p>https://stars.tfl.gov.uk/explore/idea/details/31</p> <p>'Youth Travel Ambassadors (YTA)'</p> <p>https://stars.tfl.gov.uk/explore/idea/details/66</p> <p>'Pupil involvement'</p>	<p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p> <p>Consultation (Silver/Gold)</p>
<p>4.</p> <p>Personal Development and wellbeing</p> <p><i>Please provide examples of the mechanisms you have in place to ensure</i></p>	<p>This criterion can use the same activities as the above – the JTAs, YTAs and also pupil involvement.</p> <p>1. The JTAs and YTAs can be used to carry out many roles that serve the School Travel Plan,</p>	<p>https://stars.tfl.gov.uk/explore/idea/details/26</p> <p>'Junior Travel Ambassadors Scheme'.</p> <p>https://stars.tfl.gov.uk/explore/idea/details/31</p>	<p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p>

<p><i>the views of pupils are reflected in decision making, policy and practice. (e.g. school council, we adopt 'Assessment for Learning' principles to include views of all pupils, less vocal and less visible children targeted for small group support, questionnaires / surveys, suggestion boxes etc.).</i></p> <p><i>1. Develop responsibility, independence and resilience</i></p> <p><i>(e.g. working in school office, taking registers, fruit monitors, lunch time food servers. prefects, charity days, school's assembly programme teaches about people who inspire and show resilience in situations etc.).</i></p> <p><i>2. Learn how to assess risk and stay safe</i></p> <p><i>(e.g. topics of risks and safety are covered in many areas of the curriculum including PSHE, circle time, Science, ICT and PE, road safety etc...)</i></p>	<p>for example carrying out the Hands Up Surveys, the Pupil Traffic Warden scheme helping with other events etc.</p> <p>2. Any road safety activity could cover this. Just use the 'road safety' filter icon in STARS to see all the available activities.</p>	<p>'Youth Travel Ambassadors (YTA)' https://stars.tfl.gov.uk/explore/idea/details/66 'Pupil involvement'</p> <p>https://stars.tfl.gov.uk/Explore/Idea/Details/1090 'Hands-up surveys' (this activity is a requirement for accreditation but does not count separately as a story as well)</p> <p>https://stars.tfl.gov.uk/explore/idea/details/54 Rename as 'Pupil Traffic Warden Scheme'</p> <p>https://stars.tfl.gov.uk/explore/idea/details/1079 'Road Safety Week'</p>	<p>Consultation (Silver/Gold)</p> <p>Not a story</p> <p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p>
<p><u>4.</u></p> <p>Next steps – ideas for moving on to the Silver/Gold Awards</p> <p><i>For example, set measurable outcomes to:</i></p>	<p>Please see the activity cards in the next column for more information.</p>	<p>https://stars.tfl.gov.uk/explore/idea/details/18 'Biking at break'</p> <p>https://stars.tfl.gov.uk/explore/idea/details/13 'Cycling club'</p>	<p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p>

<ul style="list-style-type: none"> • Increase engagement in physical activity at breaks, lunch time and outside of school • Increase the number of pupils to have achieved an award in their cycling proficiency skills • Increase the number of pupils reporting they either cycle or scoot to school on a regular basis • Increase the number of pupils reporting they walk to school on a regular basis • Increase the number of students who have been put forward for and been successful in achieving their Independent Travel Award • Increase the number of pupils reporting an increased knowledge of the importance of air quality 		<p>https://stars.tfl.gov.uk/Explore/Idea/Details/32 'Bikeability training'</p> <p>https://stars.tfl.gov.uk/Explore/Idea/Details/1107 'YTA Student Leadership Award'</p> <p>https://stars.tfl.gov.uk/Explore/Idea/Details/1086 'Independent travel training'</p> <p>https://stars.tfl.gov.uk/Explore/Idea/Details/1102 'Air Quality Day' or rename 'Go Green for Clean Air Day' if applicable</p>	<p>Travel activity (all levels)</p> <p>Supporting activity (Partnership) (all levels)</p> <p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p>
<p><u>6. Staff continuing professional development (CPD), health and well-being</u> (e.g. London Healthy Workplace Charter, bike racks for staff that cycle to work and Council cycle scheme offered to staff, wellbeing policy that includes staff, yoga classes, relaxation sessions, team bonding activities).</p>	<p>The Bicycle Society offer a CPD training course that trains staff how to teach pupils how to use balance/pedal bikes as well as how to use them in the curriculum.</p> <p>Please see Ealing Council's schools guidance on the Cycle to work scheme, which allows staff to buy a bike tax free and pay through salary sacrifice.</p> <p>Ealing Council also offer a new separate scheme called Try Before You Bike that allows you to hire a bike from only £10 a month and if you like it, keep paying until you have paid</p>	<p>https://stars.tfl.gov.uk/explore/idea/details/23 Rename 'Learn to Balance/Learn to Pedal'</p> <p>https://stars.tfl.gov.uk/explore/idea/details/1077 'Cycle Parking installed'</p> <p>https://stars.tfl.gov.uk/Explore/Idea/Details/1106 'Cycle to work scheme'</p> <p>https://stars.tfl.gov.uk/explore/idea/details/68</p>	<p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p> <p>Travel activity (all levels)</p> <p>Support activity (promotion)</p>

	it off. They even deliver the bike to you, provide free cycle training and will collect it if you decide it is not for you.	Rename 'Newsletter promotion of 'Try Before you Bike'	All levels
<p><u>7. Partnerships with parents and carers, the local community, external agencies and volunteers</u></p> <p>Engaging with parents/carers, the local community and external agencies</p> <p><i>Please provide examples of any opportunities you give for parents/carers to access information, support and advice on health and wellbeing.</i></p> <p><i>Please provide examples of how the school engages with the local community and a range of external agencies to support pupils, parents/carers and staff. Including any opportunities to encourage volunteering by pupils e.g. Team London and Team London Young Ambassadors.</i></p>	<p>Promoting the active travel activities that the school is carrying out to parents and the community is a key part of STARS accreditation. Schools can log the 'Communicating with parents' story up to three times if examples of different media are used for each one, for example one story for Social Media, one for Newsletters and one for Welcome Pack information (it can be other forms of communication too these are just examples).</p> <p>If the school has publicised their active travel/road safety activities in various ways to the local community, they can similarly log more than one story using that activity card, provided the activities were separate in their own right.</p>	<p>https://stars.tfl.gov.uk/explore/idea/details/68</p> <p>Rename to be more specific to the media used and what was promoted</p> <p>https://stars.tfl.gov.uk/explore/idea/details/64</p> <p>'Publicity within the local community'</p>	<p>Support activity (promotion) All levels</p> <p>Support activity (promotion) All levels</p>

Similarly, if your school is already working towards STARS and is considering working towards Healthy Schools as well, then there are overlaps in the other direction too!

You can log up to three '[Healthy Schools London](#)' stories on STARS, one for each accreditation level: Bronze, Silver and Gold.