

STARS and Healthy Schools London

[Healthy Schools London](#) (HSL) is an awards scheme funded by the Mayor of London that supports and recognises school achievements in pupil health and wellbeing.








Like STARS, HSL encourages children to be active on their way to school, increase their daily physical activity and make healthy choices. It supports schools to help pupils learn about their health, and develop their confidence and self-esteem.

To find out more and to register, visit the [Healthy Schools London website](#). Once registered, you can access support and resources, and begin working towards your school's award.

Did you know that working towards or achieving a HSL award can also help count towards your STARS accreditation? Simply select the STARS activity card that corresponds to the activity you're running in school, tell your story and keep working towards your next STARS accreditation.

To do this, sign into your [STARS online account](#), select the activity from the list and click on 'Tell your story'. You can include photos, posters, newsletters, risk-assessments and other relevant documents to show how your activity was completed. You can then publish your story in the 'Stories' section to share your achievements.

See the list below for our suggestions of [STARS Activity Cards](#) that align with Healthy Schools London.

	Example Activity	STARS Activity Card
 Consultation	<p>Run focus groups or surveys with staff, pupils and parents to understand the challenges affecting active travel to school</p> <p>Produce a school active travel policy with targets and actions. This can feed into your Healthy Schools London action plan</p>	<p>Audits and research</p> <p>School active travel policy</p>
 Promotion	<p>Promote your schools involvement in HSL by delivering a whole-school assembly and displaying information on your schools noticeboards</p> <p>Tell parents and carers about your HSL achievements by including information in your school newsletters and on your school webpage</p>	<p>School travel noticeboard and webpage</p> <p>Communicating with parents/carers</p>
 Walking  Cycling  Scooting	<p>Invite parents to take part in Park and Stride, allowing those who live further from the school to introduce an element of active travel into their journey</p> <p>Offer cycle lessons during PE time as an inclusive way to allow pupils who do not normally have the chance to use a bike to get active and gain confidence</p> <p>Install scooter parking to encourage your pupils to scoot to school rather than take the car</p>	<p>Park and Stride</p> <p>Cycling Lessons</p> <p>Scooter parking installed</p>
 Smarter driving	<p>Plan a car-free day once a year or term to prompt your school community to discover a new way to get to school and possibly change their travel habits for good. There's a whole host activities you could do on the day to encourage parents to leave their car at home</p>	<p>Car-free days</p>
 Curriculum	<p>Put together a lesson or assembly adapted to the needs and level of your class to teach them about the health and environmental benefits of active travel. A small group of pupils may want to help deliver an assembly too!</p>	<p>Health benefits of active travel</p> <p>Environmental benefits of active travel</p>