

SCHOOLS INFORMATION NETWORKING GROUP

9th November



Health Improvement Team

Meet the team

The Health Improvement experts



Karen Gibson
Safeguarding
Manager



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 4 schools' options



Universal

Health in school
visit, CPD, Schemes
of work, HSL.



Healthy Schools Awards & Training

Workshops, resources
and training.



Bespoke

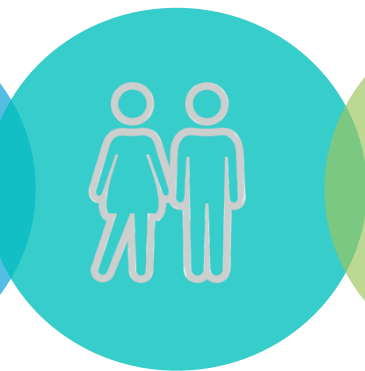
Customised service.

What we do?

We create, develop and co-ordinate a wide range of programmes, training and resources in five areas:



Safeguarding



RSE



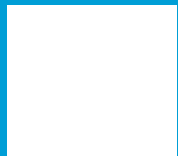
Nutrition



PSHE



Emotional wellbeing



Universal

Health in school visits are from Sep to Dec



Get your health data analysed

Useful resource pack

Discuss health priorities

Learn important information

Book your health in school visit here: <https://hisv.acuityscheduling.com/>

HSL Drop-in days

No need to register. Just turn up!

25 November 2016, 10am to 5pm

2 February 2017, 10am to 5pm

Health Improvement conference

Register via hiconference.eventbrite.co.uk



23 February 2016, 8:30am to 1:30pm



Healthy Schools Awards & Training

TRAINING WORKSHOPS

**HSL
awards**

**Nutrition
&
exercise**

**Mental
health &
emotional
wellbeing**

PSHE

RSE

**Preventing
extremism**

Aims of the HAT

PSHE Coordinators attend 6 workshops over the year in order to achieve four main outcomes:



Focus on improvements in their pupils' health and wellbeing



Learn how to embed health & wellbeing into whole school plan



Achieve at least one HSL awards – excellent evidence for Ofsted



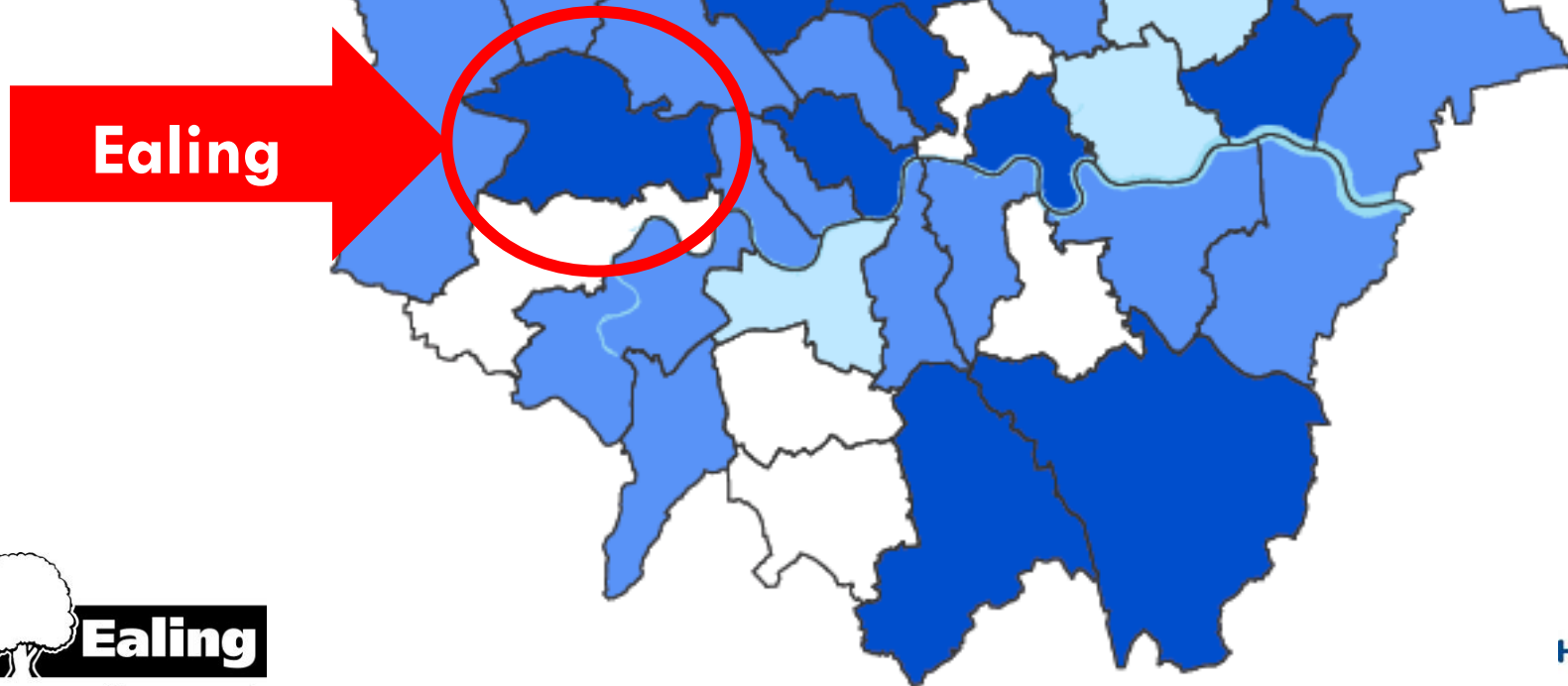
Gain new skills and knowledge to be more effective in their role

What are the HSL awards?



HSL Awards

32 boroughs

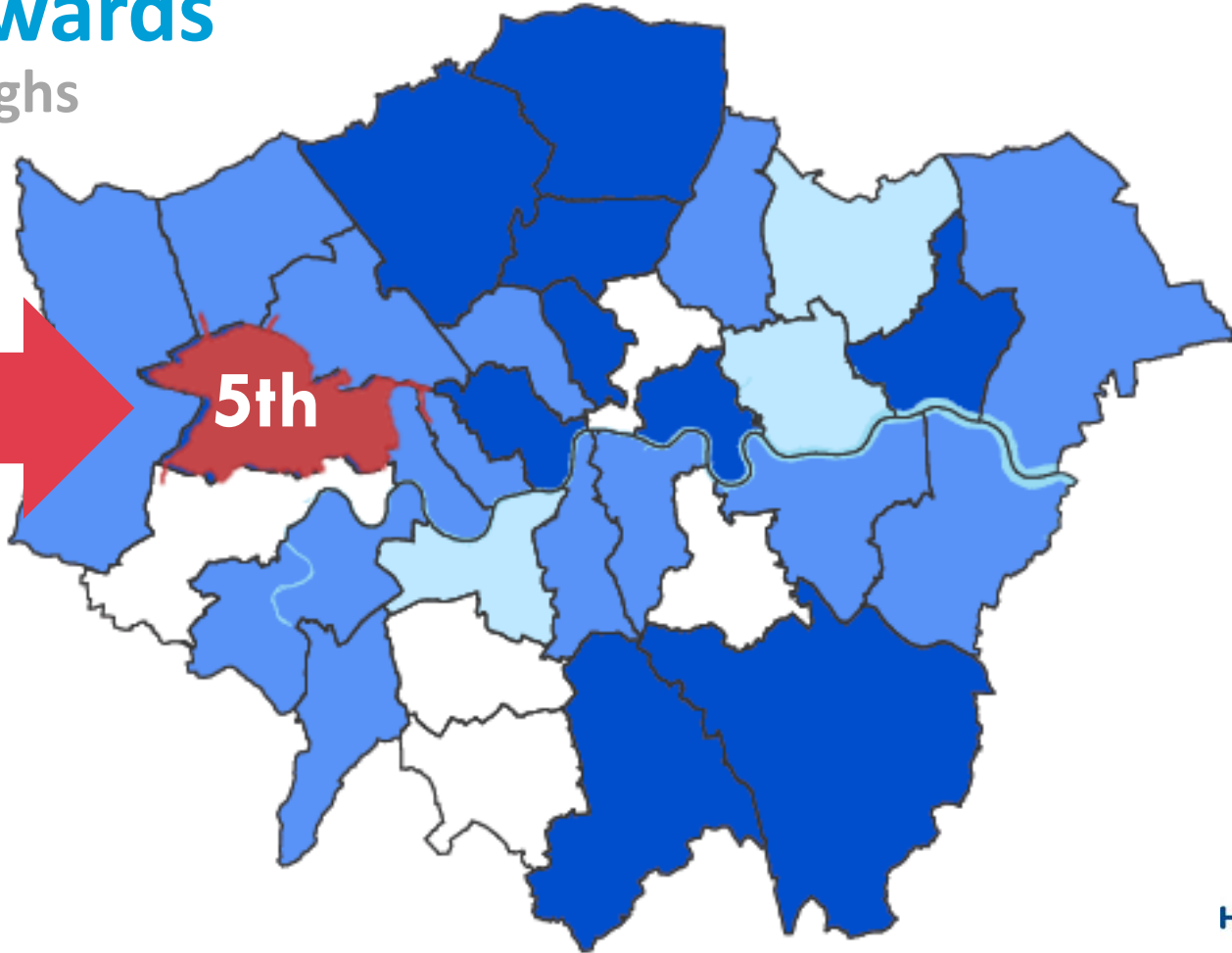


HSL Awards

32 boroughs

Bronze

5th

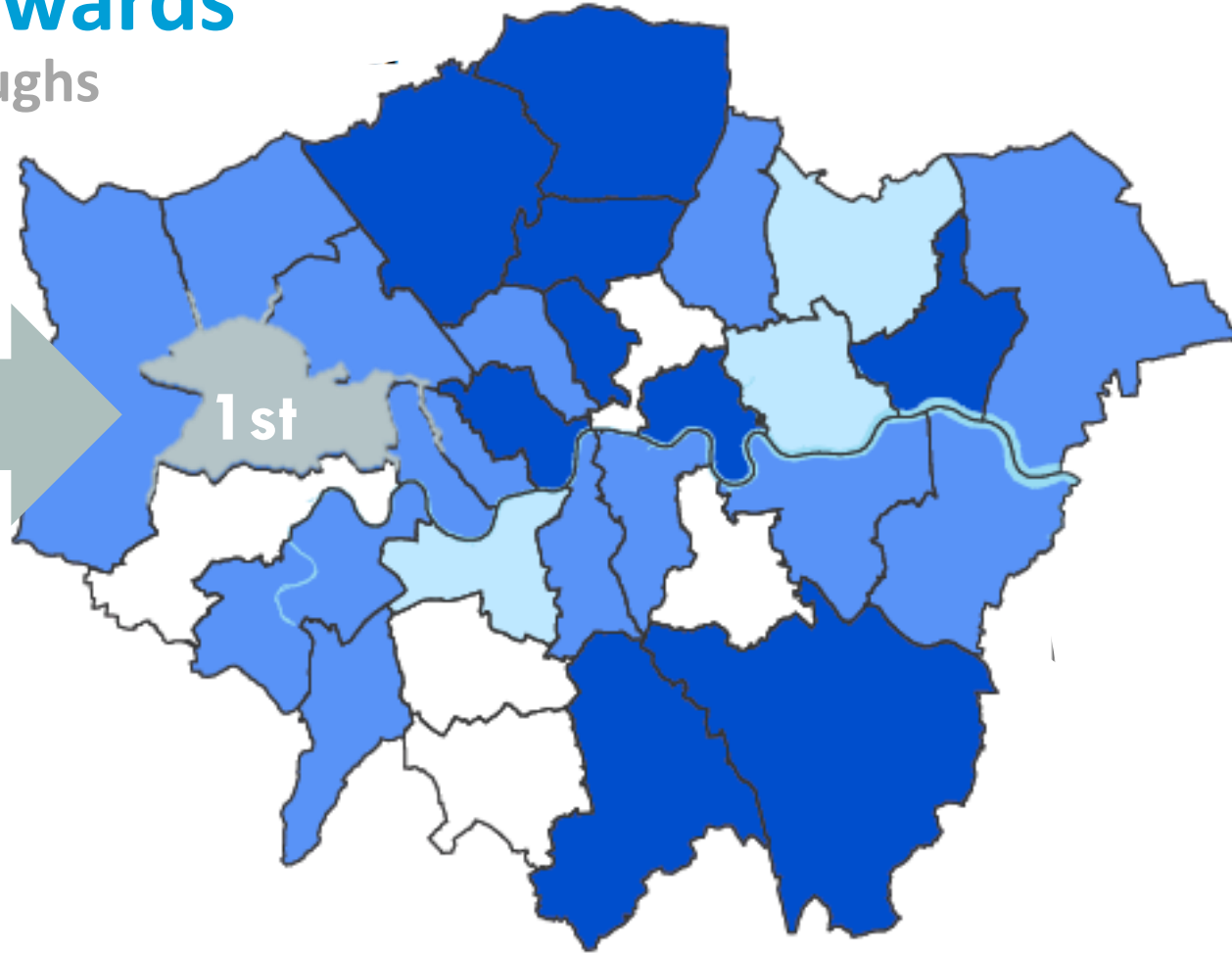


HSL Awards

32 boroughs

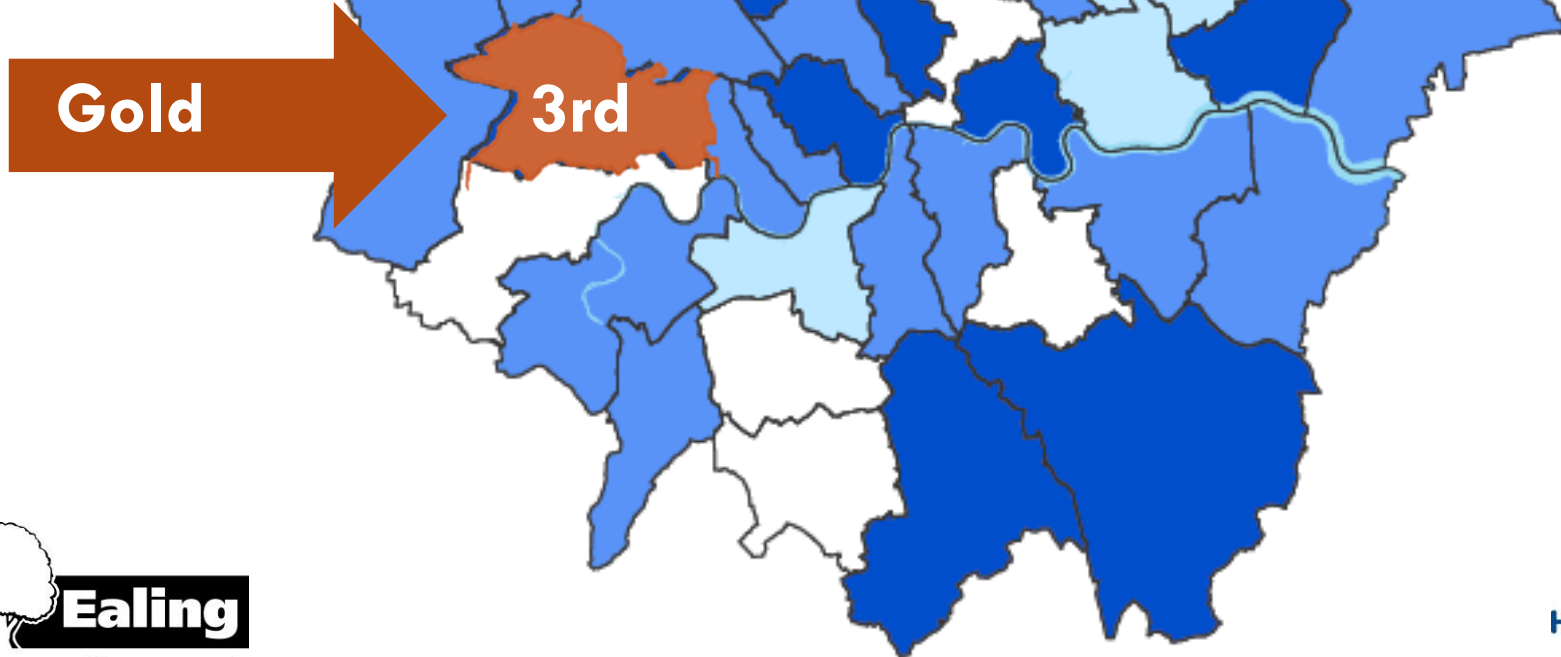
Silver

1st



HSL Awards

32 boroughs



Ealing's HSL Award Tally

53

BRONZE AWARD

32

SILVER AWARD

6

GOLD AWARD



Bespoke



Case Study: Stanhope Primary School

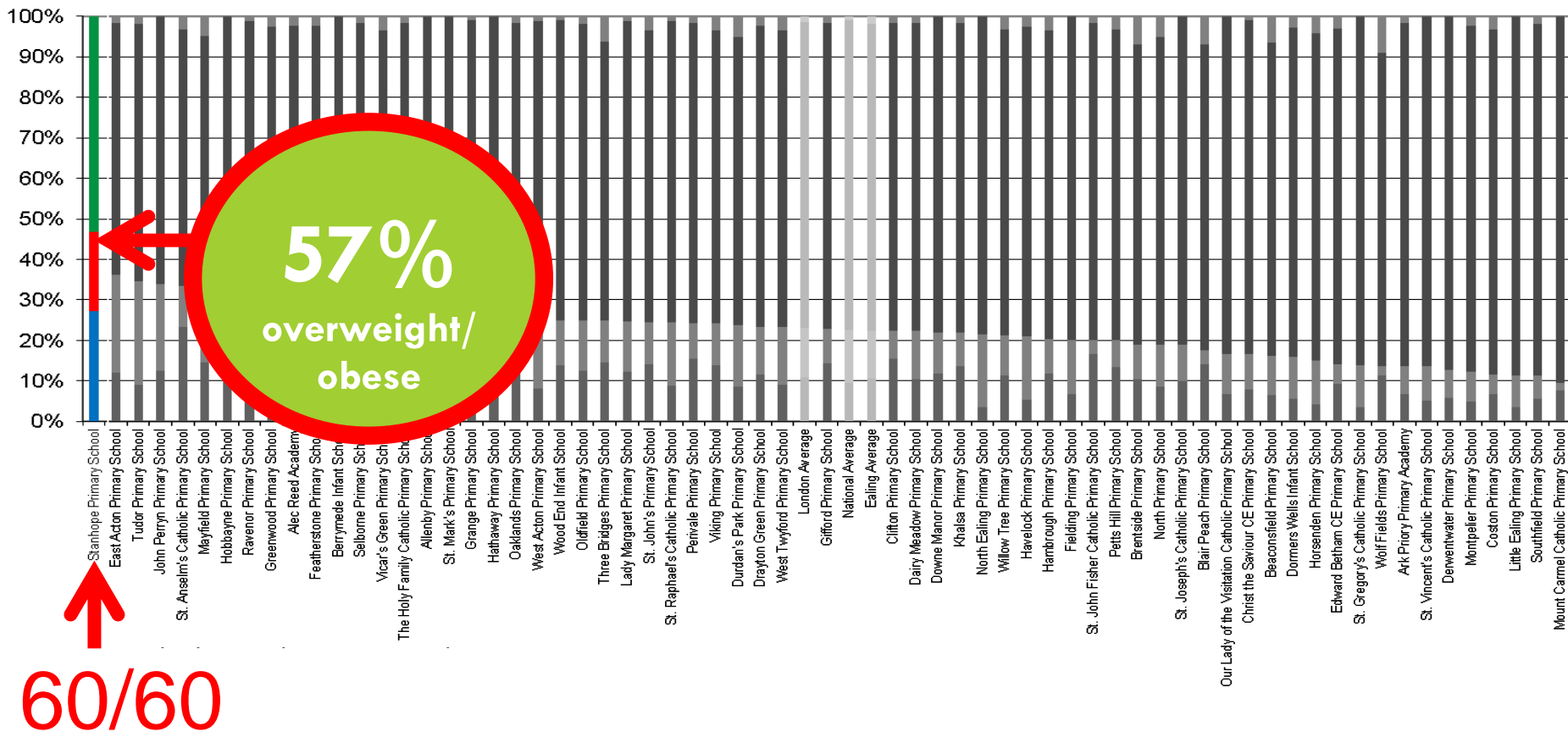
Background

- 2012 Ofsted 'Special Measures'
- 2013 Ofsted 'Requires Improvement'
- 2015 Ofsted 'Good'
- 2015 – in a position to now invest in health improvement and the school bought back the Health Improvement team for the first time

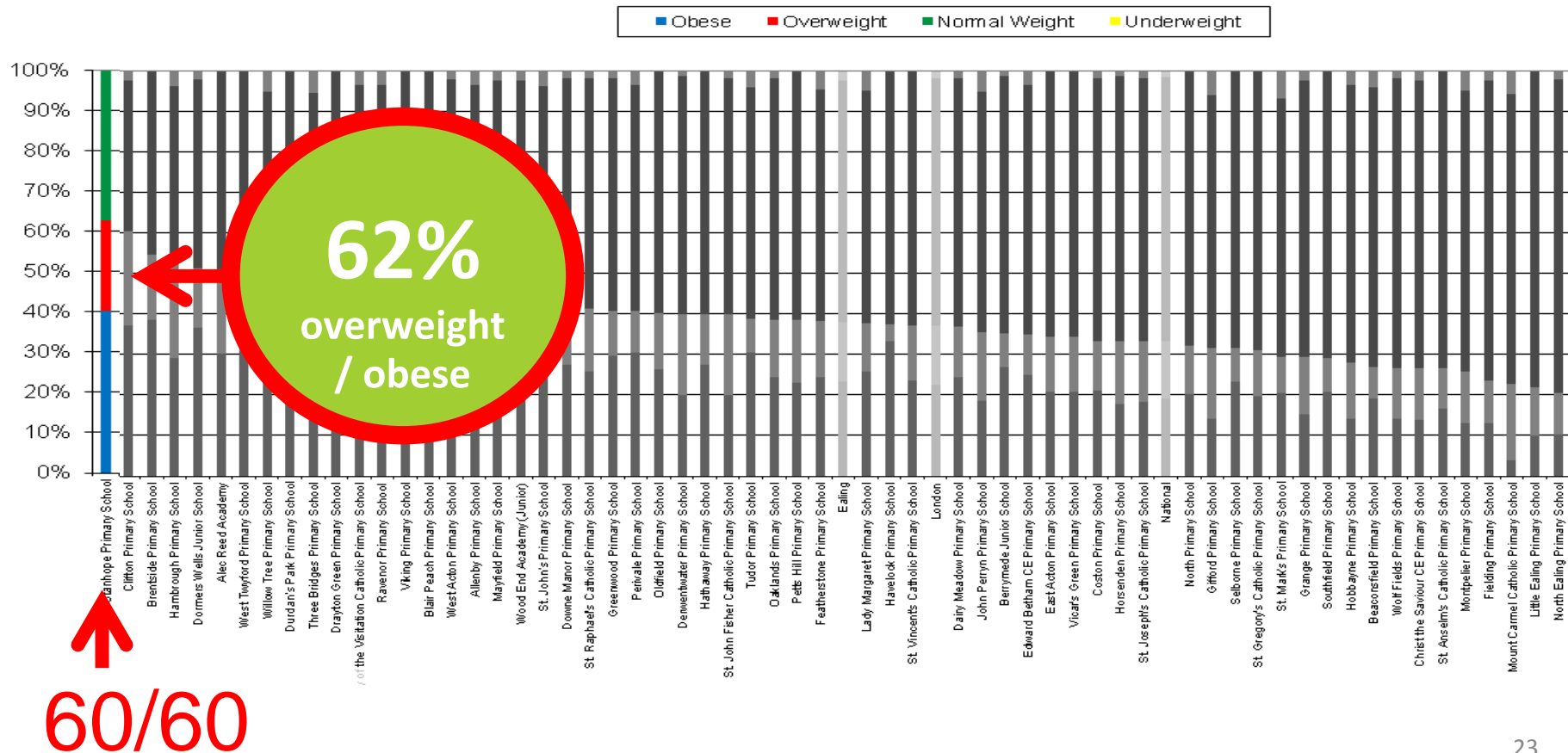


Health Priority - Obesity

Stanhope's NCMP 2013/14. Year 6



Stanhope's NCMP 2014/15. Year 6



Bespoke activities to reduce obesity:

Healthy
eating
activities

Exercise
initiates

Active
travel
initiatives



Healthy eating activities

HEALTH FAIR



Lunchbox policy and tokens

To score a...
GREEN TOKEN YOUR PACKED LUNCH OR SCHOOL MEAL MUST HAVE:

1 Fresh fruit

2 Salad or vegetables

3 NONE of these snack foods: (See snack poster)



Parent and family programmes



HENRY



**Stanhope's
cooking club**



**Parent healthy
eating workshops**



Exercise initiatives

Daily Mile



Other exercise initiatives



**Jump rope for
heart**



**Stationary
bikes**



**Playground
zones**

A group of approximately 15 school children and two adults are posed for a group photo outdoors. The children are dressed in school uniforms, including white shirts, dark sweaters, and skirts or trousers. Some children are kneeling in the front row, while others stand behind them. Two adults, a woman on the left and a man in the back center, are also part of the group. The background shows a school building with a tiled roof and some trees. The entire image has a light blue overlay with text.

Health Champions Programmes

**HIIT
leaders**

**Healthy
eating
educators**

**Lunchtime
monitors**

Other initiatives



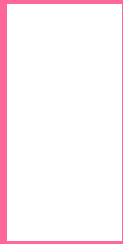
Tesco's
supermarket
tours



Littern
Nature
Reserve



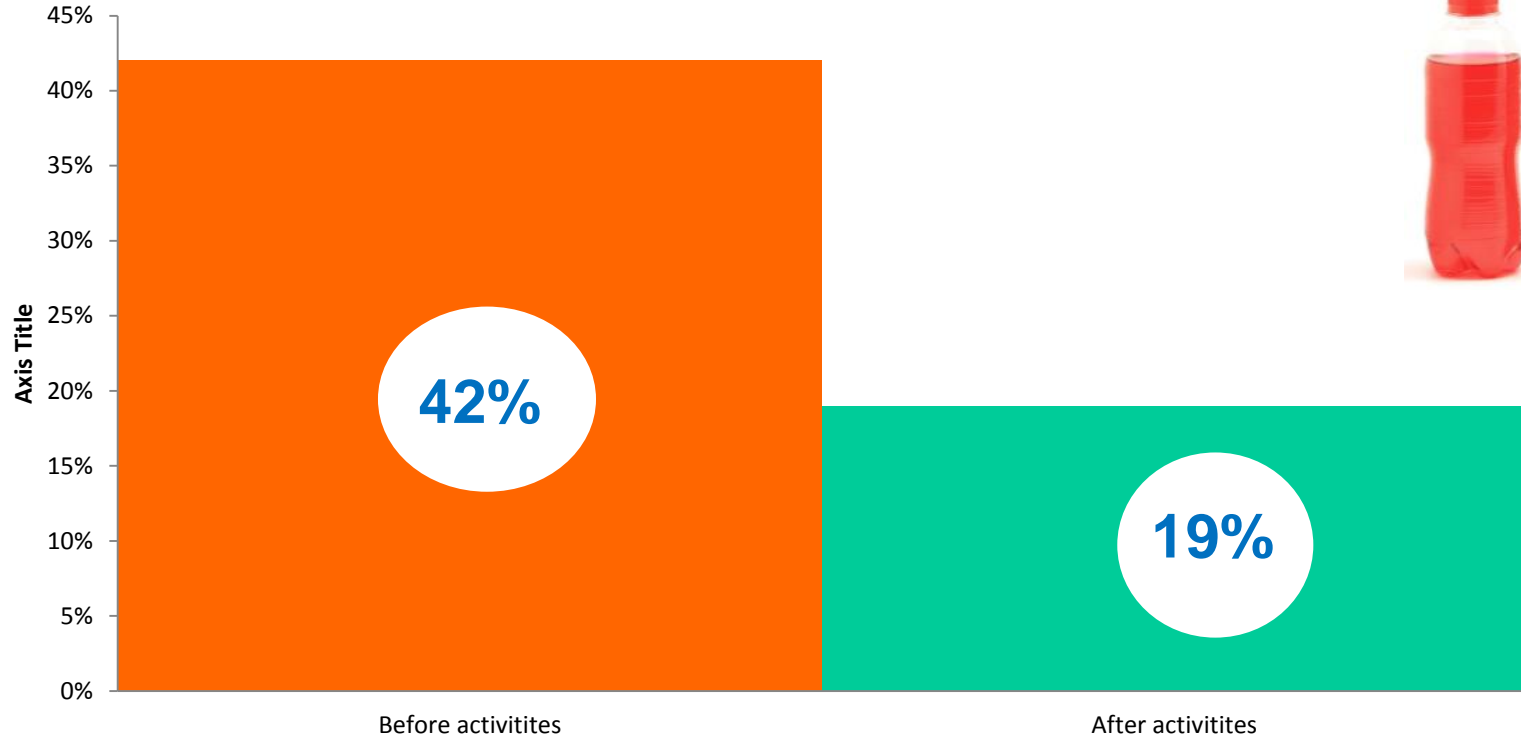
PSHE termly
newsletter



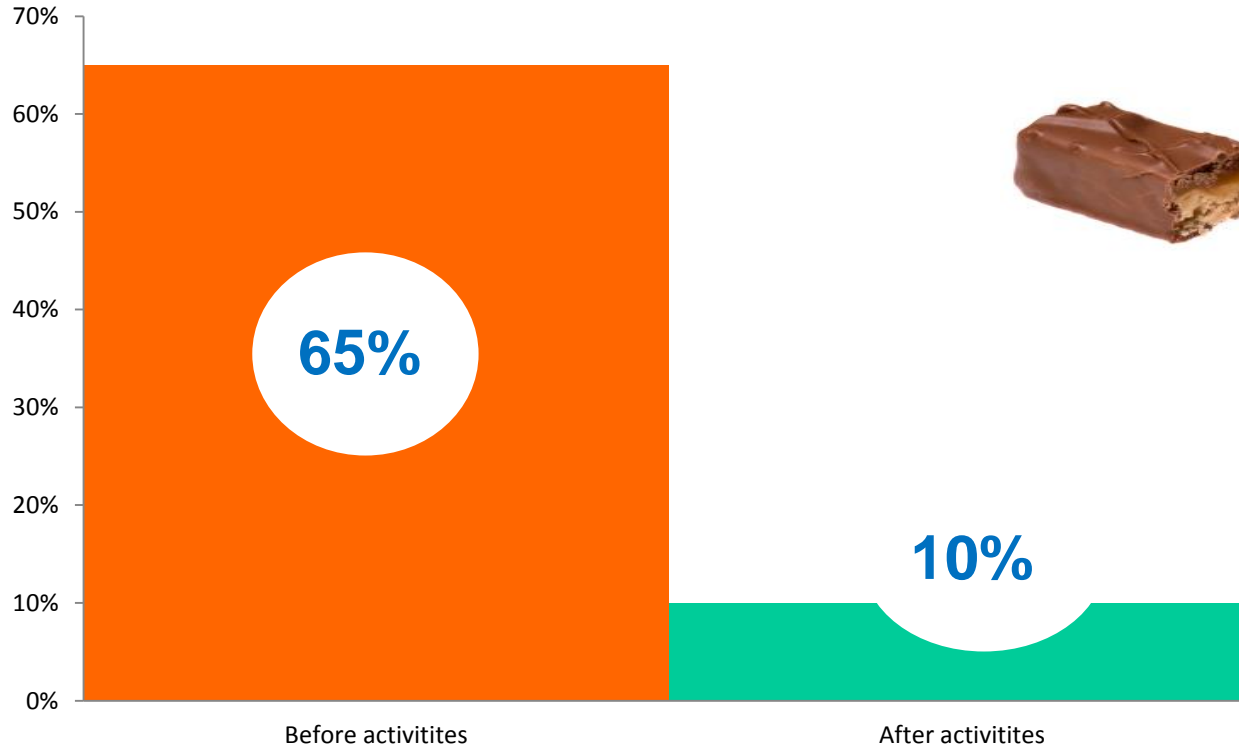
Impact of the activities

June 2016 vs Jan 2016

% of pupils who drink sugary drinks at lunch



% of junk food in pupils lunchboxes



% of pupils who eat fruit & veg at lunchtime every day



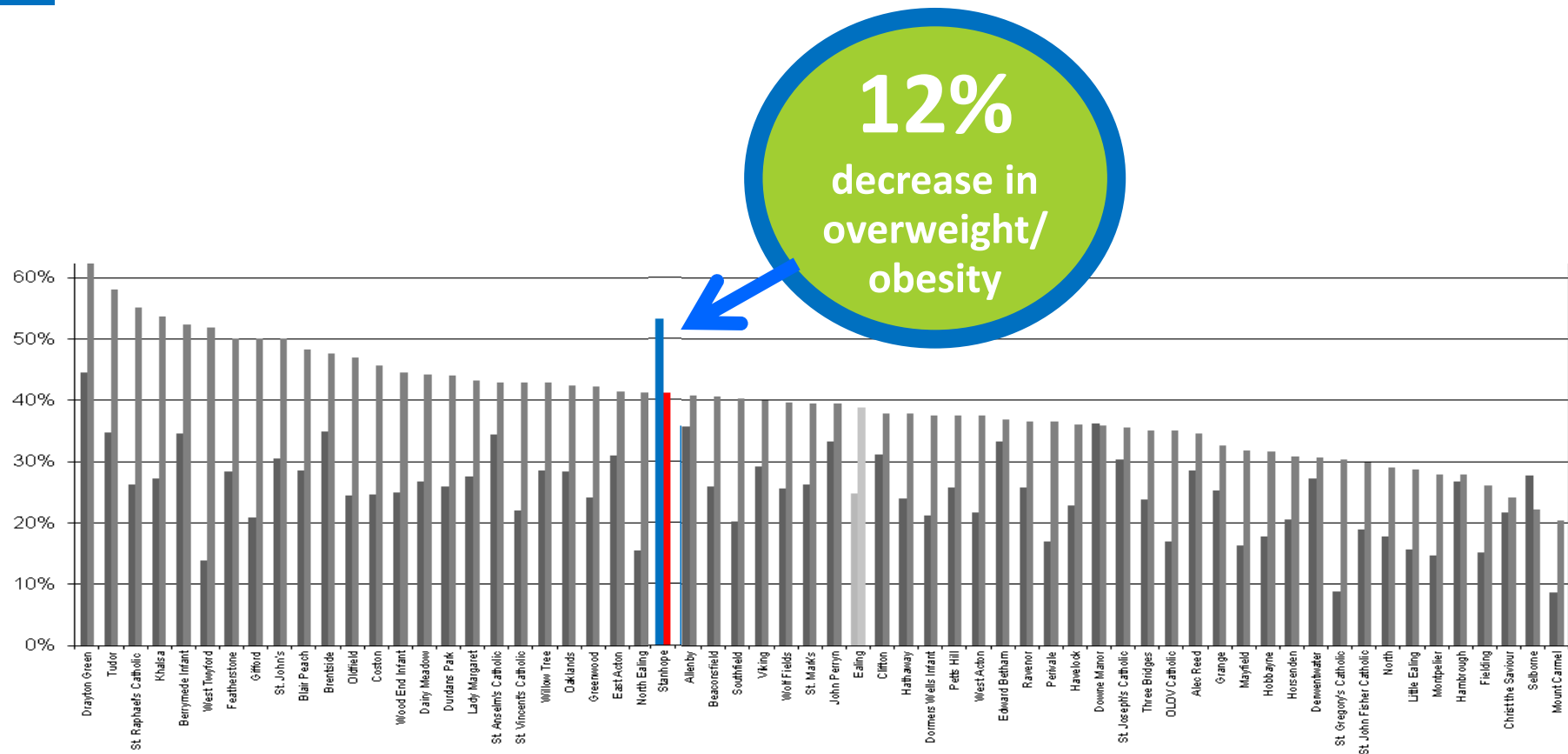
15%

Before activitites

39%

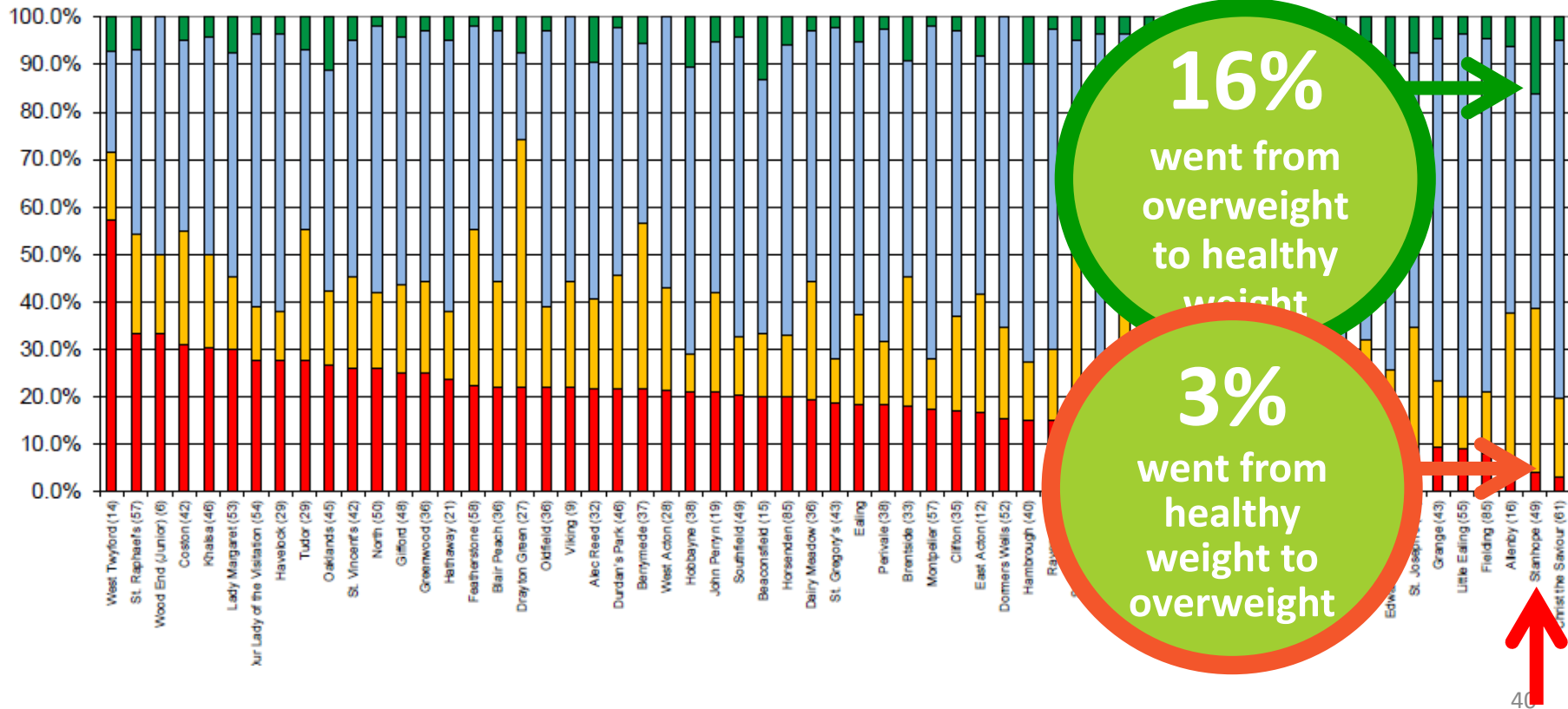
After activitites

Year 6 2015/16 vs Reception 2008/9



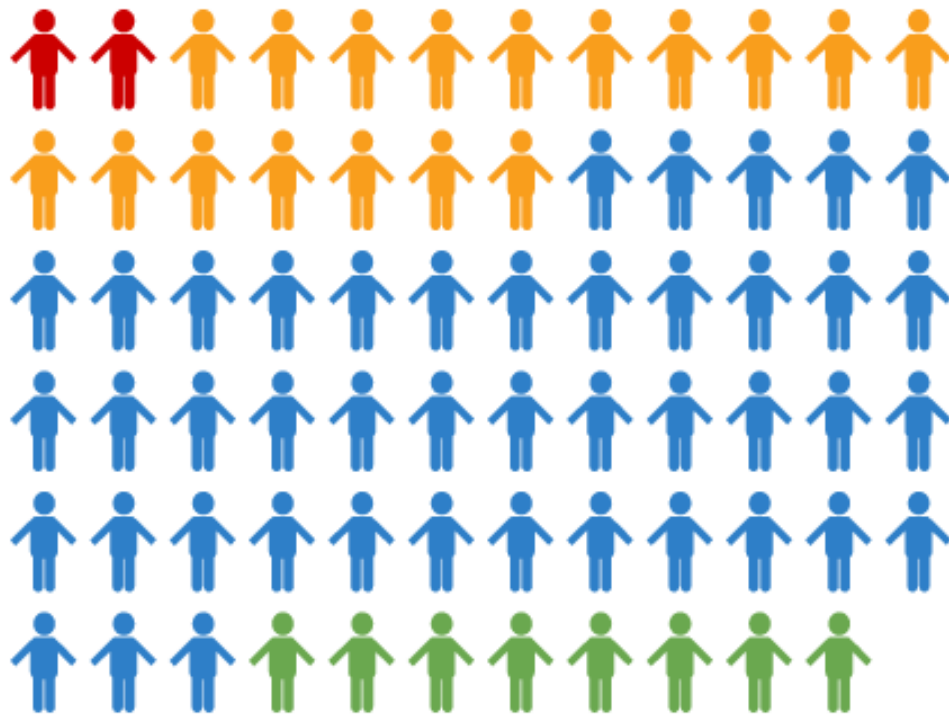
Year 6 2015/16 vs 2008/9 reception

Excluding pupils who came or left after reception



Year 6 2015/16 vs 2008/9 reception

Excluding pupils who came or left after reception



- Healthy weight to overweight (2.82%)
- Overweight, no change (23.94%)
- Healthy weight, no change (61.97%)
- Overweight to healthy weight (11.27%)

Q&A

Thank you



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www.egfl.org.uk



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