

This service is available for Academies and Maintained schools

Description:

This package will help your school to introduce a range of healthy eating and exercise initiatives proven to reduce rates of obesity in your pupils. Schools can use their school sports premium funding to pay for this package.



Year Academic year 2024/25

Benefits

This package will:

- Introduce a range of proven and innovative nutrition and exercise initiatives and programmes into your school.
- Ensure your weight loss initiatives are successful, embedded and sustainable.
- Directly assist you in achieving your Healthy Schools London Bronze, Silver, Gold and Platinum awards with a focus on healthy eating and exercise.
- Provide you with access to a wide range of pre-prepared lesson plans, posters, parent letters, policies, and baseline surveys.
- Provide you with expert guidance from a health improvement officer to stay on track, save you time and make an impact.
- Model all aspects of the whole school approach to ensure that this project is sustainable in your school.

This package include implementation of all initiatives, training, policies, toolkits and resources.

Additional / buy back services

Summary of the health improvement team packages for ELP subscribers:

- [Health improvement 3 day bespoke package](#)
- [Healthy schools awards and training package](#)

We offer dedicated packages that support schools with specific health areas:

- [Eco initiatives and awards](#)
- [Mental health package](#)
- [Nourish to flourish package](#)
- [Personal, social, health and economics \(PSHE\) mastery package](#)
- [Relationship, health and sex education \(RHSE\) package](#)

Office hours:

- Monday to Friday, 8.30am to 5pm
- Twilight sessions and out of office hours work by negotiation.

Service directors:

Julie Lewis

More detailed information:

This package comprises of 14 hours of nutrition and exercise support in your school. Activities can include:

- A choice of initiatives for **pupils**:
 - Packed lunch policy
 - Whole school food policy
 - Sugar Smart award
 - The Daily Mile
 - Daily 5-minute-high intensity training
 - Healthy Lunchtime token reward system
 - Lunchtime Champions
 - Impact surveys
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A choice of initiatives for your staff :

- Training for your staff on nutrition and exercise topics
- Motivate staff to get active through exercise competitions.
- 1 on 1 nutrition consultations for your staff
- A staff INSET covering topics including the Daily Mile, 5 minute HIT and lunchtime reward system.
- A choice of initiatives for your parents:
 - Packed lunch for £1 parent cooking workshop
 - A health fair

This package also includes:

- Free access to five central trainings for all staff on nutrition and exercise topics including packed lunches, Eco-Schools, ideas to get pupils more active and the Sugar Smart schools programme.
- Two tickets to the health improvement annual conference
- Two drop-in days to help you achieve your Healthy Schools London awards
- Three primary or high school PSHE network meetings

Provider:

Health improvement team, children and families.

Contact:

- **Nicole McGregor**, Health improvement: mgregorn@ealing.gov.uk 020 8825 5484

Further details:

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- [Neutral](#)
- [No](#)

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