

Health Improvement Training Programme

For primary, high & special schools

2024/25



The team

The Ealing health improvement team are a trusted and qualified team of experts, providing support and training in **safeguarding prevention, nutrition and exercise, mental health and emotional wellbeing, Relationships, Sex & Health Education (RSHE) and PSHE** to help improve your pupils' health and achievement.



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Health Improvement
Team Manager



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**Mentors in Violence
Prevention**
Coordinator

Our services

All Ealing schools have access to our seven packages:

3 Day Bespoke package	Provides 3 days of practical support in any health area, surveys to measure impact and an impact report.
Healthy Schools Awards & Training	Includes access to all 20+ training workshops, 2 drop-in days, 4 workshops to help you achieve your HSL awards, 3 PSHE networks and a celebration event.
NEW Nourish to Flourish	Includes central trainings on nutrition and exercise, and 14 hours of bespoke nutrition and exercise activities.
Relationships, Sex & Health Education	Includes central trainings on Relationships, Sex & Health Education (RSHE) and 14 hours of bespoke RSHE activities.
NEW Eco-initiatives & Awards	Includes central trainings on eco activities, 14 hours of bespoke activities and the Eco-Schools Green Flag.
PSHE Mastery	Includes central trainings on PSHE, 14 hours of bespoke PSHE activities and 3 PSHE networks.
Mental Health & Emotional Wellbeing	Includes central trainings on mental health and 14 hours of bespoke mental health activities.

Our training workshops

This brochure provides all the details you need about the content, target audience, date, time, venue and cost of our training.

How much do the training workshops cost?

All training workshops are FREE to schools who have purchased the Healthy Schools Awards and Training (HAT) package. Schools who have bought a specialist package (mental health, PSHE, nutrition and exercise, or RSHE) get all training in the corresponding health area for free. All other schools pay as indicated in the 'cost' column.

How do I book?

All trainings can be booked via Ealing CPD online at www.ealingcpd.org.uk unless otherwise stated.

Terms and conditions

Workshops require a minimum of four people to run. If a delegate is unable to attend, we must receive a cancellation via www.ealingcpd.org.uk at least four days before the course or your school/organisation may be liable for full costs.

Why attend our training?



100% OF
PARTICIPANTS SAID OUR
TRAINING WILL **HELP**
THEM IN THEIR ROLE.*



100% OF
PARTICIPANTS **AGREE**
THAT OUR TRAINING
IS **USEFUL.***



100% OF
PARTICIPANTS WOULD
RECOMMEND OUR
TRAINING.*

*Training evaluations 2023/24

What schools say about our service*

“Very supportive team, always on hand if you have a question or want to ask something.”

“The team help to support my passion for PSHE and without them I would feel alone.”

“The team’s support was invaluable in making sure our provision for pupils was up-to-date.”

“The team are a great centralised source for high-quality materials and training on PSHE.”

“The team have gone above and beyond. It’s so reassuring to know that at the end of an email there is advice, guidance and support.”

PSHE

Title	What you will learn	Who for?	School	When?	Venue	Cost
Induction meeting for new PSHE coordinators	<ul style="list-style-type: none"> How to implement and monitor a PSHE scheme of work How to gather evidence and assessment for PSHE 	PSHE Leads	Primary, high & special schools	3:45 - 5pm: • 15/10/2024	Online	Free to HAT & PSHE package members*
Anti bullying week resources and ideas	<ul style="list-style-type: none"> How to plan for this year's anti-bullying week Resources and ideas for each year group based on the theme How to implement, monitor and assess Anti-bullying week. 	PSHE Leads	Primary, high & special schools	3:45 - 4:45pm: • 22/10/2024	Online	Free to HAT members & PSHE package members*
The Ofsted focus on PSHE	<ul style="list-style-type: none"> Understand the links between PSHE and Personal Development How to be OFSTED ready for PSHE Ofsted interview preparation. 	PSHE Leads	Primary, high & special schools	3:45 –5:00pm: • 06/12/2024	Online	Free to HAT, PSHE and RSHE package members*
NEW Race Equality in PSHE	<ul style="list-style-type: none"> Explore how PSHE can support the teaching of the equality act Review how PSHE supports in Race Equality 	PSHE Leads	Primary, high & special schools	3:45 –5:00pm: • 21/11/2024	Online	Free to HAT members & PSHE package members*
NEW The effective use of assessment in PSHE	<ul style="list-style-type: none"> Review the purpose and objective of PSHE assessment at a school level Understand Ofsted's view of PSHE assessment Explore assessment options for different phases 	PSHE Leads	Primary, high & special schools	3:45 –5:00pm: • 28/01/2025	EEC	Free to HAT members & PSHE package members*

**This workshop is free for HAT & PSHE package members and £109 for all other schools (or £102 for ELP PAYG schools).*

PSHE Network Events

Title	What you will learn	Who for?	School	When?	Venue	Cost
The Primary and the High school PSHE networks will now run on the same days as all other curriculum network events.						
Primary school PSHE network	<ul style="list-style-type: none"> Hear about the latest updates, resources and initiatives for PSHE Network, learn from, and share good practice with PSHE leads Hear from guest speakers 	PSHE Leads	Primary & special schools	3:45 - 5:30pm: <ul style="list-style-type: none"> 09/10/2024 22/01/2025 04/06/2025 	Brentside Primary School	Free to all schools
High school PSHE network	<ul style="list-style-type: none"> Hear about the latest updates, resources and initiatives for PSHE Network, learn from, and share good practice with PSHE leads Hear from guest speakers. 	PSHE Leads	High & special schools	4:45 - 5:30pm: <ul style="list-style-type: none"> 05/11/2024 04/03/2025 Subject Network Conference: 2– 5pm <ul style="list-style-type: none"> 18/06/2025 	Ellen Wilkinson School for Girls	Free to all schools
Joint DSL & PSHE network: Addressing FGM/C	<ul style="list-style-type: none"> Building relationships between DSLs and PSHE Leads What Ofsted expect—managing violence against women and girls Recapping Safeguarding awareness of FGM/C Delivering FGM training in school Engaging parents with FGM FGM/C in the Curriculum 	DSL and PSHE Leads	Primary, high and special schools	9:45- 11:30pm <ul style="list-style-type: none"> 15/01/2025 	EEC	Free to all schools

**This workshop is free for Healthy Schools Awards and Training & PSHE package members and £109 for all other schools (or £102 for ELP PAYG schools).*

Healthy Schools London (HSL) awards

Title	What you will learn	Who for?	School	When?	Venue	Cost
Healthy Schools London awards — lightning trainings	<ul style="list-style-type: none"> • How to achieve the Healthy Schools London awards • How to complete the Bronze template • How to complete the Silver template • How to complete the Gold template • How to complete the Platinum template 	PSHE Leads, healthy schools leads	Primary, high & special schools	3.30-5pm: • 06/02/2025	Online	Free to all schools
'Do-it-with-me' HSL award workshops (HAT members only)	<p>These 'do-it-with-me' sessions aim to help schools achieve their Healthy Schools London awards. Schools will complete either their Bronze, Silver or Gold award via Teams with a Health Improvement Officer. Together we will go through each section of the award and help you write the sections. By the end of the third workshop, you will have achieved your Healthy Schools London award.</p> <p><i>Please note this training is only applicable to the schools who have bought back the Healthy Schools Award and Training Package.</i></p>	HAT members only	Primary, high & special schools	1.30-3pm: • 23/10/2024 • 23/01/2025 • 23/04/2025	Online	Free to HAT members*

*This workshop is free to HAT package members and £109 for all other schools (or £102 for ELP PAYG schools).

Relationships, Sex and Health Education

Title	What you will learn	Who for?	School	When?	Venue	Cost
Tackling Harmful Sexual Behaviour and Misogyny through RSHE	<ul style="list-style-type: none"> Understanding the statutory requirements of RSHE Considering how RSHE can be used to address to issues related to Harmful Sexual Behaviour Addressing misogyny in an age appropriate way. 	PSHE Leads, Senior Leaders	Primary, high & special schools	3:45-5:15pm • 27/11/2024	Online	Free to HAT or RSHE package schools*
Train the trainer - how to deliver an effective RSHE staff training	<ul style="list-style-type: none"> How to run an effective staff training based on RSHE What to include in staff training How to engage and support staff How to increase staff confidence in delivering effective RSHE. 	PSHE Leads, Senior Leaders	Primary, high & special schools	3:45-5:15pm • 11/02/2025	EEC	Free to HAT or RSHE package schools*
Train the trainer - how to deliver an effective RSHE parent workshop	<ul style="list-style-type: none"> What to include in an RSHE parent workshop How to answer difficult questions How to reduce withdrawals from sex education lessons. 	PSHE Leads, Senior Leaders	Primary & high schools	3:45-5:00pm • 11/03/2025	Online	Free to HAT or RSHE package schools*
NEW <i>Teaching FGM as part of the Ealing SOW</i>	<p><i>This is a refresher course designed for schools that have previously completed the FGM project.</i></p> <ul style="list-style-type: none"> Refresh your knowledge of FGM to support delivering staff CPD refreshers Receive guidance on how to plan and deliver an effective FGM parent workshop. 	PSHE Leads, DSLs	Primary schools & special schools	3:30-5:30pm • 25/03/2025	EEC	Free to all schools

*This workshop is free for HAT & RSHE package members and £109 for all other schools (or £102 for ELP PAYG schools).

Mental health & emotional wellbeing

Title	What you will learn	Who for?	School	When?	Venue	Cost
Introduction to children and young people's mental health	<ul style="list-style-type: none"> • What is mental health and who does it affect? • How to identify mental health issues (anxiety, low mood, self-harm) • How to support children with mental health needs • Signposting to local support. 	All staff including middle and senior leaders and support staff	Primary, high & special schools	3:45-5:15pm: • 19/11/2024	Online	Free to HAT members & mental health package buyback schools*
Youth Mental Health First Aid (2 days)	<ul style="list-style-type: none"> • Factors that affect young people's mental health • Practical skills to spot the triggers and signs of mental health issues • Interpersonal skills to help a young person recover. 	All staff including middle and senior leaders and support staff	Primary and high schools	9:00—4:30pm • 24th & 25th October 2024 • 1st & 2nd May 2025	EEC	Free to all schools
Mental health network	<ul style="list-style-type: none"> • Network, learn from and share best practice with other mental health leads • Discover new resources and local initiatives • Receive government updates • Hear from guest speakers 	Mental Health Leads	Primary, high & special schools	3:30-5pm, • 17/10/2024 • 13/02/2025 • 20/05/2025	Online	Free to all schools

**This workshop is free for HAT and Mental Health package members and £109 for all other schools (or £102 for ELP PAYG schools).*

Mental health & emotional wellbeing

Title	What you will learn	Who for?	School	When?	Venue	Cost
Taking a mental health audit of your school	<ul style="list-style-type: none"> Learn how to take a mental health audit of your school Step-by-step guide through the process. 	Mental health leads	Primary, high & special schools	3:45-5:15pm <ul style="list-style-type: none"> 17/06/2025 	Online	Free to HAT members & mental health package schools*
Mentally healthy schools launch	<ul style="list-style-type: none"> Learn more about the Mentally Healthy Schools programme which supports schools to develop a whole school approach to mental health 	Mental health leads	Primary, high & special schools	12:30-4:30pm <ul style="list-style-type: none"> 01/07/2025 	EEC	Free to all schools
Managing your own wellbeing	<ul style="list-style-type: none"> Understand stress and anxiety, and how they manifest in your body Practical techniques for managing emotional and physical symptoms. 	All staff	Primary, high & special schools	4:15-5:15pm <ul style="list-style-type: none"> 13/03/2025 	EEC	Free to HAT members & mental health package schools*

**This workshop is free for HAT and Mental Health package members and £109 for all other schools (or £102 for ELP PAYG schools).*

Nutrition & Exercise

Title	What you will learn	Who for?	School	When?	Venue	Cost
NEW Gut wellness unveiled for staff: Exploring the microbiome connection to health and mood.	<ul style="list-style-type: none"> • Explore the fascinating gut microbiome and its impact on health • Learn how the gut-brain axis and microbes influence our mood • Discover dietary habits to cultivate a healthy gut microbiome. • Gain tools and insights to optimise gut health and enhance well-being. 	Senior Leaders, PSHE Leads	Primary, high & special schools	3.30-5pm, • 16/01/2025	Online	Free to HAT members and Nutrition & Exercise package members.*
NEW How to achieve the Eco Schools award.	<ul style="list-style-type: none"> • How to achieve the Eco schools award • How to reduce the cost of water, energy and waste in your school • Discover the latest resources • Get inspired through case studies 	PSHE Leads, Eco schools lead	Primary, high & special schools	3:30-5pm, • 10/12/2024	Online	Free to HAT members and Eco initiative package members.*
How to achieve Sugar Smart School award	<ul style="list-style-type: none"> • Learn how to gain Sugar Smart School (SSS) status • Learn how to complete the Sugar Smart template • Receive your resource pack. 	Senior Leaders, PSHE Leads	Primary, high & special schools	3:30- 4:30pm • 18/03/2025	Online	Free to HAT members and Nutrition & Exercise members.*
Body image: Empowering students to embrace body positivity.	<ul style="list-style-type: none"> • Enhance staff confidence in using Dove Body image and other lessons • How to empower students to navigate unrealistic beauty standards. 	Head teachers, PSHE Leads, PE Leads	Primary & high schools	3:30-4.30pm, • 24/04/2025	Online	Free to HAT, PSHE, and Nutrition & Exercise package members.*

**This workshop is free for HAT & Nutrition and exercise package members and £109 for all other schools (or £102 for ELP PAYG schools).*

Nutrition & Exercise

Title	What you will learn	Who for?	School	When?	Venue	Cost
NEW Plating the facts for staff: Unwrapping food myths & digesting truths	<ul style="list-style-type: none"> Uncover the truth behind popular food myths and misconceptions Learn how to find credible nutrition information Improve skills to assess food labels and marketing claims Learn the facts behind popular diet trends and their potential risks. 	Senior Leaders, PSHE Leads	Primary, high & special schools	3:45-4:45pm, • 22/03/2025	Online	Free to HAT members and schools that purchased the Nutrition & Exercise package.*
The Green School network	<ul style="list-style-type: none"> To help schools create an eco-strategy and get your school 'climate change action plan' ready How to become carbon neutral Best resources for teaching about the climate and sustainability Grants and fundraising ideas 	PSHE Leads, Eco schools lead	Primary, high & special schools	3:45-5pm, • 01/10/2024 • 21/01/2025 • 06/05/2025 • 24/06/2025	Online	Free to all schools.
NEW How to deliver a Healthy Eating Week	<ul style="list-style-type: none"> Effective ways to engage students in healthy eating conversations. Practical techniques for organising a successful Healthy Eating Week. Strategies to integrate healthy eating messages into various aspects of the school environment, including the classroom, cafeteria, and school events. 	PSHE Leads, PE Leads	Primary & high schools	3:45– 4:45pm, • 22/05/2025	Online	Free to HAT members and schools that purchased the Nutrition & Exercise, and PSHE package.*

**This workshop is free for HAT & Nutrition and exercise package members and £109 for all other schools (or £102 for ELP PAYG schools).*



Safeguarding: HSB, FGM & Online safety

Title	What you will learn	Who for?	School	When?	Venue	Cost
Safeguarding lightning briefings	<ul style="list-style-type: none"> • Weekly safeguarding update for the week ahead • Access to documents, tools and resources • Links for booking on to training • Weekly 'top tip' from LGfL 	DSL	All	9.30-9.45 every Friday	Online	Free to all schools
Parental engagement in online safety—grooming, gaming and social media	<ul style="list-style-type: none"> • How to engage parents in online safety • How to make parents aware of the risks their children face online • How to safeguard young people against social gaming and problematic gambling 	Inclusion Managers, learning mentors, PSHE Leads, DSL, SLT	Primary & high schools	3:30-5pm, • 04/02/2025	Online	Free to HAT members*
Joint DSL & PSHE workshop: how to manage sexually harmful behaviour & teaching FGM	<ul style="list-style-type: none"> • Building relationships between DSLs and PSHE Leads • What Ofsted expect—managing peer on peer abuse and sexually harmful behaviour in your school • Supporting the teaching and learning of FGM • Learn what is taught in PSHE 	DSL and PSHE Leads	Primary, high and special schools	12:00-1:30pm • 15/01/2025	EEC	Free to all schools

**This workshop is free for Healthy Schools Awards and Training & PSHE package members and £109 for all other schools (or £102 for ELP PAYG schools).*

Safeguarding: Radicalisation & Prevent

Title	What you will learn	Who for?	School	When?	Venue	Cost
DSL case studies and scenarios	<ul style="list-style-type: none"> Effectively implement safeguarding policies in real-world school settings Understand the importance of inter-agency collaboration Share knowledge and skills for addressing complex child protection cases. 	DSLs	Primary, high & special schools	9.30am -3.30pm <ul style="list-style-type: none"> 10/12/2024 18/03/2025 10/06/2025 	EEC	Free to all CPD SLA schools
DSL Conversations Hub (with police, health, social care, school health, attendance)	<ul style="list-style-type: none"> Share safeguarding concerns or issues Get solutions and move things forward Listen to others' experiences and pick up tips and ideas Ask questions of other DSLs and our 	DSLs	Primary, high & special schools	9.45-10.30am Every first Wednesday of the month	Online	Free to all schools
Joint DSL and Therapeutic Thinking network	<ul style="list-style-type: none"> Developing a therapeutic approach to behavior Ensuring all children, including those with SEND or behavioural needs, are supported to remain in full-time education Fostering an inclusive ethos and accessible learning environment 	DSLs and TT Leads	Primary & high schools	9.45am—12pm <ul style="list-style-type: none"> 12/12/2024 	EEC	Free to all schools

Safeguarding: Prevention

Title	What you will learn	Who?	School	When?	Venue	Cost
Designated Safeguarding Lead's Network	<ul style="list-style-type: none"> Up to date safeguarding issues and areas of priority locally Policy developments Practical advice, guidance and support Share practice and collectively problem solve 	DSLs	Primary, high & special schools	<ul style="list-style-type: none"> 02/10/24, 10-11.15am 12/12/24, 9.30-12pm 30/01/25, 10-11.15am 20/03/25, 10.30-1.30pm 01/05/25, 10-11.15am 25/06/25, 9.30-12pm 	<ul style="list-style-type: none"> Online EEC Online EEC Online EEC 	Free to all schools
Child Protection for <u>new</u> Designated Safeguarding Leads (DSL)	<ul style="list-style-type: none"> DSL role and responsibilities Changes to legislation and guidance Know how to assess, refer, record and respond effectively. 	New DSLs	Primary & high schools	9.30am-3.30pm <ul style="list-style-type: none"> 8/10/2024 21/01/2025 29/04/2025 	EEC	Free to all CPD SLA schools *
Child Protection update for <u>experienced</u> DSL	<ul style="list-style-type: none"> Revisit the DSL role and responsibilities Changes to legislation and guidance Know how to assess, refer, record and respond effectively. 	Established DSLs	Primary & high schools	9.30am-12.30pm <ul style="list-style-type: none"> 01/10/2024 04/03/2025 13/05/2025 	EEC	Free to all CPD SLA schools **
DSL case studies and scenarios	<ul style="list-style-type: none"> Effectively implement safeguarding policies in real-world school settings Understand the importance of inter-agency collaboration Share knowledge and skills for addressing complex child protection cases. 	DSLs	Primary, high & special schools	9.30am -3.30pm <ul style="list-style-type: none"> 10/12/2024 18/03/2025 10/06/2025 	EEC	Free to all CPD SLA schools

Prosocial behaviour and wellbeing

Title	What you will learn	Who for?	School	When?	Venue	Cost
NEW Holding Difficult Conversations for DSLs	<ul style="list-style-type: none"> Understand the importance of having difficult conversations New skills to support a proactive approach to having difficult conversations Appropriate actions to take after a difficult conversation. 	DSL, Pastoral leads, Heads of year	Primary, high & special schools	See Ealing CPD online for dates.	Perceval House	Free to all schools
Mentors in Violence Prevention (MVP)	<ul style="list-style-type: none"> Know what MVP is and how to lead its implementation in your school Understand the approach and be confident in building an MVP 'team' Build a timeline and leave with a clear action plan to bring MVP to life. 	SLT Inclusion, Pastoral, Heads of year, DSL,	High schools	3:30-4.30pm: <i>(Attend all 3 sessions)</i> <ul style="list-style-type: none"> 24/10/2024 07/11/2024 14/11/2024 	Online	Free to all schools
Therapeutic Thinking Tutor Training - 3 full days (one face-to-face and two virtually)	<ul style="list-style-type: none"> Have a deeper understanding of this evidence-based therapeutic approach to behaviour Acquire tools and techniques to enable you to train your whole school Create a whole school inclusive ethos and an accessible learning environment Reduce and ultimately eliminate exclusions by considering more inclusive alternatives. 	Head teacher, SLT, Inclusion, Pastoral *2 or 3 members of staff from each school	Primary, high & special schools	4 training options: <ul style="list-style-type: none"> 17, 19, 20 Oct 21, 22, 23 Nov 17, 18, 19 Jan 13, 14, 15 March <i>Attendance is required at all three days.</i>	(Day 1 is at the EEC. Day 2 and 3 are online).	Free to all schools



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For more information see:
www.egfl.org.uk/healthy-schools

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