

# Health Improvement in Schools Team

## Who are we?

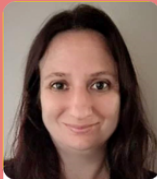
The Ealing health improvement team are a trusted and qualified team of experts, providing support and training in nutrition and exercise, eco-initiatives, mental health and emotional wellbeing, safeguarding prevention, Relationships, Sex and Health and Education (RSHE) and PSHE to help improve your pupils'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



**Karen Gibson**  
Safeguarding  
Health  
Improvement  
Manager



**Nicole McGregor**  
Nutrition & Exercise  
Senior Health  
Improvement  
Officer



**Liz Ainsworth**  
Mental Health  
Health  
Improvement  
Officer



**Faye Jones**  
PSHE & RSHE  
Health  
Improvement  
Officer

## What do we do?

We create, develop, deliver and co-ordinate a wide range of programmes and trainings that you can adopt and implement in your school to improve your pupils' health and wellbeing.

# Why put Health on the Agenda?

Schools can significantly improve the physical, social and emotional wellbeing of pupils. Research has also shown that by putting health on the agenda, you will:

- Improve attainment
- Improve concentration and behaviour
- Increase confidence and self-esteem
- Ensure children are ready to learn
- Lower absenteeism
- Increase resilience
- Reduce anxiety

*"The team have gone above and beyond. It's reassuring to know that at the end of an email there is advice, guidance and support."*

**PSHE Lead**  
HI survey  
July 2024

# Health Improvement Packages for schools



**For more information about our of our services, please contact Karen Gibson:**  
KGibson@ealing.gov.uk  
020 8825 7707





## 3 Day bespoke package

Provides **21 hours of practical support** in any health area including nutrition, mental health, PSHE, RSHE, Safeguarding and Eco Schools.

PLUS any **two trainings** of your choice.

Suitable if you want to make a measurable impact to your pupils health and wellbeing, have access to expertise, support and guidance, and save significant time.

**£2020 for ELP schools**

**91%**

*of schools who bought back our bespoke package rated it as 'excellent'.*

## Specialist packages

Our seven specialist packages provides **14 hours of practical support and all trainings in the health area.**

**Our 7 specialist packages include:**

- Healthy Staff, Thriving School (NEW)
- Safeguarding and Inclusion (NEW)
- Sugar Smart Schools (NEW)
- Eco Awards and initiatives
- RSHE
- Mental Health
- PSHE Mastery

**£1730 for ELP schools**



## Healthy Schools Awards & Training

**£1120 for ELP schools**

Includes:



### Healthy Schools Awards

Three Healthy Schools workshops and drop-in days to help you get your award.



### Training workshops

Access to over 20 training workshops on a wide range of health & wellbeing topics.



### Platinum support

Healthy Schools Platinum Support.

## All packages include:

- New, professionally designed PSHE scheme of work (valued at £799)
- Two conference tickets (valued at £160)
- Two drop-in days (valued at £160)
- PSHE, mental health & green networks