

Health improvement packages

Six packages for Ealing primary,
high and special schools

2025/26



Who are we?

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

We create, develop and co-ordinate a wide range of programmes and trainings that you can adopt and implement in your school.



Karen Gibson

**Safeguarding
Health
Improvement Team
Manager**



Nicole McGregor

**Nutrition & Eco Schools
Senior Health
Improvement Officer**



Liz Ainsworth

**Mental Health
Health Improvement
Officer**



Faye Jones

**PSHE & RSHE
Health Improvement
Officer**

Our services

3 Day Bespoke package	Includes 3 days of practical support in any health area and two trainings.
<i>MOST POPULAR:</i> Healthy Schools Awards & Training	Includes access to all 20+ training workshops, 2 drop-in days, workshops to help you achieve your HSL awards and a celebration event.
<i>NEW</i> Healthy Staff, Thriving Schools	Includes 14 hours of nutrition and mental health activities for staff.
Relationships, Sex & Health Education (RSHE)	Includes four trainings on RSHE and 14 hours of bespoke RSHE activities.
Eco-initiatives & Awards	Includes trainings on eco activities and 14 hours of bespoke activities to get the Eco-Schools award.
PSHE Mastery	Includes central trainings on PSHE, 14 hours of bespoke PSHE activities and 3 PSHE networks.
<i>NEW</i> Sugar Smart School package	Includes four trainings on nutrition and 14 hours of bespoke activities to achieve the Sugar Smart award.
Mental Health & Emotional Wellbeing	Includes central trainings on mental health and 14 hours of bespoke mental health activities.
<i>NEW</i> Safeguarding & Inclusion	Includes 14 hours of safeguarding and inclusion activities.

Why buy us back?



95% OF SCHOOLS WHO BOUGHT BACK OUR BESPOKE PACKAGE RATED IT AS 'EXCELLENT' OR 'VERY GOOD'*.



100% OF SCHOOLS WOULD RECOMMEND OUR TRAINING TO OTHERS.**



87% OF SCHOOLS THAT ACHIEVED A HSL AWARD WERE PART OF THE HAT PACKAGE.

*Pre and post bespoke surveys, (2024) **Training evaluations, (2024)

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

*PSHE Lead,
HI survey,
July 2023*

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

*PSHE Lead,
HI survey,
July 2023*

“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 2023*

Which package is right for you?

OUR PACKAGES:	Net-works	Confer-ence tick-ets	Drop-in days	Bespoke work in school	Training sessions	HSL award sessions
3 Day Bespoke Package						
HAT Package						
Healthy Staff, Thriving Schools						
RSHE package						
Eco-initiatives & awards						
PSHE Mastery Package						
Mental Health & Emotional Wellbeing						
Sugar Smart School award						
Safeguarding & Inclusion						

Key:

All included



Training in health area are included:



3 Day Bespoke package

Suitable if you want to:

- Get tailored support in multiple health areas
- Gain access to expertise, support and guidance
- Save significant time

£2020 per year (non-ELP schools pay £2222)

Includes 21 hours bespoke work, such as:

- Nutrition & exercise activities
- RSHE support
- Mental health initiatives
- Eco schools award support
- HSL award assistance
- Pre and post surveys



Also includes: (valued at £1120)



2 trainings of your choice



NEW professionally designed PSHE scheme of work



2 conference tickets & 2 drop-in days

A young woman with long, wavy brown hair and gold-rimmed glasses is smiling broadly. She is wearing a vibrant orange-red sweater and is seated at a light-colored desk. In her right hand, she holds a silver pen. On the desk in front of her is a silver laptop, a smartphone with a yellow case, and a white tablet. The background shows a window with white curtains and a green plant.

3 day bespoke

package now
includes any 2
trainings of your
choice and 2
drop-in days.

Healthy Schools Awards & Training package

Suitable if you want to:

- Achieve Healthy Schools London (HSL) awards
- Upskill staff in pupil health and wellbeing
- Get support and guidance for your PSHE lead



£1120 per year (non-ELP schools pay £1232)

Includes the following:

- Access to over 20 trainings **(10 new trainings this year)**
- 3 HSL award workshops
- HSL platinum award support
- 2 drop-in days
- HSL phone & email support



Also includes: (valued at £1120)



A celebration event



NEW professionally designed PSHE scheme of work



2 conference tickets & 2 drop-in days

A group of diverse people with their hands raised against a green chalkboard background. The hands are of various skin tones and are wearing different colored sleeves (red, blue, grey, red, green, grey, yellow).

100%

of HAT
members in
2023/24 said it
met or
exceeded their
expectations*.

* Source: Health Improvement Survey 2024

Sugar Smart Schools award

Suitable if you want to:

- Achieve the Sugar Smart award
- Improve pupil focus and attainment
- Continue or commence Healthy Zone program

£1730 per year (non-ELP schools pay £1903)

Includes 14 hours bespoke work, such as:

- Food audit and report
- Parent workshops
- Achieve Sugar Smart award
- Pupil activities & challenges
- Policy writing support
- Nutrition workshops for staff
- Sugar smart assemblies



Also includes: (valued at £1120)



NEW professionally designed PSHE scheme of work



5 trainings on nutrition & exercise for any staff member



2 conference tickets & 2 drop-in days

Healthy Staff, Thriving School

Suitable if you want to:

- Improve staff health & wellbeing
- Improve staff retention & reduce absenteeism
- Increase staff engagement and productivity

£1730 per year (non-ELP schools pay £1903)

Includes 14 hours bespoke work, such as:

- Health & wellbeing audit and recommendations
- 1-on-1 nutrition consultations
- Nutrition & mental health workshops
- Psychological nudging ideas
- Challenges & activities
- Video bites
- Online learning nutrition course

Also includes: (valued at £1120)



NEW professionally designed PSHE scheme of work



5 trainings on nutrition & mental health for staff



2 conference tickets & 2 drop-in days

RSHE

Suitable if you want to:

- Meet the statutory RSHE requirements
- Guidance on how RSHE contributes to personal development in the Ofsted Framework
- Increase staff confidence in delivering RSHE

£1730 per year (non-ELP schools pay £1903)

Includes 14 hours bespoke work, such as:

- Reviewing policies
- RSHE audit and assessment
- Parent workshops
- Staff training
- Team teaching
- Student workshops
- Tackle sexual harassment



Also includes: (valued at £1120)



NEW professionally designed PSHE scheme of work



5 trainings on RSHE for any staff member in your school



2 conference tickets & 2 drop-in days

Safeguarding & Inclusion (NEW)

Suitable if you want to:

- Meet Ofsted Safeguarding requirements
- Foster a safe, supportive environment
- Comply with statutory safeguarding regulations.

£1730 per year (non-ELP schools pay £1903)

Includes 14 hours bespoke work, such as:

- Safeguarding audit to assess current practices
- Staff training on safeguarding & inclusion
- Review of safeguarding & inclusion policies
- Tailored strategies for SEND students
- Workshops on creating an inclusive curriculum
- Ongoing consultancy to ensure Ofsted compliance.

Also includes: (valued at £1120)



NEW professionally designed PSHE scheme of work



All central training on Safeguarding



2 conference tickets & 2 drop-in days

Eco-initiatives & awards (NEW)

Suitable if you want to:

- Get your Eco Schools award
- Reduce the cost of energy bills
- Create a climate change action plan (a DfE requirement by 2025)

£1730 per year (non-ELP schools pay £1903)

Includes 14 hours bespoke work, such as:

- Eco-schools award support
- Climate change action plan
- Eco Warriors
- Tree planting & gardens
- Eco themed events
- Environmental assemblies



Also includes: (valued at £1120)



NEW professionally designed PSHE scheme of work



Trainings on eco-initiatives and 4 Green School networks



2 conference tickets & 2 drop-in days



Purchase this package to get your school 'climate change ready' by 2025, a new DfE requirement .

Sugar Smart Schools award

Suitable if you want to:

- Improve the physical health of teachers
- Improve nutrition and fitness of pupils
- Improve packed lunches and school food

£1730 per year (non-ELP schools pay £1903)

Includes 14 hours bespoke work, such as:

- Packed Lunch policy
- Parent workshops
- Sugar Smart award
- Daily HIIT programme
- Health fairs
- Nutrition workshops for staff
- Staff nutrition consultations



Also includes: (valued at £1120)



NEW professionally designed PSHE scheme of work



5 trainings on nutrition & exercise for any staff member



2 conference tickets & 2 drop-in days

PSHE Mastery

Suitable if you want to:

- Improve the teaching and learning of PSHE
- Get support to embed the new scheme of work
- Improve staff confidence in delivering PSHE

£1730 per year (non-ELP schools pay £1903)

Includes 14 hours bespoke work, such as:

- PSHE audit and review
- Personal Development prep
- Developing PSHE assessment
- Parent workshops
- Staff training
- Team teaching
- Circle Time resources



Also includes: (valued at £1120)



NEW professionally designed PSHE scheme of work



5 trainings on PSHE for any staff member in your school



2 conference tickets & 2 drop-in days

Mental health & emotional wellbeing

Suitable if you want to:

- Develop a whole school approach to mental health
- Improve pupil wellbeing and understanding
- Improve identification and early help

£1730 per year (non-ELP schools pay £1903)

Includes 14 hours bespoke work, such as:

- Staff, pupil and parent surveys
- Mental health policy
- Staff training
- Staff self-care resources
- Parent workshops
- Pupil assemblies



Also includes: (valued at £1120)



NEW professionally designed PSHE scheme of work



5 trainings on mental health for any staff member



2 conference tickets & **2** drop-in days

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W5 2HL

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

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