



Stepping up to health



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The expansion of the Mentors in Violence Prevention programme

New initiatives and leadership transition as MVP enters its third year in Ealing schools

We're excited to announce the expansion of the Mentors in Violence Prevention (MVP) programme as we enter a new academic year! Now in its third year, MVP continues to grow across Ealing's high schools, with schools praising the benefits for mentees and mentors alike. Mentees gain guidance in standing up to bullying and harassment, while mentors develop leadership skills that boost their CVs and university applications.

This year, MVP is expanding further, with new opportunities for schools to strengthen the programme and build connections. We're also launching an MVP trial in select Ealing primary schools—stay tuned for updates from the Health Improvement Team.

As Emily Callard departs after two years of successful coordination, MVP's impactful work will continue under the leadership of Steve Curtis, YES Project Participation Worker, along with other MVP-trained leaders. Schools will receive ongoing support as the programme evolves.

Upcoming MVP Training and Events:

- **MVP Staff Training (High School):**
Three online sessions to introduce or refresh MVP principles for staff. Dates: October 24th, November 7th, and November 14th (1.5 hours each).
- **MVP Mentor Network Event:**
High school mentors can connect, share best practices, and enhance skills. Dates: November 6th and February 26th, 10 am–1 pm at Perceval House. Register with Steve Curtis (CurtisS@ealing.gov.uk).

Don't miss these opportunities to build a culture of peer support and leadership in your school community. For more information, contact the Health Improvement Team or Steve Curtis. Let's make a difference together!

Healthy Schools London Ealing award tally



Book your HISV

To review your school's health data, receive new PSHE resources and our updated contact lists, book your Health in School Visit here: [https:// hsl.as.me/HISV](https://hsl.as.me/HISV)



Health Improvement in Schools

Did you know?



Join us for the Green School Christmas Party on 12th Dec at W7 Emporium! Open to Eco School leads and HAT members. Email Mcgregorn@ealing.gov.uk



UK Parliament Week is the 18th to 24th November. Download your free resource pack to promote active citizenship in your school.



Enter the Big Green Ideas competition: Submit a 1-minute video by 10th Jan, showcasing innovative, pupil-led carbon reduction ideas to win £1,000! Email McGregorN@ealing.gov.uk for details.

Key health improvement dates

Event	When and where?	More information
PSHE, Mental Health and Eco Schools - Networks	In person or virtual. See Ealing CPD online for dates.	Book your place at Ealing CPD Online
Green School Christmas Party	W7 Emporium, Hanwell, 12th December	Email McGregorN@ealing.gov.uk to book a place

Key health promotion dates

Event	When?	More information
Antibullying Week	11th November 2024	https://anti-bullyingalliance.org.uk/
Parliament Week	18th November 2024	https://www.ukparliamentweek.org/en/resources/
Talk Money Week	4th November 2024	https://www.justfinancefoundation.org.uk/talk-money-week
National Tree Week	23rd November 2024	https://treecouncil.org.uk/seasonal-campaigns/

For more information about the above dates, email Liz on AinsworthL@ealing.gov.uk and keep abreast of key health promotion dates by reading our monthly eNews.



Anti-bullying Week

Anti-Bullying Week 2024 will take place from Monday 11th to Friday 15th November, with the theme "Choose Respect". Odd Socks Day will be held on Tuesday 12th November. The "Choose Respect" theme emerged from consultation with teachers and pupils, who sought a positive approach to counter the harm caused by bullying. Download a free resource pack from the Anti-Bullying Alliance website or join the HIT Anti-Bullying Week CPD for more information.



£1000 Big Green Ideas competition

Ealing schools are invited to participate in the Big Green Ideas Competition for a chance to win £1,000 by submitting innovative, pupil-led sustainability solutions. The challenge is to develop creative strategies to reduce carbon emissions within your school. To enter, create a 1-minute video showcasing your idea and submit by 10th January to contact@actforealing.org. Don't miss this opportunity to secure funding and support your eco-friendly initiatives.



Cut your carbon competition

The November, Eco Schools' Cut Your Carbon Challenge empowers students to take climate action by adopting six simple steps to reduce carbon emissions. This initiative extends to families and friends, promoting a community-focused approach to sustainability. By participating, schools can inspire young people to adopt eco-friendly habits and contribute positively to the environment. Start your journey towards a more sustainable future by downloading the free starter pack from Eco-school.org.uk.

Empowering schools with comprehensive nutrition education

By Safiya Riley, Food Project Officer,
Central London Community Healthcare Trust



We are delighted to present a wide range of nutrition education programmes aimed at supporting PSHE leads in promoting healthier lifestyles among students. Our programmes feature dynamic assemblies and interactive sessions that equip students with the knowledge and tools needed to make informed choices about diet, physical activity, and mental wellbeing. Through engaging activities, we teach students how to identify hidden sugars in foods and choose balanced meals, empowering them to adopt healthier habits.

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Engaging students in fun, educational activities to promote healthy eating habits.”

For primary schools, we offer hands-on cooking clubs where children learn to prepare nutritious meals in a fun, supportive environment. These clubs are

designed to instil essential cooking skills and a love for healthy eating, helping students develop long-term, sustainable habits from a young age.

In secondary schools, our “Teen Thrive” initiative provides a holistic approach to physical and mental wellness. The programme includes a series of interactive workshops that cover important topics such as balanced nutrition, mindful eating, and positive body image. Additionally, we offer school-based and online clinics, allowing students to receive personalised support in setting health goals, managing weight, and addressing wellness concerns.

Each of our programmes is crafted to complement the PSHE curriculum, aligning with schools’ goals of cultivating well-rounded and health-conscious students. By partnering with schools, we aim to foster a culture of wellness that extends beyond the classroom, creating a lasting commitment to healthy living throughout the entire school community.

For more information or to participate in our initiatives, please contact Safiya at clcht.ealinghealth4life@nhs.net.

Climate Action Plans for a sustainable future

Navigating the DfE’s climate strategy and supporting schools in their environmental initiatives



In April 2022, the Department for Education (DfE) published its climate strategy for UK educational settings, setting key targets for educational institutions. One significant requirement is for all schools to establish a climate action plan and appoint a sustainability lead by 2025. With the deadline fast approaching, schools need to prioritise creating tailored climate action plans that align with the Department for Education’s four pillars: decarbonisation, adaptation and resilience, biodiversity, and climate education and green careers.

As part of this process, schools must designate a sustainability lead to oversee the development and implementation of their climate action plan. At the last Green School Network meeting, attendees learned about various organisations offering support for climate action plans, as well as a range of free resources.

To access these resources and obtain the presentation slides, join the Green School Network by emailing Nicole at McGregorN@ealing.gov.uk.



SMS programme kick-starts sustainability in schools

New Sustainability Managers bring meaningful support and fresh ideas to inspire a whole-school approach to sustainability.

The launch of the SMS programme marked a major milestone, providing schools with valuable support to advance their sustainability efforts, while new Sustainability Managers began their career journeys. The SMS induction training laid a strong foundation, enabling the team to build relationships and understand the programme's structure, which promotes a whole-school approach to sustainability. With training completed, the team was eager to put their knowledge into action.

Upon introduction to their assigned schools, the Sustainability Managers were warmly welcomed. During the introductory presentations, staff members enthusiastically shared their sustainability ambitions. For instance, Villiers High's design technology team aiming to reduce offcut waste, and the IT lead at Our Lady of the Visitation

seeking guidance on managing outdated technology. Within days, the team successfully addressed these initial challenges.

In addition to problem-solving, the team applied for over 20 free trees, began gathering carbon footprint data, and prepared for their first pupil eco-club meetings. Once pupils got involved, ideas began flowing—from installing solar panels to reducing food waste and organising litter-picking excursions, sparking widespread enthusiasm throughout the schools.

By engaging with staff, families, and pupils, the Sustainability Managers have gained valuable insights into each school's unique needs and aspirations. By half-term, they will finalise tailored climate action plans that reflect the schools' capabilities and ambitions.

As data collection wraps up and parent survey results come in, pupils are commencing their "Dragons' Den" projects, developing sustainability initiatives to earn the Eco-Schools award. In just one month, the SMS programme has made a significant impact, inspiring a culture of sustainability across the entire school community.

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In just one month, the SMS programme has sparked enthusiasm, empowering schools to tackle sustainability challenges with innovative solutions.

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Cultural Day at Our Lady of the Visitation

PSHE and Race Equality Lead Sherelle Parillon explains their success

Last summer, our school community at Our Lady of the Visitation celebrated diversity during our inaugural Cultural Day. The event drew over 300 guests, including students, parents, and staff, filling the school with the vibrant sounds, sights, and tastes of global cultures.



Guests entered our "departure lounge" to collect passports for a journey through eight represented countries: Malta, Nigeria, England, India, the Caribbean, Poland, Assyria, and Lebanon. Each classroom became a cultural hub, adorned with traditional artifacts and decorations, while the hallways filled with enticing aromas of diverse cuisines.

The immersive experience showcased unique food, music, crafts, and customs. Visitors savoured Maltese pasta, explored Nigerian flavours, and enjoyed Caribbean delicacies. Both children and adults discovered the significance of Assyrian art and the spices of Grenadian dishes.

As the evening unfolded, guests travelled to the local parish centre, where students performed traditional songs and dances, celebrating their heritage. From captivating Indian dance routines to rhythmic Assyrian music, each performance fostered an atmosphere of joy and unity.

Our first-ever Cultural Day exceeded expectations, leaving participants with a deeper understanding and appreciation of the rich tapestry of cultures within our school. We look forward to making this cherished tradition, a highlight of our school calendar for years to come.

Empowering schools for a safer digital future

Promoting positive relationships and building leadership skills for a safer future

The Breck Foundation is a Southeast-based educational charity founded in 2014 after the tragic loss of Breck Bednar, a 14-year-old boy who was groomed and murdered by an online predator. Each year, we reach thousands of children, teachers, and parents through workshops aimed at safeguarding young people from online dangers.

Our RISE e2e project fosters long-term partnerships with select schools to enhance online skills and digital safety, aiming to protect pupils from grooming, exploitation, abuse, and other digital threats. Thanks to funding from John Lyon's Charity, we invite Ealing schools to participate at no cost,

which typically costs over £2,000 per school.

RISE e2e includes core presentations on Breck's Story, satellite presentations on online safety topics, supporting resources for classrooms and home use, and post-project toolkits to ensure long-term online safety measures. This project is available for both primary and secondary schools, with age-appropriate presentations. Limited funded spaces are available, so please contact us to secure your school's participation.

For more information, email our Project Manager, Yanika, at yanika.bateikina@breckfoundation.org.



Ealing Mentally Healthy Schools programme

Helping schools develop a whole school approach to mental health



This year, the Health Improvement Team is piloting the Ealing Mentally Healthy Schools programme to support schools in adopting a whole-school approach to mental health. The initiative involves a select number of schools progressing through three phases toward the Ealing Mentally Healthy Schools award.

The process begins with schools completing an audit based on Anna Freud's 5 Steps Framework, which covers Leading Change, Working Together, Understanding Need, Promoting Wellbeing, and Supporting Staff. This audit helps identify priority areas and create an action plan for implementing mental health initiatives.

In phase two, schools execute the action plan

through activities aimed at enhancing mental health and well-being. These may include workshops for staff, parents, or students, developing a mental health policy, creating a mental health resource page on the school's website, peer-led initiatives, and tracking wellbeing.

The final phase focuses on monitoring and evaluating the impact of these activities and sharing lessons learned with other schools to improve mental health support across the borough.

Throughout the pilot, Liz Ainsworth and Karen Gibson will facilitate opportunities for schools to engage with mental health service providers. For more information, contact Liz Ainsworth at ainsworthl@ealing.gov.uk.

New FGM awareness programmes for schools

Train your staff, engage parents and empower your students on FGM

Hoda here! I'm excited to share updates on the expansion of my FGM (female genital mutilation) awareness work in schools. This year, we've broadened our reach by offering both primary and high school programmes that aim to educate and empower students, as well as refresh staff on this critical issue.



For schools seeking to enhance their staff's understanding, we provide CPD refresher sessions. These sessions focus on safeguarding, cultural sensitivities, and how to identify risks in school settings. They also offer practical guidance on supporting students potentially affected by FGM. Schools can also opt for project-based learning programmes that include interactive workshops and discussions tailored for different age groups. These programmes raise awareness about the physical, mental, and social impact of FGM, giving students a safe space to explore the topic.

A significant addition is our high school programme, where we dive into the mental health and human rights dimensions of FGM, empowering older students with

knowledge on activism, human rights, and social justice.

This summer has been a busy and rewarding time! I was thrilled to be nominated for a major award for my work in human rights and FGM advocacy, a humbling recognition of the impact we're making together. Another highlight was the successful launch of our puppet show, which uses creative storytelling to introduce FGM awareness in a child-friendly manner for younger students. The show has been a wonderful way to start important conversations with children.

If your school is interested in booking a session or learning more, please email me at hello@hodamali.com.

The Healthy Zones programme

By Will Holmes, Project Officer, School Food Matters

The 'Healthy Zones' programme is an initiative led by the charity School Food Matters (SFM). This programme aims to support schools across London, with a specific focus on Ealing for this academic year, in fostering a food environment that prioritises children's health. We are partnering with eight primary and secondary schools to implement targeted interventions that create sustainable and health-focused changes within their food environments.

The Healthy Zones initiative employs a whole-school approach that engages the entire school community, including teaching staff, support staff, catering teams, governors, parents, and students. Our support encompasses a range of activities such as training sessions, cooking workshops, assemblies, and bespoke consultations, all designed to embed a culture of healthy eating throughout the school setting.

A significant aspect of the programme is assisting schools in developing a tailored school food policy. This policy, shaped with contributions from the whole community, will formalise the improvements made and ensure the longevity of the healthy food environment within each institution.

We have commenced our work with all eight participating schools in Ealing by conducting thorough assessments, including visits, meetings, and surveys, to gain a comprehensive understanding of each school's specific needs and priorities. With action plans now finalised, the Healthy Zones team is set to deliver a series of initiatives this term, including staff training, advisory sessions for parents, and practical cooking classes for students.

We look forward to continuing this important work, with the ultimate goal of establishing enduring, health-focused food environments across all participating schools.



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The Healthy Zones programme enhances school food environments in Ealing, promoting sustainable, health-focused changes for students through community.

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Ealing's School Streets initiative for healthier travel

Encouraging active commuting for children amid growing environmental concerns

With the new school term underway, more children than ever are expected to be making the journey on foot, by bike, or scooter. Ealing Council's School Streets programme, launched in 2020, has gained significant traction, with almost 30 schools across the borough now signed up. The core principle of this initiative is straightforward: roads surrounding participating schools are closed to most vehicles during school opening and closing times, ensuring that children can arrive and leave safely, away from traffic dangers.

Statistics highlight that most pupils live within a 20-minute walk or a short cycle ride to school. Most primary school-aged children in the borough live within one mile of their school, and more than 80% of secondary school students reside within two miles. This proximity presents a fantastic opportunity for families to embrace healthier, more active travel options.

Expanding the number of School Streets is part of the council's commitment to combat the climate crisis, cut air pollution, and support active forms of travel for residents of all ages. Perivale Primary School, located on Federal Road, was one of the first to join the scheme. Headteacher Daniel Upfield said:

"So many of our families are walking, scooting and biking here. Parents and children talk to one another more along the way too; it encourages social interaction. The roads around the school are quite narrow and I think children would feel less safe travelling to school if the school street wasn't in place – and I expect more would travel by car."

Blair Peach Primary School, in Beaconsfield Road, Southall, became a school street last year as a measure to help keep its children safe. Headteacher Neil Crosbie said:

"The impact of this scheme has been fantastic! It has been brilliant to see children walk to school safely. It's important to be a part of something much bigger than just our street and our school. This is about changing mindsets about walking to school and keeping children safe."

Transport for London also offers a school travel accreditation scheme aimed at inspiring young Londoners to travel sustainably, actively, responsibly, and safely by championing walking, scooting, and cycling.



Healthy Schools London Ealing awards this term

The Healthy Schools London awards are a London wide awards-based programme that recognises school health and wellbeing achievements.

Bronze	Silver	Gold	Platinum
	Sybil Elgar School	North Ealing Primary School	
	West Twyford Primary School		
	Featherstone High School		

Healthy Schools points scheme

Points tally for Ealing schools

Healthy Schools points tally			
Schools	First	Second	Third
Ealing Primary Schools	Our Lady of the Visitation (9 points)	Greenwood Primary School (6 points)	Gifford Primary School (6 points)
Ealing High Schools	Featherstone High School (5 points)	Villiers High School (2 points)	N/A

Health Improvement CPD

Take a look at the table below to see if there are any workshops this half term that interest you or would help you in your role in school. Register by going to www.ealingcpd.org.uk



Workshops	Date	Location	Cost
PSHE High School Network	5th November 2024, 4 – 5:30pm	Ellen Wilkinson	Free to all schools
Introduction to children and young people's mental health	19th November 2024, 3:45 – 5:15pm	Online	Free to HAT and Mental Health package schools
PSHE and race equality	21st November, 3:45 – 5pm	Online	Free to HAT and PSHE package schools
Tackling harmful sexual behaviour and misogyny	27th November 2024, 3:45 – 5pm	Online	Free
Ofsted focus on PSHE	3rd December, 3.45 – 5pm	Online	Free to HAT and PSHE package schools
How to achieve Eco schools award	10th December, 3:45 – 4:45pm	Online	Free to all schools
DSL & PSHE joint network (FGM)	15th January, 9:45 – 11:30am	EEC	Free to all schools
Gut wellness unveiled	16th January, 3.45 – 4.45pm	Online	Free to HAT and Nourish to Flourish schools
Green School Network	21st January, 3.45 – 4.45pm	Online	Free to all schools

Book on CPD online for the above workshops & networks

Our Services

All Ealing schools get access to our buy back packages including the Awards & Training package, Three Day Bespoke Package and four specialist packages.

Specialist packages:

RSE, PSHE, Mental health Nourish to Flourish and Green School package

Includes pre and post surveys to measure impact, pupil assembly, parent workshop, staff INSET, policy review, central trainings in the health area, and up to four targeted activities in the health area.

Awards & Training Package

Includes four practical workshops to help you achieve the HSL awards, access to PSHE network, a celebration event, plus a choice from over 20 training workshops.

3 Day Bespoke Package

Provides three days of comprehensive bespoke work, pre and post surveys to measure impact, an impact report and, phone and email support.

For more information on our services, email Nicole at McGregorN@ealing.gov.uk

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Healthy Schools
EALING

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