



# Stepping up to health



## Features

- SMS Programme
- HI Conference & bake off
- Big Green ideas for £1000
- Oral health bus
- Safer internet day
- Inclusion at lunchtime

## Healthy Zones in Ealing

By Will Holmes, School Food Matters, Project Officer

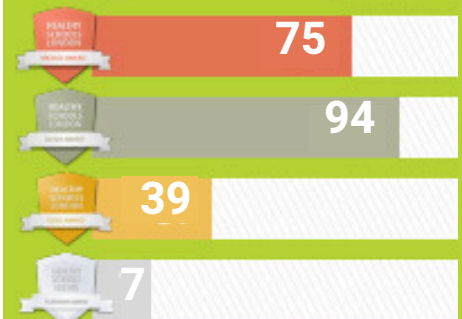
**This academic year, the Healthy Zones programme worked with eight Ealing schools, delivering workshops, training and support for the whole school community. Parent coffee mornings focused on budget-friendly packed lunch ideas and fussy eating have been a highlight, receiving excellent attendance and fantastic feedback. Parent-child cooking sessions have also proven hugely popular, showcasing simple and nutritious recipes that families can enjoy making together.**

Staff and student engagement has been key to the programme's success, with highlights including sensory food education

for the whole school and Vietnamese summer rolls with over 200 Year 7 students. Tailored staff training has also helped create healthier school food environments.

As schools begin drafting their own food policies with our support, the upcoming term will focus on consolidating these achievements into sustainable policies, ensuring a healthier future for students. Although the programme ends in April, participating schools can continue their activities, and schools that didn't participate can access these resources through the **Health Improvement Team's new Sugar Smart Schools package.**

## Ealing award tally



## Book you visit

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)





# Did you know?



February is **LGBT History month**. It is a great time to consider how can you promote diversity and equality within your school and curriculum by exploring LGBT role models.



We now offer **two school nutrition packages**: Sugar Smart Schools to help schools earn the Sugar Smart award, and Healthy Staff, Thriving Schools, promoting staff health and wellbeing.



**Schools in Mind** is a free network, from Anna Freud, for education professionals which shares practical expertise about mental health and wellbeing in schools and FE colleges.

## KEY HEALTH IMPROVEMENT DATES

Event	When?	More information
HIT Conference	3 MARCH	EMAIL MCGREGORN@EALING.GOV.UK
PSHE primary network	22 JAN	EMAIL JONESF@EALING.GOV.UK
PSHE high network	4 MARCH	EMAIL JONESF@EALING.GOV.UK
Buy back deadline	31 MARCH	EMAIL MCGREGORN@EALING.GOV.UK

## KEY HEALTH PROMOTION DATES

Event	When?	More information
LGBT history month	FEBRUARY	LGBTPLUSISTORYMO NTH.CO.UK
Children's Mental Health Week	3- 9 FEBRUARY	PLACE2BE.ORG.UK
International Women's Day	8 MARCH	IWD.COM
Global Recycling Day	18 MARCH	WWW.GLOBALRECYCL INGDAY.COM



### HAT celebration event

Our nutrition guru, Nicole, completed her MSc in Public Health Nutrition with distinction, earning an award for the highest mark! Her expertise will be invaluable in supporting schools in nutrition projects. She also wowed everyone by winning Santander's Big Ideas competition with an innovative nutrition concept.



### Whisper Me Digital

Whisper Me Digital is a free educational resource exploring domestic abuse and its impact on young people's mental health. The film and interactive PPTs engage pupils, highlight support options and address sensitive issues. Teachers receive a step-by-step pack for guiding discussions and managing disclosures effectively.



### Santa Stroll

Families at West Acton Primary joined their annual Santa Stroll, walking to school together in a festive line. Children enjoyed wearing Christmas jumpers and Santa hats, combining active travel with holiday fun and daily physical activity, promoting health, sustainability, and community spirit.

# Sustainability in action

By Rachel Warren, SMS Manager



## The impact of poor oral health



**Reflecting on my 10 weeks working as a Sustainability Manager in Schools (SMS), it's amazing to see how much has been accomplished in such a short time. At Our Lady of the Visitation Primary, I began by building connections, launching the Eco Group, and conducting surveys with staff, pupils, and the wider school community to understand their sustainability priorities.**

The Eco Group conducted a detailed sustainability audit across eleven key topics, identifying areas for action.

### SPARKING

Change through sustainability

The students then brainstormed and pitched three exciting projects to an Eco-Dragon's Den panel: The Plastic Revolution, Save The Watts, and The Nature Ninja's Wildlife Reserve.

Alongside the School Business and Canteen Managers, we measured the school's carbon footprint and identified ways to reduce emissions. Already, we've cut food waste by 3kg per week, recycled 20kg of e-waste, secured 25 trees for planting, started composting, and adopted green catering policies—all while advancing the school's Climate Action Plan well ahead of the DfE's 2025 deadline.

Seeing students grow in confidence and leadership through the SMS programme has been inspiring, highlighting their teamwork and creativity.

**Did you know that nearly one in three five-year-olds in England had tooth decay in 2022? This alarming statistic highlights the significant impact poor oral health can have on children's lives, including their school attendance.**

Tooth decay remains the leading cause of hospital visits for children aged 6 to 10. In 2022, it accounted for two-thirds of hospital admissions for under-19s, costing the NHS a staggering £81 million for extractions alone. Children from disadvantaged areas face even greater challenges, being three times more likely to require a tooth extraction than their peers.

Locally, Ealing is among the most affected areas, with the 4th highest rate of tooth decay in five-year-olds in London (National Dental Epidemiology Programme, 2022).

To tackle this issue, Ealing has introduced a range of initiatives including the Supervised Toothbrushing Programme in schools and nurseries, as well as training and workshops for staff, families, and children. Led by our oral health promoter, Adele Francois, these efforts also extend to community outreach events.

# Conference & bake off

## Join us for an inspiring event



**Big Green  
idea for  
£1000**



**The Health Improvement Conference will take place on 3 March, 1-5 PM at the Council's bright new conference room. This event is free for Buy-Back Schools, £80 for others. RSVP now via Eventbrite and don't miss out on this great event!**

**The Health Improvement Conference on March 3th, 1-5pm, promises to be an exciting and inspiring event.**

This year, we are bringing it in-house to Percevel House. The event is free for Buy-Back Schools and £80 for other schools, with a limited number of early bird tickets available, so be sure to secure yours soon!

Attendees will hear from fantastic speakers, including inspiring schools that are making strides in health and sustainability.

During the event, there will be an afternoon tea with the opportunity to network with other guests and PSHE leads.

In addition, this year, we're adding something extra special: a "Healthy Bake-Off!" Bring your homemade cakes and have them judged by our audience. The winner will receive a £30 voucher, with an exciting health twist—judges will vote on the taste, appearance and also 'healthiness' of the cakes! RSVP now via <https://Hlconference2025.eventbrite.co.uk>. Alternatively, for more information, email: [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk).



**The Big Green Ideas Competition aimed to inspire and support schools to develop innovative solutions to reduce their carbon footprint.**

Entries closed on 15 January, with **eight** schools submitting creative videos showcasing their ideas for a greener future. We were deeply inspired by the ingenuity and passion demonstrated in each video, reflecting the students' commitment to the environment.

The competition will be judged by a five-person panel, on 21 January including Jennifer Peters (Assistant Director of Planning, Design and Sustainability), Mark Tomlinson (Head of Climate and Sustainability), and Councillor Driscoll.

The winning school will be announced at the Green School Network on 21 January and will receive £1,000 to fund their sustainability initiatives. This school will present at our Summer Celebration Event, showcasing how the funds have helped them further their green goals.

# Healthy masculinity

## With voicebox



**Flexible  
funding for  
inclusion**



**Voicebox has been working with schools in London and beyond to empower young people to promote and embody healthy masculinity, tackle "toxic masculinity" (or what they call "unhealthy masculinity"), challenge misogyny, prioritise students' mental, physical and social wellbeing and promote gender equality.**

**Through their assemblies, workshops, and programmes, Voicebox has worked with over 22,000 young people and partnered with 110 schools.**

Their Healthy Masculinity workshops - designed for KS3, KS4, and KS5 - engage both boys and girls in meaningful conversations around masculinity, gender equality, and misogyny. These sessions equip students with the skills to challenge harmful behaviours and attitudes in their daily lives.

For younger students, Voicebox offers a workshop on 'Rethinking Strength and Being an Ally' which fosters early conversations on gender and allyship.

Voicebox also offers teacher training, equipping educators and professionals with tools to challenge unhealthy masculinity and drive positive change.

Learn more about how Voicebox can support your school at [www.voiceboxcic.com](http://www.voiceboxcic.com).



**Diversity Role Models (DRM), a leading charity in anti-bullying and LGBTQ+ education, is introducing a flexible funding model to ensure all schools can access their services. With over 13 years of experience and 235,000+ students reached, DRM is committed to fostering inclusion and empathy.**

Their offerings include student workshops, assemblies, staff training, and parent/carer sessions, available for all educational levels—from Early Years to Further Education and SEND schools. DRM workshops align with Department for Education guidelines and support SMSC development, helping schools meet legal obligations under the Equality Act 2010.

Schools can now book their services starting at £100, with donation options to increase access. For more information, contact Luis at [luis.lafauci@diversityrolemodels.org](mailto:luis.lafauci@diversityrolemodels.org). Let's work together to create a safer, more inclusive environment for all students.



## Children's oral health bus Outreach Events

**During 2024, the Ealing Public Health team hosted 11 outreach events across the borough, at two community sites and nine primary schools. Dental staff saw nearly 800 children for free dental checks and applied fluoride varnish where applicable.**

Many different staff were involved, including the public health team, dentists and dental therapists, oral health promoter, school readiness lead, ALFIE Programme, the Health Improvement team, immunisation nurse, asthma specialist nurse, Family Information Service, children's services, Job Centre Plus, Learn Ealing, community champions, and more.

The events aimed to promote oral health and connect families with dental staff, as well as raise awareness about various children's services available in Ealing.

As well as performing dental checks the dental staff were able to signpost families to local dental practices. Children identified as needing further treatment received a letter and were advised to visit a local dentist. These families will be followed up where possible to ensure they received the care they needed.

These events were a great opportunity to engage with families about the range of services available in Ealing.

# 800

children received  
dental checks  
and fluoride  
varnish



For example, mums looking to get back into work received advice on workshops and training, families learned about benefits they were entitled to, and there were great conversations about services like asthma and immunisations.

We plan to hold more outreach events in 2025, using available data and lessons from this year to choose our event locations and improve our future work.



## Revamping our anti-bullying policy At Featherstone Primary School

**As part of this year's Caring week, our School Council undertook a thorough review of our Anti-Bullying policy, demonstrating their dedication to creating a safe and inclusive environment for all students. The process began before Caring Week with an initial meeting between the School Council leaders and the School Council Lead, where they reflected on the existing policy.**

During Caring Week, the School Council consulted their classmates, gathering feedback on the policy's effectiveness and suggestions for improvement. This consultation gave students the opportunity to voice their opinions and contribute to refining our Anti-Bullying strategy.

In their final meeting, the School Council shared their findings with the Council Lead, representing their peers. Together, they revised the policy, incorporating key changes such as introducing the term "upstander," training Featherstone Friends to become Anti-Bullying Ambassadors, and including explicit references to the Equality Act (2010) and Protected Characteristics. Additionally, the policy's title was changed to reflect both Anti-Bullying and Friendship, underscoring the importance of being a good friend as a means of preventing bullying.

“  
The policy  
was  
changed to  
reflect  
friendship  
”

We are immensely proud of our School Counsellors for their thoughtful approach and independent consultation. Their dedication has resulted in a policy that strengthens our commitment to a safe, supportive, and inclusive school environment.



# MH awareness week



**Children's Mental Health Week 2025 will be held from 3-9 February.**

Established by Place2Be, the week aims to empower, equip, and give a voice to children and young people across the UK. Each year, Place2Be offers free resources for schools and families to help them participate in this important event. This year, they've partnered with Here4You, supported by The Walt Disney Company, to explore the theme Know Yourself, Grow Yourself with the help of characters from Pixar's Inside Out 2.

Through these resources, children and young people will be encouraged to reflect on their identity and learn how understanding themselves can help build resilience.

Visit the website for resources featuring Joy and the characters from Inside Out 2, all designed to support the theme Know Yourself, Grow Yourself.

# Mental health

## How to stay active



**Ealing is home to one of the UK's few mental health crisis cafes for children and young people: The Circle. This dedicated space is designed for 5-18 year olds experiencing mental distress, providing a warm, welcoming, and safe environment for those at or near crisis point.**

**Rather than waiting in long queues at A&E or receiving non-specialised support, young people can visit The Circle for advice, support, or simply for someone to talk to. Services are available through drop-ins or appointments, and the facility offers clinical support in a relaxed, calming atmosphere when it's needed most.**

The Circle is located at 46 South Ealing Road, conveniently situated on the 65 bus route, just a 2-minute walk from South Ealing tube and a 15-minute walk from Ealing Broadway station.

**Opening hours:**  
Monday to Friday: 3 – 11pm.  
Weekends and Bank Holidays: 12 – 8pm.

**Drop-in hours:**  
Monday to Friday: 3:30– 6:30pm  
Weekends and Bank Holidays: 12:30 – 3:30pm.

For enquiries, contact [circleteam@hfehmind.org.uk](mailto:circleteam@hfehmind.org.uk) or call 0203 4750 060.





# IN THE NEWS

## Safer internet day 2025

### Are you ready for Safer Internet Day 2025?

On 11 February, Safer Internet Day will focus on the theme, 'Too good to be true? Protecting yourself and others from scams online'. With young people increasingly exposed to harmful content, the need for a safer online environment is critical. Cyberbullying, inappropriate content, and online misogyny continue to rise, negatively impacting mental health and relationships.

One troubling trend is the increase in online misogyny, linked to harmful sexual behaviour among youth.

The government's plan to classify misogyny as extremism highlights the urgency of the issue. The Online Safety Bill mandates stricter protections, including age verification and prompt removal of harmful content.

Education plays a vital role in combating these issues by helping young people develop critical thinking and digital literacy skills. With the rise of scams, fake news, and online manipulation, equipping young people with the ability to spot red flags is essential.



Safer Internet Day is an opportunity to promote awareness and ensure the internet is a safe, positive space for all. Check the Safer Internet Day website for resources for educators, parents, and students.

## Fostering inclusion at lunchtime

**At St John's Primary School, the Red Cap role is crucial to making lunchtime a positive experience for all students. Year 4, 5, and 6 students are entrusted with helping younger children feel safe, supported, and included. The Red Caps are more than lunchtime helpers; they positively impact the social and emotional wellbeing of their peers.**

Whether it's playing a group game, offering a kind word, or simply being someone to talk to, the Red Cap team enhances the lunchtime experience. Their dedication ensures all students have a caring, inclusive environment where they feel valued. Through their actions, the Red Caps help build a stronger, more connected school community.

Red Caps support students who feel upset or left out, offering a friendly ear. They organise games and activities to help children make friends and feel included.



Bronze	Silver
Downe Manor primary	Featherstone High School
Stanhope Primary	Sybil Elgar School
Allenby Primary	

## Healthy schools points

Healthy Schools points tally			
Schools	First	Second	Third
Ealing Primary Schools	Featherstone primary (17 points)	Our ;Lady of the Visitation (9 points)	St Vincent's Catholic (8 points)
Ealing High Schools	The Ellen Wilkinson School for Girls (7 points)	Featherstone High (7 points)	Greenford High (4 points)

## Health Improvement CPD

WORKSHOPS	DATE
THE GREEN SCHOOL NETWORK	21/01/2025
THE EFFECTIVE USE OF ASSESSMENT IN PSHE	28/01/2025
HAT do-it-with-me sessions	24/02/2025
PSHE HIGH SCHOOL NETWORK	04/03/2025
PARENTAL ENGAGEMENT IN ONLINE SAFETY	11/03/2025
TRAIN THE TRAINER - RSHE PARENT WORKSHOP	11/03/2025
GUT INSTINCTS: HARNESSING BICROMIOME KNOWLEDGE	12/03/2025
HOW TO ACQUIRE SUGAR SMART SCHOOL AWARD	18/03/2025
PLATING THE FACTS FOR STAFF	20/03/2025

Book on [www.ealingcpd.org.uk](http://www.ealingcpd.org.uk) for the above workshops

## Our services

### Specialist packages: RSHE, PSHE, Mental Health, Nourish to Flourish, Eco Schools and Awards

Includes pre and post surveys to measure impact, pupil assemblies, 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 the PSHE network, a celebration event, plus a choice from over 20 training workshops.

### 3 Day Bespoke Package

Provides 3 days of comprehensive bespoke work, pre and post surveys to measure impact, an impact report and ongoing email and phone support.

For more information, email Nicole at [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk)

### Editorial Committee

Nicole McGregor – Senior Health Improvement Officer  
 Karen Gibson – Health Improvement Manager  
 Liz Ainsworth – Health Improvement Officer  
 Faye Jones – Health Improvement Officer

To keep up with the latest news, follow us on Twitter:

 @EalingPshe



Ealing Council 14-16 Uxbridge Road, London W5 2HL  
 Tel: 0208 825 5484 Email: [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk)

[www.egfl.org.uk/elp-services/health-improvement-schools](http://www.egfl.org.uk/elp-services/health-improvement-schools)

Please dispose of this newsletter in a green box.