



Stepping up to health



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Free Healthy Zone project for 8 Ealing Schools

Support your school to create a food environment that puts young people's health centre stage.

We have an exciting opportunity for eight schools in Ealing to join the free Healthy Zones project. Healthy Zones is delivered by the charity, School Food Matters (SFM), and its main aim is to support you to make the healthy choice the easy choice for students at your school.

What is Healthy Zones and how can it support your school?

Based on your school's priorities around food, you decide on one or more 'Healthy Zones' to focus on (see below). Depending on your school's set-up and needs, a series of hands-on sessions - with staff, students and parents - will be activities will be tailored to one or more of these areas:

1. Breakfast Club – whether you have an in-house or external provider, improving the food offer in your club and improving/launching nutritious menus which take into consideration students' ideas, tastes and your club budget and equipment. This will take place over one full term.
2. Afterschool Club – whether you have an in-house or external provider, improving the food offer in your club and improving/launching nutritious menus through a series of recipe sessions. This will take place over one full term.

3. School food policy – developing and implementing policies that put children's health first and create lasting changes to your school food environment. This will take place over one academic year.

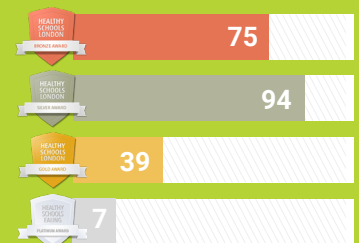
Why join Healthy Zones?

- It's free and will create great publicity for your school on a local and national level.
- It will equip students with skills in public speaking, video making and embed a good food culture at your school.
- New equipment can be purchased for your breakfast club.

This a project in partnership with you as experts of your school, and SFM will be listening to your priorities, challenges and ideas to build a bespoke plan of support.

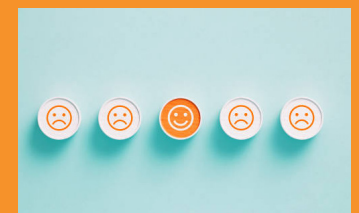
This support also includes assemblies, workshops and sessions on the topic of your Healthy Zone and you will receive ongoing support for the full academic year. **To register your interest, email Nicole on McGregorN@ealing.gov.uk by 10 June.**

Healthy Schools London Ealing award tally



Health Improvement Survey

Complete the health improvement team's annual survey before 30 June here: www.surveymonkey.co.uk/r/HISurvey2024. Every fifth survey completed will win a £10 Love To Shop voucher



Health Improvement in Schools

Did you know?



RSE Day returns on June 27 and the theme is 'embracing change'. Head to www.rseday.com for more ideas and resources.



The new Ealing SOW is ready to be launched in your school, this September. Contact Faye at Jonesf@ealing.gov.uk for more information on the changes.



Email ainsworthl@ealing.gov.uk if you would like to take part in this year's Ealing schools staff wellbeing survey.

Key health improvement dates

Event	When and where?	More information
HAT Celebration Event	3rd July, W7 Emporium	Email McGregorN@ealing.gov.uk

Key health promotion dates

Event	When?	More information
Pride Month	June 2024	https://www.mentallyhealthyschools.org.uk/resources/pride-month-toolkit/
School Diversity Week	24th June 2024	https://www.justlikeus.org/home/get-involved/school-diversity-week/
Healthy Eating Week	10-14th June 2024	https://www.nutrition.org.uk/healthy-eating-week/
RSE Day	27th June 2024	https://bigwalkandwheel.org.uk/

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.



HAT celebration event

Schools that have bought into the HAT package will receive an invite this week to attend the HAT celebration event on the 3rd July at the W7 Emporium in Hanwell. Participants will hear case studies from other schools and will receive a 'French' inspired healthy afternoon tea. HAT schools that achieve their award will also receive a certificate and gift. PSHE leads and headteachers that are part of the HAT will receive an email with more details about their free ticket.



Free Trees for schools

Our team have partnered with the trees team in Ealing to give away up to 10 trees to Ealing schools. To find out more, please ask your school's Eco Lead to attend the next Green School Network on the 19 May at 3:45pm. In this network we will explain how schools can get their free trees, learn about the link with trees and mental wellbeing, find out about an exciting new sustainability manager grant for three schools and much more. To get your free trees and for more information on this network including the link to sign up, email McGregorN@ealing.gov.uk.



Tesco stronger start grant

Tesco is providing six Ealing schools with Stronger Start grants of up to £1,500 each. Administered by Groundwork, this rolling grant programme selects three local causes every three months for the blue token customer vote in Tesco stores across the UK. Eligible initiatives include breakfast clubs, play areas, and youth sports teams. No matching funds are necessary as Tesco covers 100% of project expenses. Apply for the grant at: <https://tescostrongerstarts.org.uk/apply-for-a-grant/>

Empowering schools towards sustainable futures

Apply for the free Sustainability Managers for Schools initiative



Did you know the DfE wants all schools to have a climate action plan and someone responsible for that plan in place by 2025? Do you want to act on this and make your school more sustainable but don't have time to start?

Thanks to a pioneering partnership with Ealing Council, three state-funded schools in Ealing can apply for a free Sustainability Manager to organise and implement real net zero progress – saving the school money and boosting pupils' green skills.

This brand-new collaboration between Ealing Council and Sustainability Managers for Schools C.I.C. (SMS) will provide free, additional resources to each of the three qualifying schools to allow them to drive sustainability activity. SMS will create brand-new green jobs in the borough by recruiting, training and coaching this new network of Sustainability Managers.

During their one-year placement, each Sustainability Manager will calculate their school's carbon footprint, create a climate action plan, apply for grant funding and help the school secure the Eco-Schools award. Sustainability Managers will work in partnership with existing staff and policies to ensure activities fit with the needs and priorities of each school. Each Sustainability Manager will have DBS checks and Ealing specific safeguarding training.

Schools can now apply and the deadline for school applications is 11 June 2024. Individuals interested in applying for the role of Sustainability Manager need to apply by 4 June 2024. Both applications are available at: <https://actforealing.org/2024/05/16/apply-for-a-free-sustainability-manager-for-your-school/>

Discover more at: www.sustainabilitymanagersforschools.org

Introducing a new self-assessment quiz for staff.

By Mubina Asaria,
LGfL consultant



I often get asked by Designated Safeguarding Leads (DSLs) for effective ways to log and evidence staff training for inspections, and to assess staff understanding. To facilitate this, LGfL developed a free self-assessment quiz for schools. The Prevent Quiz for Staff is a multiple choice assessment consisting of 25 questions based around the recently updated Prevent duty guidance (2023) and Part 1 of Keeping Children Safe in Education.

Packed with scenario-based questions around radicalisation, British values, and responding to concerns, results and feedback can be used by DSLs to identify any gaps in training and shape areas for further development.

Questions are posed in the form of scenarios or statements. For example:

"You overhear a pupil talking about a video he's seen of a terrorist attack. His friends ask him to share it on their WhatsApp group so they can watch it. What can you say to him?"

On completion, staff receive their results via email, with corrections to any incorrect questions and feedback for DSLs. The quiz is already proving a real hit with schools. For more information on Prevent duty training and the self-assessment quiz for staff, please

Parental mental health

Supporting children in the classroom

Parental mental health is often a hidden issue but one that is acutely present in our classrooms. In the UK, statistics reveal that one in three children and young people live with a parent grappling with depression or anxiety, while one in ten live with an adult facing severe mental illness. This equates to an average of six children in every classroom who have a parent dealing with mental health challenges.

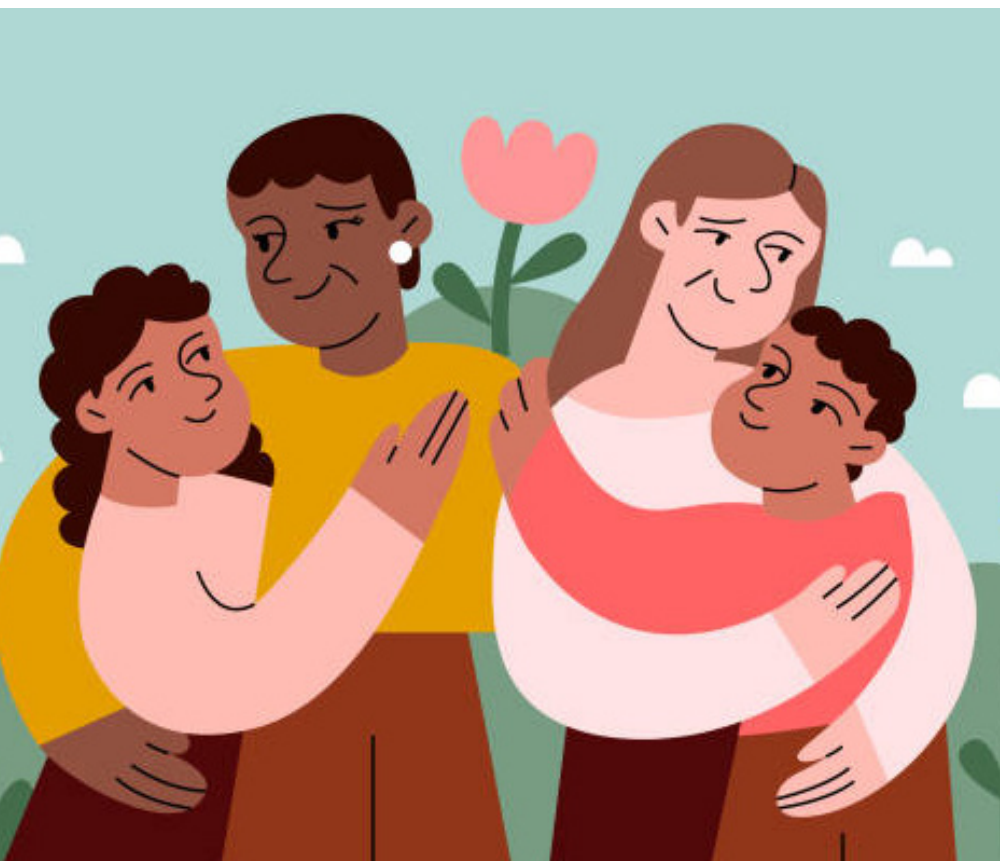
Recognising the significant influence of parental mental illness on children and young people is crucial. They often face a variety of challenges, ranging from emotional distress to practical difficulties in their daily lives.

For those children whose parents or carers are struggling with mental health issues, the risk of developing similar problems themselves is heightened. Additionally, they may experience disruptions in their home environment, such as repeated separations when a parent requires hospitalisation, or living with a caregiver who is very unwell. These circumstances can lead to feelings of instability and insecurity.

Moreover, stigma surrounding mental illness can exacerbate the challenges faced by these families, leading to isolation and reduced access to support networks. Financial hardship may further compound these difficulties, impacting the family's overall quality of life.

Creating a supportive environment can help mitigate the negative effects of parental mental illness on children and promote their well-being. Children with a mentally ill parent may exhibit various signs of distress, including difficulty maintaining friendships, absenteeism or cancellations, bullying, classroom distractions or fatigue, withdrawal, and communication difficulties.

Schools can help by adopting a whole-school approach, rather than singling out individual pupils, building upon existing initiatives without adding undue burden and recognise that teachers need not be mental health experts. Instead, the focus should be on creating safe spaces for supportive conversations, destigmatising mental illness, and normalising discussions around it.



Schools Streets – do they really work?

*Helen Collinson,
school travel team,
Ealing Council*



Ealing boasts 28 School Streets as of April 2024, restricting motor vehicle access during pick-up and drop-off times. But is this positively impacting children's safety and health?

The School Travel Team has been monitoring these locations for a year, gathering data on traffic flow, parking, and resident feedback. The findings are also compared to Hands Up Survey data gathered in schools each year for TfL's Travel for Life scheme, recording how pupils travel to school.

Early findings indicate a positive shift in pupil travel behaviour, with more active modes like walking, cycling, or scooting. Vehicle numbers passing school gates have notably decreased, with one primary school seeing a reduction of 200 vehicles per day post-implementation.

Importantly, surrounding areas show no significant increase in traffic or parking, indicating that the schemes don't displace traffic but encourage active travel. This bodes well for the health, safety, and air quality around School Street schools.

Contact the School Travel team at sta@ealing.gov.uk to find out if your school is eligible for a School Street and learn more about our efforts to promote active travel and road safety

WHAT'S ON IN EALING?

Transforming school mental health

Integrating the eight whole school mental health principles.

Schools across the UK are increasingly recognising the important role mental health plays in students' overall wellbeing. In response to this need for enhanced support systems, the Ealing health improvement team has turned to the eight Whole School Mental Health Principles as a guiding framework.



One of the key merits of embracing these principles lies in its holistic nature. From curriculum design to staff training and community engagement, these principles ensure that all areas of the school are aligned towards promoting positive mental health outcomes.

By leveraging a diverse range of resources and expertise, schools can tailor support services to meet the unique needs of their students effectively. Also, initiatives such as promoting emotional literacy, fostering supportive relationships, and creating safe spaces for expression empower students with the skills and resilience needed to navigate life's challenges effectively.

Moreover, embedding mental health education within the curriculum helps destigmatise conversations around mental health and empower students to seek help when needed. This proactive approach not only equips students with essential life skills but also cultivates a culture of empathy and understanding within the school community.

For those interested in contributing to the development of Ealing's whole school mental health self-evaluation tool and to achieve the whole school mental health programme award, please contact Liz Ainsworth, Health Improvement Officer for Mental Health on Ainsworthl@ealing.gov.uk.

Empowering Ealing's youth

Promoting positive relationships and building leadership skills for a safer future

Ealing's high schools continue to benefit from the highly successful Mentors in Violence Prevention (MVP) programme. MVP prioritises the promotion of positive and healthy relationships through peer-led mentoring.

Adolescence and young adulthood are now accepted as distinct developmental stages in life which give rise to a number of additional risks but also and importantly, opportunities for prevention.

The MVP programme engages young people and encourages them to be active bystanders in calling out behaviour and language that can lead to violence. As well as reducing violence, it builds confidence and leadership skills - crucial to helping young people in Ealing build positive futures outside of crime and violence.

Research shows this kind of intervention, focused on changing social and physical contexts for young people, rather than just those within the family setting, is crucial to prevent offending and victimisation.

The MVP programme is running in 10 schools in Ealing and feedback from students is positive, showing they enjoy and engage, and early results are positive.

The Mentors in Violence Prevention programme implemented in Ealing's high schools exemplifies a comprehensive "whole school" strategy, mirroring a broader systemic shift in addressing violence prevention.

To find out more contact Emily Callard on callarde@ealing.gov.uk



Let's Go Zero: uniting schools for a sustainable future

Joining forces with government to achieve zero carbon goals by 2030



Let's Go Zero is the national campaign uniting teachers, pupils, parents and schools in a collective effort to achieve zero carbon emissions by 2030.

Through seven key policy actions, we're collaborating with the government to ensure schools receive the necessary support to meet this ambitious target.

From Glasgow to Belfast, Liverpool to Cardiff, school leaders and students are taking proactive steps to address the climate crisis, pledging to work towards a more sustainable future while advocating for crucial government assistance. By

amplifying our collective voices, we're demonstrating widespread support for zero carbon schools and mobilising communities to take climate action.

When schools sign up to Let's Go Zero, they receive support on setting carbon targets and developing roadmaps for delivery. The actions you take today will reach far beyond the school gates, inspiring families and sparking community action to tackle the climate crisis. As more schools join the campaign, we can show the hunger for change – and highlight bright ideas that could be repeated across the country.

WHAT'S ON IN EALING?

Sour Sweets: What's the harm?

The health concerns around the social media trends for the 'world's most sour sweets'

As educators entrusted with the safety and well-being of our students, it's imperative that we remain vigilant to emerging trends that may pose risks to their health. Recently, there has been a concerning rise in the popularity of extremely sour sweets among children, driven largely by social media trends.



While these sweets may seem harmless at first glance, they can have serious consequences for unsuspecting youngsters.

Reports have surfaced of children experiencing choking incidents after consuming these intensely sour treats. In some tragic cases, the sweets have become lodged in their airways, leading to emergency situations and, in the worst scenarios, hospitalisation. The high acidity of these sweets can cause chemical burns to the oesophagus, resulting in severe discomfort and potential long-term damage.

As educators, it's our responsibility to educate both students and parents about the dangers associated with these sour sweets. We must emphasise the importance of moderation

and caution when consuming unfamiliar or particularly intense food products. Encouraging open dialogue about the risks of peer pressure and the influence of social media can also help empower students to make informed decisions about their health and wellbeing. Providing access to resources and support for students who may be struggling with peer pressure or unhealthy eating habits is essential in promoting a safe and nurturing learning environment.

By working together as a community, we can help ensure that our students stay safe and healthy, both inside and outside the classroom. Let's remain vigilant and proactive in addressing emerging trends like sour sweets to protect the well-being of our students.

Elevating student leadership

Expanding peer mentorship from secondary to primary schools

We've been having great success with secondary school students as mentors for their peers. It's been focused on reducing violence, but our approach has brought a range of benefits with students who are more confident, ready to step up as leaders and help reduce bullying. Our approach also fosters healthier relationships between students.

And now we want to bring a version of this approach to primary schools.

What is the basic idea? It's a mentoring programme that focuses on training students to mentor their younger peers. Many schools do this already through a 'buddy' scheme. But we want to take this to the next level.

We'll be tailoring the programme to make it age-appropriate but we're sure it will support our students to be happier and more confident.

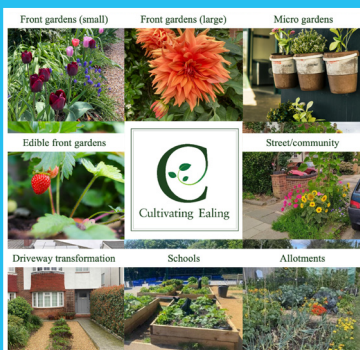
Come and be part of the conversation. If you are interested in finding out more contact Emily Callard on: callarde@ealing.gov.uk



Boost your wellbeing with the biodiverse front gardens and balconies competition

Article by Natalie Bayliss, Act for Ealing

The Biodiverse Front Gardens and Balconies Competition has been launched to inspire the entire Borough of Ealing with the power of plants. It is free to enter and there are plenty of cash prizes and awards to be won.



We all know that plants reduce pollution and absorb carbon. We also know they are vital source of food and habitat for a huge range of creatures (including us!). However, did you know that gardening has been linked to improvements in your physical and mental health?

Doctors and scientists have been discovering and promoting just how brilliant gardening is for all of us – young, old and in-between. Research has shown that gardening can make us fitter, improve our mood and enhance our memory. It even boosts the diversity of our gut bacteria. Gardening is a super-boost for good health!

Just looking at nature has a positive effect on our brains. Admiring a plant or tree can

calm us down, help us focus and improve our memory. According to Richard Taylor, Professor of Physics at the University of Oregon, it's all down to nature's repeating patterns, known as fractals.

The fabulous Biodiverse Front Gardens and Balconies Competition is a great reason to start your health boosting gardening activities! Find out about the competition's eight categories (including one for schools) and discover a wheelbarrow load of ideas and tips, whether that's a pot on a windowsill or a large front garden.

Deadline for entries to the school category is 30 May.

Asthma Friendly Schools in Ealing

By Louisa Erasmus, NHS North West London



Asthma is as the most prevalent long-term medical condition among children in the UK, affecting approximately 1 in 11 children and young individuals. Outcomes are worse for children and young people living in the most deprived areas. Improving care and support for children and young people living with asthma is a key priority for the NHS.

One strategy used to improve asthma care is through the Asthma Friendly Schools programme, which sets out clear, effective partnership arrangements between health, education and local authorities for managing children and young people with asthma at primary and secondary schools.

Becoming an Asthma Friendly School entails implementing several key measures:

- Maintaining a comprehensive register of all students with asthma
- Developing individualised management plans for each affected child
- Appointing dedicated Asthma Champions and Leads within each school
- Establishing and enforcing an Asthma Policy

- Displaying emergency treatment plans prominently
- Ensuring the availability of emergency inhaler kits
- Implementing a system to identify students who miss school or refrain from participating in activities due to asthma
- Providing ongoing asthma training and education for all staff members

In Ealing, progress has been made, with 34 out of 84 state schools participating in asthma champion training, and five schools attaining Asthma Friendly status including Clifton, Greenwood and Selborne Primary Schools and Ada Lovelace and William Perkin Church of England High Schools.

For schools yet to undergo asthma champion training, workshops are conducted by the community asthma nurse and school nursing team. Further details will be communicated soon.

For inquiries regarding Asthma Friendly initiatives or support for asthmatic students, please reach out to clcht.ealingschoolnurses@nhs.net.

Food technology at Ravor



Food technology is an essential skill taught within DT at Ravor Primary School across Years 1 to 6. Students learn about healthy eating through various ingredients and cooking methods. Year 1 starts with understanding food groups and making fruit smoothies, progressing to exploring seasonality and global food trade's impact on the climate in Year 3. By Year 6, students adapt recipes for healthier options and create dishes for specific audiences. Pupil feedback shows enthusiasm for cooking and tasting their own creations.

Healthy eating week



Healthy Eating Week 2024 is scheduled to run from 10th-14th June, 2024. During this week, early years settings, schools, workplaces, and community groups are encouraged to "Give it a go!" The goal is to make small positive changes related to healthy eating, such as having an extra portion of fruits or vegetables each day, being a bit more active, experimenting with a new recipe, or using up leftovers!

Here are the key themes for this year:

1. Get at least 5 A DAY: Aim to consume at least five portions of fruits and vegetables daily.
2. Stay hydrated: Remember to drink plenty of water throughout the day.
3. Move more: Incorporate physical activity into your routine.
4. Focus on fiber: Include high-fiber foods in your meals.
5. Reduce food waste: Be mindful of minimizing food waste.

To stay updated and access resources for planning or participating in Healthy Eating Week 2024, register now on the British Nutrition Foundation's website

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
Tudor primary school	Perivale Primary School	Castlebar School	
	Saint Gregory's Catholic Primary School	Featherstone Nursery and Primary School	

Healthy Schools points scheme

Points tally for Ealing schools

Healthy Schools points tally			
Schools	First	Second	Third
Ealing Primary Schools	Featherstone Primary School (31 points)	Ravenor Primary (25 points)	Derwentwater (24 points)
Ealing High Schools	The Ellen Wilkinson School for Girls (25 points)	Elthorne Park High School (18 points)	Featherstone High School (16 points)



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
'Do-it-with-me; HS award workshop	June (date TBC)	Online	Free for HAT members
Primary PSHE network	5th June 2024	Brentside primary school	Free
High PSHE network	19th June 2024	Ellen Wilkinson School for girls	Free
Green school network	25th June	Online	Free
Designated Safeguarding Leads Network	26th June 2024	EEC	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, Four Day Bespoke Package and four specialist packages.

Specialist packages: RSE, PSHE, Mental health and Reducing Obesity

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 3 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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www.egfl.org.uk/elp-services/health-improvement-schools

Please dispose of this newsletter in a green box.