



Healthy Schools Partnership

Hammersmith & Fulham, Kensington & Chelsea,
and Westminster

Improving RSE through the Healthy Schools Partnership

Wednesday 14th March 2018



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



City of Westminster

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@HEPadvisers



Healthy Schools & Healthy Early Years

Commissioned by Public Health (plus CCG)

- Coordinate Healthy Schools and Healthy Early Years programmes
- Provide additional PSHE and Wellbeing support
- Identify and develop additional resources and links with partners
- In depth support e.g. developing Healthy Schools Silver Action Plans with a focus on emotional wellbeing and mental health
- Staff CPD
- Yearly events

Healthy Schools Bronze Award

Review Tool

Schools complete Bronze Review Tool to demonstrate they have maintained/achieved the minimum requirements of the programme.

Key areas:

- Personal Social Health and Economic education (PSHE)
- Healthy eating
- Physical activity
- Emotional Wellbeing and Mental Health

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Whole School Approach

1. Leadership & management
2. Policy development
3. Learning and teaching
4. Ethos & environment
5. Provision of support services
6. Staff CPD, health and wellbeing
7. Partnerships with parents/carers, local communities and external agencies

Healthy Schools Bronze Award

School Ethos & Environment

- Behaviour and Awards Policy
- Anti-Bullying Policy
- Confidentiality Policy
- Quiet areas in playground
- Playground supervision
- Pupil Voice
- EHWB - Continuing Professional Development (CPD) for staff
- Staff health and wellbeing

Curriculum

- Schemes of Work e.g. SEAL, PSHE, Mindfulness
- Spiritual, Moral, Social and Cultural (SMSC) development
- Monitoring and evaluation (to ensure staff are confident with delivery and content meets the needs of the pupils)
- Assessment and recording (to ensure pupils are developing knowledge and skills)

Healthy Schools Bronze Award: Updates

- Mental Health Lead
- Policy requirements
- Content of the school curriculum for every subject (including PSHE) on school website
- Examples of the opportunities to promote the SMSC development of pupils (now 4 parts)
- Personal Development, Behaviour & Welfare
- Breakdown of how the school has spent or will spend any PE and sport premium funding on website
- The school's strategy for the use of pupil premium on website

Healthy Schools Bronze Award: Updates

- Pride in achievement and commitment to learning
- Self-confidence, self-awareness and understanding of how to be a successful learner
- Choices about the next stages of their education or employment
- Prompt and regular attendance
- Manage their feelings and own behavior
- Understand how to keep themselves safe from relevant risks
- Personal development, so that pupils are well prepared to respect others and contribute to wider society and life in Britain
- Prevent and tackle discriminatory and derogatory language
- Understand, respond to and calculate risk effectively
- Aware of the support available to them

Healthy Schools Silver & Gold Awards

Silver Action Plan

- Needs analysis to identify actions that will help to improve the health and wellbeing of their pupils.
- Identify one universal and one targeted health priority based upon local health priority areas
- Gather baseline data
- Set measurable outcomes (between 3-6 for each priority)
- Success indicators
- Methods for M&E

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Silver Action Plan

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Gold Report

- Implement the action plan
- Record evidence
- Gather end line data
- Report on impact
- What worked and what didn't
- Any unintended outcomes
- How it will be sustained

Healthy Schools Partnership

Overall current progress

- **137** schools have **registered** with the Healthy Schools London (HSL) website across the three boroughs.
(LBHF = 50, RBKC = 37, WCC = 50)
- **96** schools have achieved a **HS Bronze Award**.
(LBHF = 38 , RBKC = 22, WCC = 36)
- **55** schools have achieved a **HS Silver Award**.
(LBHF = 17, RBKC = 14, WCC = 24)
- **19** schools have achieved a **HS Gold Award**.
(LBHF = 4 , RBKC = 6, WCC = 9)

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 - (HSL = 9%, **Tri-B = 14%**)

Evidence and Needs Analysis

1. **National guidance and evidence**
2. **Local evidence and data**
3. **School evidence**

Evidence and Needs Analysis

1. National guidance and evidence e.g.

- NICE Guidance
- DfE Guidelines
- DoH Guidelines
- Ofsted Reports
- Public Health England evidence reports

Evidence and Needs Analysis

2. Local evidence and data e.g.

- Joint Health and Wellbeing Strategy for Westminster 2017-2022
- Kensington and Chelsea Joint Health and Wellbeing Strategy 2016-2021
- Hammersmith and Fulham Joint Health and Wellbeing Strategy 2016-2021
- Joint Strategic Needs Assessment
- Child and Adolescent Mental Health Services (CAMHS) Transformation Plan
- Children and Young People's Plan
- Local Child Health Profiles (CHIMAT)

Evidence and Needs Analysis

Joint Health and Wellbeing Strategy for Westminster 2017-2022

Identifies key local trends and evidence that indicates where action will be needed to ensure that children and young people are enabled to live healthy lives.

Priority 1: Improving outcomes for children and young people

Priority 2: Improving mental health through prevention and self-management.

March 2017 Westminster Child Health Profile

- The level of child poverty in Westminster is 32.2% of children aged under 16 years living in poverty which is worse than the England average (20.1%).
- The rate of family homelessness is 3.2% which is worse than the England average (1.9%), (material deprivation, which can be associated with low attainment and low aspirations).

Evidence and Needs Analysis

3. **School evidence** e.g.

- School Improvement Plan
- Ofsted reports
- Staff observations
- Audit of current provision
- School surveys

Emotional Wellbeing and Mental Health

Issues

- Self Harm
- Anxiety and Depression
- Self Esteem and Confidence
- Home life - including parent mental health, neglect, stigma
- Social Media and Internet use - including gaming and online relationships
- Relationships and Sex Education (RSE) - including abusive and positive relationships, pornography
- Managing friendships - including attachment issues
- Promoting positive mental health - knowing how to talk about mental health and strategies for promoting good mental health

Topics

- Bereavement Support
- Building and Nurturing Resilience
- Improving Emotional Literacy and Reducing Stress
- Building relationships / Promoting equality and building social cohesion
- Improving social skills, behaviour and relationships of targeted class
- Pupil Voice and Peer Mediation
- Pupil engagement in learning
- Bullying Prevention

PSHE and Wellbeing Support

- Twice termly PSHE Coordinator Network Meetings
- PSHE and Wellbeing Framework – links to RSE and Safeguarding
- PSHE and Wellbeing Audit Tool
- Surveys e.g.
 - Pupil Self Awareness
 - Pupil School Wellbeing
 - Staff Wellbeing
- Training and Events
- Curriculum Mapping
- Policy Guidance

Specific support for RSE

- Signposting to good quality RSE resources for Primary and Secondary
 - 23 Primary schools have invested in the CWP resource 'Teaching SRE with confidence in Primary schools'
 - 7 Secondary schools have invested in the CWP resource 'Teaching SRE with confidence in Secondary schools'
- Staff Training to improve confidence
- Working with partners such as Standing Together to develop silver plans focused on healthy relationships
- Supporting parent meetings and provide a briefing sheet on RSE

PSHE and Wellbeing Support

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