



# Stepping up to health



## Features

- Vaping prevention at Ellen Wilkinson
- FGM conference
- Mental health awareness week
- Wellbeing at West Twyford
- BNF's Healthy Eating Week
- Packed lunch workshop at Beaconsfield
- PSHE SOW review
- RSHE day
- EPHS inaugural green week
- MHST update

## How schools can 'nudge' pupils towards healthier habits

Exploring the power of nudging techniques to encourage healthy eating habits among students.

Nudging is a behavioural economics concept that involves subtly influencing people's choices by presenting options in a way that nudges them towards a certain decision without limiting their freedom of choice.

Schools can use nudging to encourage pupils to adopt healthier lifestyles. One way of doing this is by making healthy options more visible and accessible. For instance, schools can place healthy food items at eye level in canteens, making them more noticeable than unhealthy options.

Another way schools can use nudging is by introducing healthy default options. For example, if a school provides a free fruit snack during break time, pupils are more likely to choose this option rather than buying a bag of crisps. Other ideas include offering salad instead of fries with a meal, displaying a promotional poster of a healthy option or beautifully displaying fruit in a colourful fruit bowl. Schools can also nudge pupils towards

physical activity by providing free or discounted gym memberships or arranging active events, such as a fun run or sports tournament.

Nudging can also be used to influence pupils' habits outside of school. For instance, schools can send text messages or emails to parents to remind them to provide healthy lunch options for their children or to encourage them to engage in physical activity. Schools can also collaborate with local businesses to offer discounts on healthy food options and sports equipment.

Nudging can be a powerful tool for schools to promote healthy behaviour among pupils. By making healthy choices more visible and accessible, introducing healthy default options, and encouraging physical activity, schools can help pupils develop lifelong healthy habits. If you would like support introducing nudging in your school, contact Nicole on [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk).

## 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/HISurvey2023](http://www.surveymonkey.co.uk/r/HISurvey2023). Every fifth survey completed will win a £10 Love To Shops voucher.



## Health Improvement in Schools

# Did you know?



Every primary school child across London will receive a free school meal in the next academic year.



Anna Freud Centre has a range of resources and training for school staff on mental health and wellbeing. See their website to learn more.



The final Eco Schools network of the year is on 14th June! Don't miss out on this inspiring last session! Sign up via Ealing CPD online.

## Key health improvement dates

Event	When and where?	More information
DSL Network	21st June 09:30 – 12, EEC	Sign up at Ealing CPD online

## Key health promotion dates

Event	When?	More information
Healthy eating week	12th – 16th June	<a href="http://www.nutrition.org.uk/healthy-eating-week">www.nutrition.org.uk/healthy-eating-week</a>
Clean air day	15th June	<a href="http://www.actionforcleanair.com">www.actionforcleanair.com</a>
RSE day	29th June	<a href="http://www.rseday.com">www.rseday.com</a>

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

**HEALTHY EATING WEEK**

★ Promoting Healthy Habits during BNF's Healthy Eating Week

Attention schools! The British Nutrition Foundation's Healthy Eating Week 2023 is coming up from June 12-16, and it's the perfect opportunity to promote healthy eating habits among your pupils. This year's theme is "Eat More Plants", encouraging students to make healthier food choices by incorporating more plant-based foods into their diet. The week-long campaign offers a range of exciting activities for schools to participate in, including cooking classes, taste tests, and workshops on healthy eating and physical activity. Don't miss out on this chance to inspire your pupils to adopt healthier habits that will benefit them for years to come.

★ Primary PSHE Network Facilitator Opening

The last Primary PSHE Network of the year will sadly be the last chaired by our current hosts. We are incredibly grateful for the hard work and effort that Tamika Wright and Sherelle Parillion at the Lady of the Visitation Primary School have put into making the network such a success over the past years. With their departure, we are looking for a dedicated PSHE Lead to step into the vacancy and encourage any staff who may be interested in leading the network to contact Faye Jones at [Jonesf@Ealing.gov.uk](mailto:Jonesf@Ealing.gov.uk) by 15 June to find out more about the role. This is a paid role, and remuneration is £35 per hour.

★ Senior mental health lead training

DfE is continuing to offer a grant of £1,200 for eligible state-funded schools and colleges to start quality assured senior mental health lead training by 31 March 2024. Eligible settings that want to develop, or introduce, their whole school or college approach to mental health and wellbeing are encouraged to apply for a grant if they have identified a senior mental health lead who can begin training by 31 March 2024. All eligible education settings can benefit from senior mental health lead training, and courses are available to meet a variety of learning needs and preferences of senior leads depending on their level of experience, type of setting or location. For information, go to <https://t.ly/-LzS>.



## Destigmatising periods

By three students at The Ellen Wilkinson School for Girls

**This year three of us girls at Ellen Wilkinson decided to raise awareness of periods and debunk associated myths. Every female has a unique experience during puberty, and we feel there is a lot of negative stigma attached with periods in the UK and across all cultures. Our school is multicultural and multi-faith and we wanted to focus on the stigmas that directly impact girls' experiences with periods. For instance, during the month of Ramadan we assured the girls that they should not have to feel ashamed for a natural bodily process and that they shouldn't have to hide their period i.e., by pretending to fast!**

We aimed to debunk period myths through interactive games and group discussions. We also shared our own experiences with periods, discussing when we first got them, how we felt at the time and how our families reacted. This was to help the girls

feel comfortable to discuss their own experiences, to express their concerns and ask questions.

Lastly, we identified that years of social conditioning has built a culture of silence around periods, and lack of information has led to misconceptions and period stigma which stops girls and women from treating it as a normal part of their lives. To address this, we had our peers discuss in groups ways to reduce this.

We learned that to engage an audience of young people, it was necessary to incorporate their ideas into the presentation. During our research we also discovered that many cultures perceive periods and menstruation negatively, and there were many 'myths' surrounding this topic.

Overall, we received very positive responses with many pupils reporting

**“ During our research we also discovered that many cultures perceive periods and menstruation negatively, and there were many 'myths' surrounding this topic. ”**

that they enjoyed the discussion as it provided them with more knowledge on periods, including the social and cultural implications. Having sixth form students delivering the sessions as opposed to teachers or external speakers proved to be effective as girls said they felt more comfortable talking to their peers on this topic. The next step is to create a video on student's sharing their experiences. We enjoyed working together as a team and creating a resource that is making a difference to younger students.



## Strategies for supporting anxious school pupils

### FGM Community Project conference

Six years after its arrival in Ealing, the FGM community project has now reached tens of thousands of young people, parents and staff across Ealing, Harrow and Brent. As a celebration of the success of the project, we would like to invite delegates to attend our first FGM conference at the Double Tree Hilton on 29 June 2023.

This is a chance to celebrate the work that Ealing schools have committed to, working in collaboration with staff and parents to deliver lessons to KS2 pupils on the eradication of FGM for girls and women. The programme has been unique in its delivery as it sought to engage with the whole community on safeguarding girls. The project has consisted of staff CPD, parental safeguarding workshops and a series of lessons for year 3 to 6 children on themes of equality, rights and empowerment.

As the project reaches the end of its six-year cycle, we will look at the impact that this model has made in ensuring sustainability in the education of all students on matters of safeguarding and how its provided support for communities on tackling this highly sensitive topic.

**To reserve your space, please visit <https://www.eventbrite.co.uk/e/female-genital-mutilations-conference-tickets-516645479537> or for more information about FGM support in schools, contact Hoda Ali on: [hwarsame4.307@lgflmail.org](mailto:hwarsame4.307@lgflmail.org)**

# MENTAL HEALTH AWARENESS WEEK



**Mental Health Awareness Week took place from 15 to 21 May 2023 and the theme this year was 'anxiety'.**

Anxiety is a normal emotion, but sometimes it can get out of control and become a mental health problem. Anxiety is one of the most common mental health problems for both adults and children.

Anxiety affects our thoughts, emotions, physical sensations, and behaviours that together can create a vicious cycle of anxiety. When people are experiencing anxiety, they overestimate the danger and underestimate their ability to cope.

There are several ways we can support pupils and ourselves to manage anxiety so it doesn't become problematic.

#### **Top tips for helping pupils with anxiety:**

1. Acknowledge that whatever they are feeling is valid.
2. Emphasise that anxiety is a normal emotion - it is ok to feel anxious. It may feel uncomfortable, but it is normal to feel like this.
3. Listen and seek to understand the person from their perspective. Try not to judge.

4. Thoughts are not facts. Introduce different perspectives or ways of thinking – instead of “I will definitely fail this exam” or “everyone will laugh at me”, help them come up with other ways of thinking.
5. Encourage them to face their fears using little steps.
6. Promote independence by helping them problem solve – what works for them? Exercise, art, writing, meditation, breathing techniques etc.
7. Signpost them to other organisations such as Young Minds which offer an extensive range of resources on their website, including information about anxiety, coping strategies, and where to seek help. Their helpline, text service, and online community also provide additional support. Another great resource is Kooth, an online mental health platform available for young people which offers free, anonymous online counselling and moderated forums for peer support. Pupils can access Kooth 24/7 and receive professional support for anxiety and other mental health issues. In addition, Mindkit is a project run by Mind and offers workshops, assemblies, and training sessions on mental health awareness, including anxiety.

## EPHS Inaugural Green Week

by Charles Dixon, student at Elthorne High School

Here at Twyford, mental health and student wellbeing is highly valued. Since school closures there has been a decline in mental wellbeing so we are trying our best to improve pupils' mental health with the help of staff and students.

To get to our goals we firstly focused on raising awareness, so this term the wellbeing ambassadors (a team of outstanding sixth formers) at Twyford have raised awareness about mental health during exam times by spreading information in the form of leaflets as well as offering words of comfort during the first day of Q1s. They have also set up a notice board outside the sixth form's study

centre on taking care of mental health which has been updated with wellbeing and self-care tips and signposting to external support. The ambassadors have received positive feedback and students have reported that they now know how and when to take a break for effective learning and why it's important for physical and mental health.

In addition, the Inclusion team designed, copied, and distributed wellbeing and self-care bookmarks to students in years 7, 10 and 11. These provided bitesize information at a digestible level to students who needed it most.



In summary, the wellbeing team have worked hard this term to ensure that no student ever feels as if they have nowhere to turn to.

## A step in the right direction

Edward Betham's Walking Buses



At Edward Betham, our pupils love participating in Ealing's active travel challenges. This year, our Junior Travel Ambassadors (JTAs) decided to focus on the social benefits of walking to school, with the first walking bus timetabled for 17 October to coincide with Ealing's Giant Walk to School.

With parent volunteers acting as 'drivers' for the walking bus, there were eighty-four 'passengers' in total, a mixture of pupils and their family members. It was a mark of success that, on that day, 86% of our pupils came to school by bike, scooter or on foot. Driven on by this success, a second walking bus was organised for November to coincide with the end of COP27. Sixty-two children, parents, and carers (and one dog) joined in.

Since then, the JTAs organise one walking bus per half term with the third on 10 February to coincide with The Climate Coalition's Show the Love Campaign. For this, 89% of children used active travel – the best result yet! Our JTAs are delighted that families are adopting healthier lifestyles and improving our local environment. Pupils receive a specially designed sticker for participation in each event but even more

“ I like the walking bus because it helps my family to be more active and is a fun start to my day. It can help the air and our environment when we use our cars less because there will be less toxic fumes and is a really fun way to exercise with our family and friends. ”

Noah, Year 5 Junior Travel Ambassador

importantly, they are reducing the amount of traffic around our school and arriving at school alert and ready to learn.

## Packed lunch workshop

By Anthony Chambers, PSHE lead, Beaconsfield

This year we have been very busy with educating our school community about being safe and how we can stay healthy. In the last week of this half term we delivered a healthy packed lunch session for parents. A nutritionist from the Ealing Improvement Team attended and shared information with parents on how to make a healthy packed lunch for £1. The parents were then given an opportunity to make their child's packed lunch.

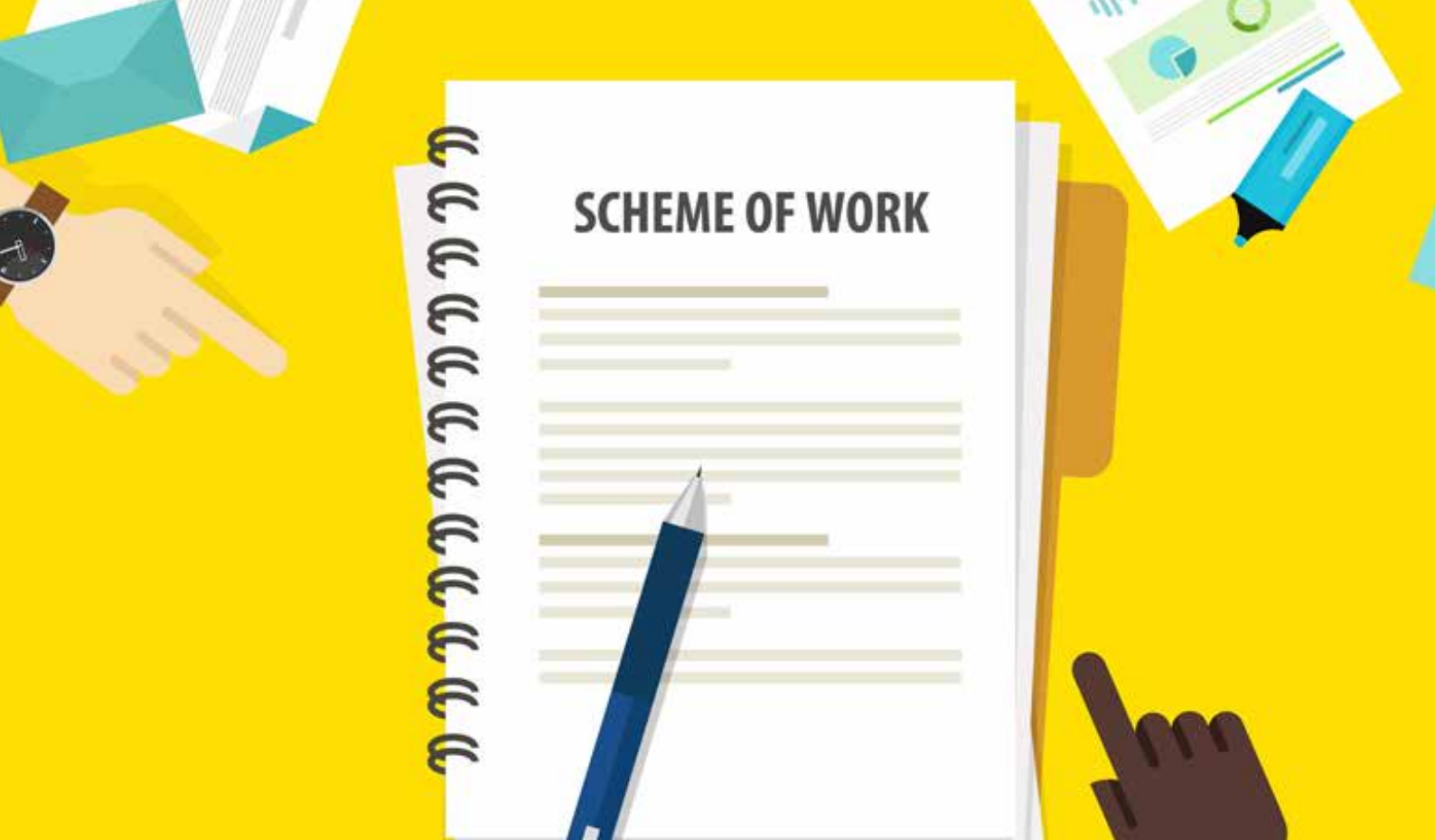
There were three workstations and on the first workstation parents were assigned the task of making a sandwich using wholegrain breads (such pitta or a wrap) and adding

filling including vegetables, low-fat cheese and tuna. On the second workstation they made a fruit salad from a variety of fruit options and at the third workstation they got to taste test a range of healthy snacks and then chose one to add to their child's packed lunch. At the end of the session, the parents wrote their child's name on the packed lunch they had made, and this was delivered to their child to eat for lunch.

By involving parents and providing them with the necessary information and resources to prepare healthy packed lunches for their children, the school has taken a significant step towards creating a healthier school community. The involvement of a nutritionist

from the Ealing Im-provement Team added value to the session and provided expert advice on healthy eating. The three workstations set up for sandwich-making, snack preparation, and fruit salads were a great way to showcase healthy food options. Overall, the session was a success. Thirty parents attended the session, and we have a waiting list of over thirty parents for a future workshop. Running more sessions like these could be an effective way for schools to encourage healthy eating habits among their students and their families.





## Ealing Primary PSHE SOW Review

### The PSHE SOW review- the next steps

**As many of you are aware, the Health Improvement Team is currently reviewing the Ealing Primary School PSHE SOW. Three years after its introduction and following feedback with schools, it was agreed that it was time to review the current provision and update it to ensure it continues to meet the developing needs of pupils in our schools.**

We are extremely grateful to all those who took the time to share their feedback last term, it provided an excellent insight into your experience with the scheme and gave clear direction on where to make improvements.

In light of the Ofsted Framework changing, PSHE has become even more critical in helping schools reach their personal development goals. Themes such as equality, citizenship, wellbeing and safeguarding remain at the forefront of the personal development criteria and updates to the PSHE SOW aim to help schools to reach these.

It is essential that the scheme still supports schools in meeting the statutory requirements of the RSHE curriculum. However, in light of the recent focus on harmful sexual behaviour and peer-to-peer abuse, it has become clear that the scheme must go further in addressing topics such as consent, boundaries and personal safety both online and offline. Resources will be amended to ensure that these messages are embedded throughout the scheme so children receive the critical knowledge and skills to continue to safeguard themselves.

We are working with colleagues across the Local Authority who specialise in areas such as Race Equality, Radicalisation Prevention, online safety, smoking (including vaping), careers and mental wellbeing to ensure we are drawing on experts in the field and incorporate the fantastic existing initiatives. Their input will ensure we can continue to provide factually accurate but age-appropriate materials to pupils.

*If you would like more information or have any questions on the SOW update, contact Faye Jones at [Jonesf@Ealing.gov.uk](mailto:Jonesf@Ealing.gov.uk).*

The experienced local authority colleagues will be working with a dedicated working party made up of staff who lead and teach in schools across Ealing. The working party will be invaluable in ensuring updates and amendments are reflecting what schools, staff and children require from the scheme.

The autumn term of the new academic year will provide the opportunity to share resources, update policies and offer staff CPD on the updated scheme before teaching commences in Spring 2023. We look forward to updating schools further in the coming weeks and months.

## One Small Step for Twyford, a Big Leap for Wellbeing.

By pupils at West Twyford

Elthorne's Eco Committee has been branching out more than ever and our biggest achievement this year has been Green Week which was held from 23 to 27 January with the hardest hitting programme yet. After months of preparations, including being invited to the Green Skills Hackathon in the London Transport Museum and talking with other schools' eco teams, we came up with a range of activities for the whole school.

Our activities included making seed bombs, running an eco-themed art competition, hosting a lecture from the executive director of Material Focus and publishing a survey to find out what students want the Eco Committee to deliver. The Q&A with Scott

Butler of Material Focus proved to be very popular, and many students gained an insight into the complexities of recycling and how we can all help. We also ran a green art competition, which showcased the artistic abilities of Elthorne students, whilst spreading awareness about environmental issues. We also delivered assemblies about Green Week, carried out research to learn our school's energy efficiency rating and teamed up with JogOnAgain with their goal of recycling one million running shoes. Overall, we recycled 100 pairs of trainers, 10 kilograms of food waste, which over a year would add up to the weight of a small polar bear.

Looking forward, Elthorne can expect more green initiatives and education. Some things



we are currently discussing include planting trees and sustainability focussed PSHCE lessons. Education should be central to this concerted effort as the starting point for careers and learning about the environment, and I am pleased to say Green Week kickstarted meaningful change.

## MHST update

The Ealing Mental Health Support Team (MHST) has been working hard to increase their reach in Ealing schools and are now working in 85% of mainstream schools in Ealing. Feedback from schools, parents and young people has been very positive. Ealing MHST is an early intervention service delivering mental



health support at the first signs of difficulty, to prevent future problems and promote overall emotional and mental wellbeing. The team have been working with primary and secondary schools in Ealing since 2020 to support the wellbeing of children and young people in schools as well as schools themselves.

In secondary schools a practitioner works one day a week delivering interventions with pupils with mild to moderate anxiety or low mood. The intervention is one-to-one with the pupil and lasts for about 8 weeks. MHST practitioners also offer group work.

In primary schools, practitioners work with a cluster of 3 to 5 schools offering workshops, webinars and one-to-one interventions to parents of children with anxiety or

challenging behaviour. They also offer groups to primary age children and offer online workshops and webinars for all pupils or parents in the borough.

### Upcoming MHST webinars

The following is a list of parent webinars taking place this term. Flyers including the joining link will be distributed to schools and advertised via EGFL nearer the time:

- 13th June: Transition to Secondary school (primary school parents)
- 11th July: Low mood (high school parents)
- 8th August: Behaviours that Challenge (primary school parents)

Contact [Ealing.mhst@nhs.net](mailto:Ealing.mhst@nhs.net) for more information.

## RSHE DAY- 29 June 2023

What is your school doing to celebrate RSHE day this year?

On 29 June is RSE Day and this year's theme is 'Let's Launch into Kindness'. It is an opportunity to reflect on the value of kindness in our relationships with others.

The first RSE Day was held on 28 June in 2018. Due to the success, many more organisations have joined year on year to help build the profile of this annual event across the country. This is an engaging way for people to come together to discuss the important topic that is relationships education.

As educators we understand that it's incredibly important to have good quality conversations about relationships and sex education all year round, but an annual RSE day is a good start. When children are comfortable talking about relationships, sex and health education, it can have a fundamentally positive impact on their life. Good quality conversations about RSHE keep children safe, improve their communication and can support children in building healthy relationships now and in the future.

This year's theme is focusing on kindness, which can be explored by considering

kindness in our relationship with ourselves, friends, and family. You could run an assembly, read a special book or engage with your parents. Just don't forget to share your schools' activities, events and progress on social media using hashtags like #RSEDay and #RSETogether.

Visit [www.rseday.com](http://www.rseday.com) for more information and resources.



## 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
West Twyford Primary School	Vicars Green Primary School		
Greenwood Primary School	Ravenor Primary		
Twyford C of E High School			

## Healthy Schools points scheme

Points tally for Ealing schools

Healthy Schools points tally			
Schools	First	Second	Third
Ealing Primary Schools	Beaconsfield Primary (49 points)	Alec Reed Academy (38 points)	Selborne Primary (33 points)
Ealing High Schools	The Ellen Wilkinson School for Girls (33 points)	Elthorne Park High School (19 points)	Featherstone High School (18 points)

### 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.

## 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](http://www.ealingcpd.org.uk)

Workshops	Date	Location	Cost
'Green School' network	14th June 2023	Virtual	See Ealing CPD for costs
HAT celebration event	13th July 2023	W7 Emporium	Free to HAT package members

### 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.

### 4 Day Bespoke Package

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

\* Free to 'Healthy Schools Awards and Training Package' members and to schools that bought back a specialist package in this health area. All other schools pay £92.

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

### Editorial Committee

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