

23rd February 2022

Healthy Schools in Stockton-on-Tees

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The rationale for a Healthy Schools Programme

Strong evidence for the link between education and health.

- Pupils with better health and wellbeing achieve better academically
- The culture, ethos and environment of a school influences students health, wellbeing and readiness to learn.

Three components of effective programmes:

Understand and respond to the needs of their pupils and the communities within which they live.

Are coordinated.

Promote health through both the curriculum and all aspects of school (a whole school approach).

Healthy Schools Programme

Created in partnership with Public Health and Help and Support

Pilot during 2020 with representation across primary, secondary and special schools. 31 schools engaged with the pilot to varying extent from aligning fully to their school improvement plans to simply giving feedback on the criteria.

“We have used the framework to implement our school improvement plan...using it to formulate our next steps in supporting the mental health and wellbeing of the children and staff.”

“The thing I found most useful was being able to reflect on good practice and what our school does really well in...”

“ We found the strands of the Framework extremely informative and gave goals for improvements for the school.”

Feedback from schools helped shape final design.

What does the HS Programme offer?

- Support, training and development through established Personal Development Networks to understand and embed Healthy School principles in their setting.
- A quality assured Stockton-on-Tees Healthy Schools Toolkit which aligns the programme with Ofsted criteria and statutory relationships, sex and health education.
- Supporting good practice documents for each of the 4 key themes of the programme.
- A strong network of partner organisations to support implementation of actions identified through a self-evaluation process.

Self-assessment and accreditation process

Ongoing cycle of continuous improvement

Self-assessment against the criteria including operational elements as well as strategic actions as set out in the whole school approach

Light touch accreditation for those wishing to demonstrate their ability to meet the Healthy School standards

Celebrate and share impact

Healthy Schools Toolkit

Framework of criteria with 4 overarching themes:

Social and Emotional Wellbeing

Resilience

Nutrition (including oral health)

Physical Activity

Designed to help schools achieve sustainable impact using a whole school approach

Whole School Approach

A whole school approach encompasses all aspects of the life of a school including:

- Pupil/student voice
- Staff CPD and support
- Culture, ethos and environment
- Leadership
- Identifying need – monitoring impact
- Teaching and learning
- Partnerships with families and the community
- Targeted support/referral



Partners



Settings signed up to date

22 settings signed up to date

12 primary phase

(5 LA maintained, 6 academy, 1 free school)

5 secondary phase

(5 academy, including pupil referral unit)

3 special

(2 academy, 1 cross-phase independent)

2 further education

Healthy Schools Steering Group

Public Health	Virtual School	Family Hubs
Education	SEND	CS Service design
Early Help	0 – 19 service	Youth Direction

Sub-group for each theme for wider engagement of partners and to maximize expertise

Meets quarterly

Reviews action plan

Oversees accreditation process

Strategic engagement

Physical Activity Steering Group

Domestic Abuse Action Plan

Infinity Partnership

Food Power Network

Tees Valley LGBTQ+ Forum

Tees Suicide Prevention Taskforce

Senior Mental Health Leads in Schools

Healthy school project officer working across public health and education

Next Steps

Extend and develop partnerships

Continue to share effective practice through Personal Development Networks

Drive self-assessment through to accreditation

Scope a consistent and robust multi-agency accreditation process

Celebrate success for those who achieve

Targeted approach to recruit settings

Thank you

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