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A NETWORK TO SUPPORT A WHOLE SCHOOL APPROACH 2019 - 2020

KEY AREAS



PERSONAL, SOCIAL AND HEALTH EDUCATION (PSHE)



PHYSICAL ACTIVITY



SOCIAL, EMOTIONAL AND MENTAL HEALTH (SEMH)



HEALTHY EATING

www.healthyschoolsnetwork.co.uk

WELCOME

The Healthy Schools Network (HSN) was set up as a response to demand expressed in the April 2016 survey of schools. Now in its fourth year, we are pleased to bring to you the 2019-20 programme. The Healthy Schools Network is designed to offer school-to-school support for this vital aspect of the wider curriculum. Membership of this Network, in Leicester, is now school-funded.

The 2019-20 programme will encourage a whole school approach to health and wellbeing through:

- Designating a Health and Wellbeing Champion
- Health and Wellbeing Champions' Conferences
- Network Meetings
- Working towards an award (completing/updating workbook)
- Online resources/signposting

Network Meetings will allow schools to come together to discuss four key areas:



PERSONAL, SOCIAL AND
HEALTH EDUCATION
(PSHE)



PHYSICAL
ACTIVITY



SOCIAL, EMOTIONAL
AND MENTAL HEALTH
(SEMH)



HEALTHY
EATING

Throughout the year, Network members will have the opportunity to create an action plan for your school to support a whole school approach, as well as receiving certification on completion showing that your school has taken part in workshops and events to support the development of health and wellbeing.

The Healthy Schools Network is managed by the SDSA.

Please direct any queries to rebecca.partington@sdsa.net or emma.sheasby@sdsa.net or call 0116 299 5942.

To join the Network please click on the link below:

<https://hsn2019-20.eventbrite.co.uk>



**£295 +VAT
PER SCHOOL**

(attendance of up to 2
members of staff
at all events)

HEALTH & WELLBEING CHAMPION



Raise attainment and achievement
by meeting the
health and wellbeing needs of
children and young people

Again, this year, we are asking that schools send a designated Health and Wellbeing Champion to **all** events.

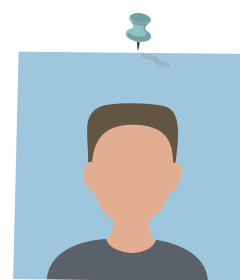
The role of a school's designated Health and Wellbeing Champion is to provide the key link between the work of the Healthy Schools Network and its impact on this aspect of the wider curriculum. This role is most effective when information is shared with your school colleagues and school community.

It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing in adulthood. Therefore, it is important that schools are supported to adopt a comprehensive, whole school approach to promoting the social and emotional wellbeing of children and young people.

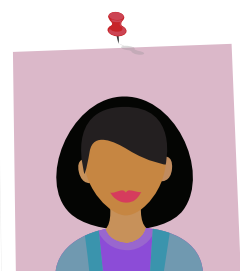
The Health and Wellbeing Champions are people who, with training and support, will help others to enjoy healthier lives by raising awareness, sharing messages, removing barriers and creating supportive networks and environments.

Your school's Health and Wellbeing Champion should:

- be a positive thinker
- be friendly and approachable
- be enthusiastic and motivated
- be non-judgemental
- be innovative and creative
- care about their own health and the health of others



Health and Wellbeing
Champion



Health and Wellbeing
Champion

"Being a part of the HSN is extremely helpful to my role as a PSHE lead. I have found sessions interesting and helpful. Meeting and sharing practice with other school practitioners is equally as helpful."

Wolsey House Primary School

HEALTH AND WELLBEING CHAMPIONS' CONFERENCES

This is an opportunity for designated Health and Wellbeing Champions from across the city to meet together to share good practice and discuss the promotion of health and wellbeing. Opportunities will be available to learn from visiting keynotes about initiatives and developments in health and wellbeing that can be adopted by your school.

Health and Wellbeing Champions will have the opportunity to adopt 'The Eight Principles of a Whole School Approach' and include these in a Health and Wellbeing action plan.



The Eight Principles of a Whole School Approach

(Promoting Children and Young People's Emotional Health and Well-Being – a Whole School and College Approach, Public Health England and Young People's Mental Health Coalition, March 2015)



ACTION PLAN

Area of Health and Wellbeing	Change/improvement to see	Date to achieve this by	Key decision maker and how to influence	Other key people and how to influence	Barriers and Obstacles
PSHE					
Physical Activity					
SEMH					
Healthy Eating					

Thursday
10th October
2019
9am - 12pm

Monday
2nd March
2020
9am - 3pm

Tuesday
9th June
2020
9am - 12pm

The staff members who should attend the Health and Wellbeing Champions' Conferences are: The designated Health and Wellbeing Champion and a member of the Senior Leadership Team.

Once you have signed up to be a HSN Member, links to book on to all the Champions' Conferences will be sent to you school.

NETWORK MEETINGS

Network Meetings consist of sharing good practice between member schools, mini talks from providers who work with schools sharing expertise in the four key areas and networking opportunities.



PERSONAL, SOCIAL & HEALTH EDUCATION (PSHE) & SOCIAL, EMOTIONAL & MENTAL HEALTH (SEMH)

Date/Time

Thursday 28th November 2019, 1.00pm - 3.30pm
(HSN team available 12.00pm - 5.00pm)

Venue

SDSA Training Room, 1st Floor, Alliance House, 6 Bishop Street, Leicester LE1 6AF

The staff members that could attend this session are:

Health and Wellbeing Champion, SLT, Anti-Bullying Champion, PSHE Coordinator, Pastoral team/support, Counsellor, SENCo, Governors

Booking information

www.hsnmeeting19-20-pshe-semh.eventbrite.co.uk



HEALTHY EATING AND PHYSICAL ACTIVITY

Date/Time

Thursday 30th April 2020, 1.00pm - 3.30pm
(HSN team available 12.00pm - 5.00pm)

Venue

SDSA Training Room, 1st Floor, Alliance House, 6 Bishop Street, Leicester LE1 6AF

The staff members that could attend this session are:

Health and Wellbeing Champion, SLT, PE Teacher/Coordinator, Lunchtime Supervisors, Governors

Booking information

www.hsnmeeting19-20-he-pa.eventbrite.co.uk



"The HSN is a fabulous network to be part of. It gives colleagues from all schools the opportunity to come together and share ideas with the help and support of the SDSA and specialist speakers. I would highly recommend being a member of this network for the opportunities it creates by being a member."

St Patrick's Catholic Voluntary Academy



LEICESTER HEALTH & WELLBEING AWARD

Positive emotions feel good in the moment and also impact our long term wellbeing

As part of the Network membership, every school will receive a dated logo to show their commitment to the Healthy Schools Network.

Additionally, all member schools will have the opportunity to work towards the Leicester Health and Wellbeing Award.

There are three awards available:

- Bronze
- Silver
- Gold



Bronze
Completing the workbook

School attendance at all
Champions' Conferences
& Network Meetings



Silver

As outlined for Bronze ensuring that information is kept up to date/current

School based project around one of the Whole School Approach areas e.g., Student Voice



Gold

As outlined for Silver ensuring that information is kept up-to-date/current

Support another school in one of the 8 principles of the Whole School Approach



"The Healthy Schools Network Award has made it possible for us to develop our provision links across the curriculum and beyond. The support provided by the HSN Team has been great. Regular conferences, with knowledgeable presenters, have enabled us to utilise many ideas shared. The Network Meetings have also given opportunity for a range of staff to attend and make links and share practice with other schools. We are looking forward to progressing with our projects – we are aiming for the Silver Award next year!"

Spinney Hill Primary School

TWITTER AND TRAINING

Twitter

Keep up to date with the latest information by following the Healthy Schools Network on Twitter [@LeicesterHS](https://twitter.com/LeicesterHS)

We follow local and national organisations and services to provide you with up-to-date information.

We will keep you up to date with all the Healthy Schools related national awareness days.

Why not tweet us about what is going on in your school?

#LeicesterHealthySchools



Training

Links to additional training and development opportunities, available through a range of providers, for all school staff to support their delivery of healthy outcomes for children and young people will be posted on our website.

Courses will cover the four key areas of:

- Personal, Social & Health Education (PSHE)
- Physical Activity
- Social, Emotional & Mental Health (SEMH)
- Healthy Eating

If there are any courses that you would like to see being held to support city schools please email rebecca.partington@sdsa.net.



Further information will be available on the Healthy Schools Network website

www.healthyschoolsnetwork.co.uk

"Being part of a wider network such as the Healthy Schools Network gives us valuable and wide-ranging perspective and support as well as the opportunity to showcase and embed our own health and wellbeing work across the whole-school."

Crown Hills Community College

If you have any questions regarding the information in this brochure or would like to become a Healthy Schools Network member then contact

rebecca.partington@sdsa.net or emma.sheasby@sdsa.net



LEICESTER HEALTHY SCHOOLS NETWORK



Healthy Schools Network
School Development Support Agency (SDSA)
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0116 299 5942 | office@sdsa.net

