


GATESHEAD SCHOOLS HEALTH & WELLBEING NETWORK MEETING

16th September 2020



Active Travel





Be Cool!
Walk to School

Walking all or some of your journey is a great way to enjoy some fresh air and get some exercise

You'll arrive at school happy and healthy with your brain ready to learn

Always be safe walking to school and act responsibly



 Gateshead Council



Be Cool!
Park away from our school

Parking further away from school helps keep everyone safe.

Please park safely and considerately, away from school
Help us keep our school safe for everyone



 Gateshead Council

Gateshead Schools

Health

and

Wellbeing Programme

National Updates

What are the new KS 1 & 2 statutory requirements?

- The Health Education and Relationships Education aspects of PSHE (personal, social, health and economic) education is compulsory in all primary schools from September 2020.

What does the new statutory guidance cover?

- The Department for Education published [statutory guidance for Health Education, Relationships Education and RSE](#) in June 2019.
- This covers broad areas of particular relevance and concern to children and young people today. It should ensure that every child is guaranteed a PSHE education that covers mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.

National Updates

How can schools meet statutory requirements effectively?

- **Many schools are well on the way to delivering these commitments** and should build on, rather than unpick, what they're already doing well. [85% of schools already teach PSHE that covers health and relationships](#). The new requirements are about **raising and 'levelling up' of PSHE standards** across all schools in a way that does not cause undue burden on workload and resources.
- **PSHE education needs regular curriculum time like any other subject.** 'Drop down' or 'off timetable' days can enhance a timetabled programme of regular, planned lessons but are not an appropriate or effective alternative to one. [91% of school leaders surveyed by NAHT agree](#) on the need for regular, timetabled PSHE lessons.
- **Schools should tailor their programme to the needs of pupils and communities in order to be effective.** There is no 'one-size-fits-all solution': there are many useful programmes and resources that schools can use to support their PSHE provision, but PSHE programmes should always be tailored to the needs of a school's own pupils and community.

National Updates

Does the new Ofsted framework put greater emphasis on PSHE?

- Yes, there is more scope for PSHE education to be a focus of inspections under the new framework (including through ‘deep dives’) in providing evidence for key judgements, particularly ‘personal development’. The [new Ofsted inspection handbook](#) also refers specifically to the inclusion of the new statutory content in the curriculum, and that *‘if a school is failing to meet its obligations, inspectors will consider this when reaching the personal development judgement’*.
- Chief Inspector Amanda Spielman [said](#) that *“In the new inspection model, we are particularly interested in how schools contribute to the personal development of children. This area is now a judgement in its own right. **This makes more space in inspection for discussing things like the PSHE lessons** in which wider life issues can be explored.*
- PSHE education also makes a unique contribution to safeguarding, and will support schools to fulfil their statutory duty to teach pupils to keep themselves safe. See the statutory [‘Keeping children safe in education guidance](#) for schools and colleges on safeguarding children.

National Campaigns

The screenshot shows a calendar interface for the period of September to October 2020. At the top, there are navigation arrows, a calendar icon, and the text 'SEPTEMBER - OCTOBER 2020'. To the right, there is an 'Agenda' dropdown menu. Below this, there are icons for 'Collapse All' and 'Expand All'. The main content area lists five national campaigns, each with a date, day of the week, and a plus sign icon:

- SEP 21 Mon**: Bike to School Week (Sep 21 – Sep 25 all-day)
- SEP 23 Wed**: National Fitness Day (Sep 23 all-day)
- SEP 28 Mon**: BNF Healthy Eating Week (Sep 28 – Oct 4 all-day)
- SEP 29 Tue**: World Heart Day (Sep 29 all-day)
- OCT 1 Thu**: Black History Month (Oct 1 – Oct 31 all-day)

At the bottom, there are navigation arrows, a calendar icon, and the text 'SEPTEMBER - OCTOBER 2020'. To the right, there is a 'Subscribe' button with a RSS icon.

CAMPAIGN RESOURCES

Resources specific to campaigns which you can find details of in the calendar.

[View](#)

You will find all this information on the front page of the [Gateshead Schools Health and Wellbeing website](#)

wellbeing
Programme

Health & Wellbeing Award Framework

What & Why

- Support schools to develop high quality health and wellbeing provision
- Designed following consultation with schools and key local partners
- Supportive AND comprehensive - breadth AND depth of provision
- Considers differing needs and circumstances of individual schools, pupils and their communities.



Health & Wellbeing Award Framework

How to Get Involved

ALL SCHOOLS affiliated to the Gateshead Schools Health & Wellbeing Service can access the GSHWA framework. Schools are required to register and should contact;

cwlschoolshealthandwellbeing@gateshead.gov.uk

Upon registering, schools will be sent a password protected Whole School Review Tool and supporting documentation – the process begins.....



3. Key Deadlines and Timescales

The defined 'phases' have been identified to support the effective monitoring and administration of the award programme. The table below clearly indicates periods during which schools are able to submit their application (Application Windows) alongside details of when schools can expect to receive confirmation of the outcome (Outcome Confirmed).

The length of time taken to confirm individual school awards will vary in line with the number of applications received and the level of award applied for.

YEAR	PHASE 1		PHASE 2		PHASE 3	
	Application Window	Outcome Confirmed	Application Window	Outcome Confirmed	Application Window	Outcome Confirmed
2020/21	Autumn 1 27 th Sep 2020 23 rd Dec 2020	Autumn 2 2 nd Nov 2020 18 th Dec 2020	Spring 1 4 th Jan 2021 12 th Feb 2021	Spring 2 23 rd Feb 2021 1 st April 2021	Summer 1 13 th April 2021 28 th May 2021	Summer 2 27 th June 2021 23 rd July 2021

3.1 How Long is the Award Valid For?

All award levels are valid for a maximum period of 2 years without a need to undertake the whole school review process again during this time. Schools are however required to continue with the following to sustain their award beyond the 2nd year:

- The school must remain affiliated to the Gateshead Schools Health & Wellbeing Service.
- The school are required to submit a copy of their ORIGINAL action plan to indicate an evaluation against the identified targets.
- The school are required to submit an UPDATED action plan identifying targets and activities for the year ahead.

3.2 Upgrading an Award

In order to upgrade an award, schools must re-submit a FULLY UPDATED copy of their completed Whole School Review Tool. Schools can re-submit at any time within the Application Windows identified above. Schools will also have the opportunity to apply for 'Innovation Status' providing they have already achieved an award of Bronze, Silver or Gold level.

Additional detail relating to all of the above is provided over the page.

3.2 Upgrading an Award (cont.)

	How to Achieve Award Status		How to Sustain or Upgrade Award Status after 1 Year		
	Schools Must the Basic Award Criteria		To Sustain	Innovation Status	To Upgrade
Bronze	The school has submitted their completed whole school review tool, successfully meeting all of the criteria required to achieve a BRONZE level award. Sources of evidence are clearly identified with all evidence available to the SDR100 review and validation panel upon request. As part of this process the school has developed and submitted a supporting action plan to indicate how provision will be enhanced over the next year.		Schools must remain affiliated to the Gateshead Schools Health & Wellbeing Service.	Schools are required to submit a copy of their ORIGINAL action plan to include an evaluation against the identified targets.	SCHOOLS TO upgrade their award status, schools must re-submit their FULLY UPDATED copy of their completed whole school review tool. Schools can re-submit at any time within the pre-defined 'Application Windows'.
Silver	The school has submitted their completed whole school review tool, successfully meeting all of the criteria required to achieve both the BRONZE and SILVER award levels. Sources of evidence are clearly identified with all evidence available to the SDR100 review and validation panel upon request. As part of this process the school has developed and submitted a supporting action plan to indicate how provision will be enhanced over the next year.		Schools are required to submit an UPDATED action plan identifying targets and activities for the year ahead.	Schools that have the option of achieving 'Innovation Status' must be submitting a written/ video case study designed to showcase an area of innovation and excellent practice.	Innovation status is ONLY available to schools who have already achieved a Bronze, Silver or Gold level award.
Gold	The school has submitted their completed whole school review tool, successfully meeting all of the criteria required to achieve BRONZE, SILVER & GOLD level awards. Sources of evidence are clearly identified with all evidence available to the SDR100 review and validation panel upon request. As part of this process the school has developed and submitted a supporting action plan to indicate how provision will be enhanced over the next year.				SCHOOLS are not eligible to submit the award Framework if required.





Health & Wellbeing Award Framework

The Self-Review Tool

1. Leadership, Management and managing change
2. Policy Development
3. Learning and teaching, curriculum planning, resourcing and assessment:
 - 3.1 PSHE & Citizenship
 - 3.2 Physical Activity
 - 3.3 Health Eating
 - 3.4 Emotional Health & Wellbeing
4. Giving children and young people a voice
5. Provision of support services for children and young people
6. Staff continuing professional development needs, health and wellbeing
7. Partnerships with parents/carers, external agencies and local communities

Health & Wellbeing Award Framework

The Self-Review Tool

OVERARCHING AWARD STATUS		
	FOCUSING	ACHIEVED
	BRONZE	ACHIEVED
	SILVER	WORKING TOWARDS
	GOLD	WORKING TOWARDS

*Action Plan Section

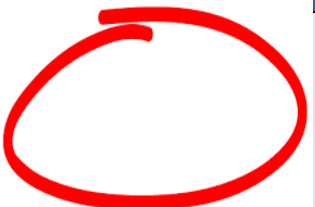
*HT & Governor Endorsement

SECTION AWARD STATUS		
1	Leadership, management and managing change (Inc. school culture and environment)	SILVER
2	Policy Development	GOLD
3	Learning & teaching, curriculum planning, resourcing and assessment	BRONZE
3.1	PSHE & Citizenship	GOLD
3.2	Physical Activity	GOLD
3.3	Healthy Eating	SILVER
3.4	Emotional Health & Wellbeing	GOLD
4	Giving children and young people (CYP) a voice	BRONZE
5	Provision of support services for children and young people	BRONZE
6	Staff continuing professional development (CPD) needs, health & wellbein	BRONZE
7	Partnerships with parents/carers, external agencies and local communities	BRONZE

Programme

Health & Wellbeing Award Framework

Submission Process & Deadlines

YEAR	PHASE 1		PHASE 2		PHASE 3	
	Application Window	Outcome Confirmed	Application Window	Outcome Confirmed	Application Window	Outcome Confirmed
2020/21		Autumn 2 2 nd Nov 2020 18 th Dec 2020	Spring 1 4 th Jan 2021 12 th Feb 2021	Spring 2 22 nd Feb 2021 1 st April 2021	Summer 1 19 th April 2021 28 th May 2021	Summer 2 7 th June 2021 23 rd July 2021

Support Available – Drop In Sessions

1. Tuesday 22nd September (13:30 - 17:00)
2. Monday 5th October (13:30 - 17:00)
3. Thursday 14th January (13:30 – 17:00)

Health & Wellbeing Award Framework

Quality Assurance & Award Validation

- Key SOURCES of evidence detailed when completing the school self-review
- NOT NECESSARY to submit any physical evidence alongside initial application
- Asked provide specific 'samples' of evidence to support application
- Amount/type of evidence varies in line with the level of award under consideration
- Designed not to be onerous – conscious of time demands and pressures
- Their to ensure the quality and robustness of the award framework; NOT to 'Trip-Up' or 'Catch Out'

CPD & Training Opportunities

WHAT	WHEN	FOCUS (if applicable)	WHERE
CPD WORKSHOPS These half day workshops will explore topical issues related to Schools Health and Wellbeing. The workshops are aimed at all primary school staff who teach the focus of these modules.	Wednesday 25th November Thursday 25th February Friday 26th March Tuesday 25th May	Physical Health & Wellbeing Mindfulness TBC TBC	TBC TBC TBC TBC
Award Framework 'Drop In' Sessions	2 per term in line with application windows	Award Framework application	TBC
Schools Health & Wellbeing Conference Access to a half day Schools Health and Wellbeing Conference. Inclusive of key note speeches, subject specific briefings/updates and a carousel of workshop training sessions.	Friday 18th June	TBC	TBC
SHW Co-ordinator Network Meetings Access to a programme of termly SHW Co-ordinator support meetings.	Wednesday 16th September Thursday 21st January Wednesday 5th May	Updates & Networking	VIRTUAL TBC TBC
Bespoke CPD Access to bespoke training tailored to your individual schools and/or cluster	On request	On request	On request

* All courses can be found on the [Services for Schools North East website](http://servicesforschoolsnortheast.org.uk/Training) within the 'Training and Events' page.
<http://servicesforschoolsnortheast.org.uk/Training>

CPD & Training Opportunities

Physical Activity Module



Delivered Virtually via Microsoft Teams



Identify and discuss issues/barriers related to physical health and wellbeing



How to develop positive physical activity habits in your school



Share practical ideas for achieving 30 minutes of physical activity a day



School Games: Active School Planner

Activities & Interventions

Current Provision

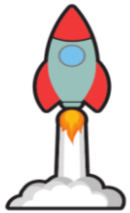


What they are and why



'Covid-Compliant'

Sport England, COVID-19 Awareness Training – ReActivate



Activities & Interventions Launch – Monday 2nd November



Any queries/questions, requests please contact us via:

CWLSchoolsHealthandWellbeing@Gateshead.Gov.UK

Activities & Interventions

Current Provision

Rated as GOOD or EXCELLENT by 100% of Schools

FREE In-School Activity/Intervention *(x1)*

“Access to 1 FREE ‘in-school’ intervention/activity linked to identified areas of priority”

Discounted ‘In-School’ Activity/Intervention *(unlimited)*

- Nutri Troops *(Physical Act. & Healthy Eating)*
- Skipping School *(Physical Activity, PSHE)*
- Sens8tional Schools *(EHWB)*
- Cooking 4 Life *(Healthy Eating)*
- C4L Activators *(Physical Activity)*
- First Step Coaching *(PSHE, EHWB)*
- Gibside, National Trust *(Physical Act. EHWB, PSHE)*
- *B Outdoors (EHWB) – **NEW INTERVENTION***

Additional activities/providers piloted for 2020/21



Activities & Interventions

Programme Development

New Service Providers in the pipeline!

Based on consultations and feedback from you - our schools, we have been working to develop the existing Menu of Opportunities. Emotional Health & Wellbeing was highlighted as being a key focus, particularly at the moment so we have been looking to increase the opportunities available around this.

We are looking to expand the offer with the view to deliver pilots after October Half Term ready to launch in January.

The CrossFit logo is displayed in white text on a black rectangular background.The Live Well North East logo is presented in green text on a white rectangular background.

Empowering people. Enriching lives.

Programme

Activities & Interventions

Programme Development

Here's a brief description of the organisations we're currently in talks with:

Big Foot Arts Education



Big Foot Arts Education have specially trained performing arts experts – Bigfooters! Their 'Worry Wizard' Programme helps children develop tools to manage worries before they become more significant mental health issues.

NUVO Wellbeing



NUVO Wellbeing encourage increased fitness levels, personal development & healthy lifestyle choices. Their Calming Mind's Workshop is a creative learning programme to enhance wellbeing and relaxation through creative dance.

Live Well • North East

Empowering people. Enriching lives.

Live Well North East

Live Well North East provide wellbeing services and activities to children and young people based around the 5 ways to wellbeing. They have a range of programmes including Relax Kids / Resilience Bootcamp & Relax4SATS.

Crossfit Kids



Led by experienced Crossfit Kids Coaches these sessions develop children's functional fitness such as bodyweight movements / aerobic function / body tension & core strength. They also offer staff CPD around the importance of functional movement for children in everyday life.

Website Updates & Access

The Website

As part of your affiliation to the Gateshead Schools Health & Wellbeing Programme you are granted access to the Health & Wellbeing Website.

The website is constantly updated around four key areas:

- Health Eating
- Physical Activity
- PSHE
- Emotional Health & Wellbeing

Within each area you will be able to find:

- Policies and guidance
- Policy templates and examples for you to adapt / tailor to your school
- Practical guides, teaching materials, activities and resources

We do the hard work for you and put it all onto the website in one place for you to access! While we will share some 'more important' guidance / resources with you through the Gateshead Health & Wellbeing Twitter account or via email the majority of up-to-date guidance and resources will all be on the website ready and waiting for you to access.

www.gatesheadhws.org



The screenshot shows a 'Resources' page with four main categories, each with a 'View' button:

- HEALTHY EATING**: Policies, resources, information and ideas to support schools work around the Healthy Eating theme.
- PHYSICAL ACTIVITY**: Toolkits, facts, ideas, policies and other useful information supporting the Physical Activity theme.
- PERSONAL, SOCIAL & HEALTH ED**: Personal, Social and Health Education (PSHE).
- EMOTIONAL HEALTH & WELLBEING**: Emotional Health and Wellbeing (EHWB).

Website Updates & Access

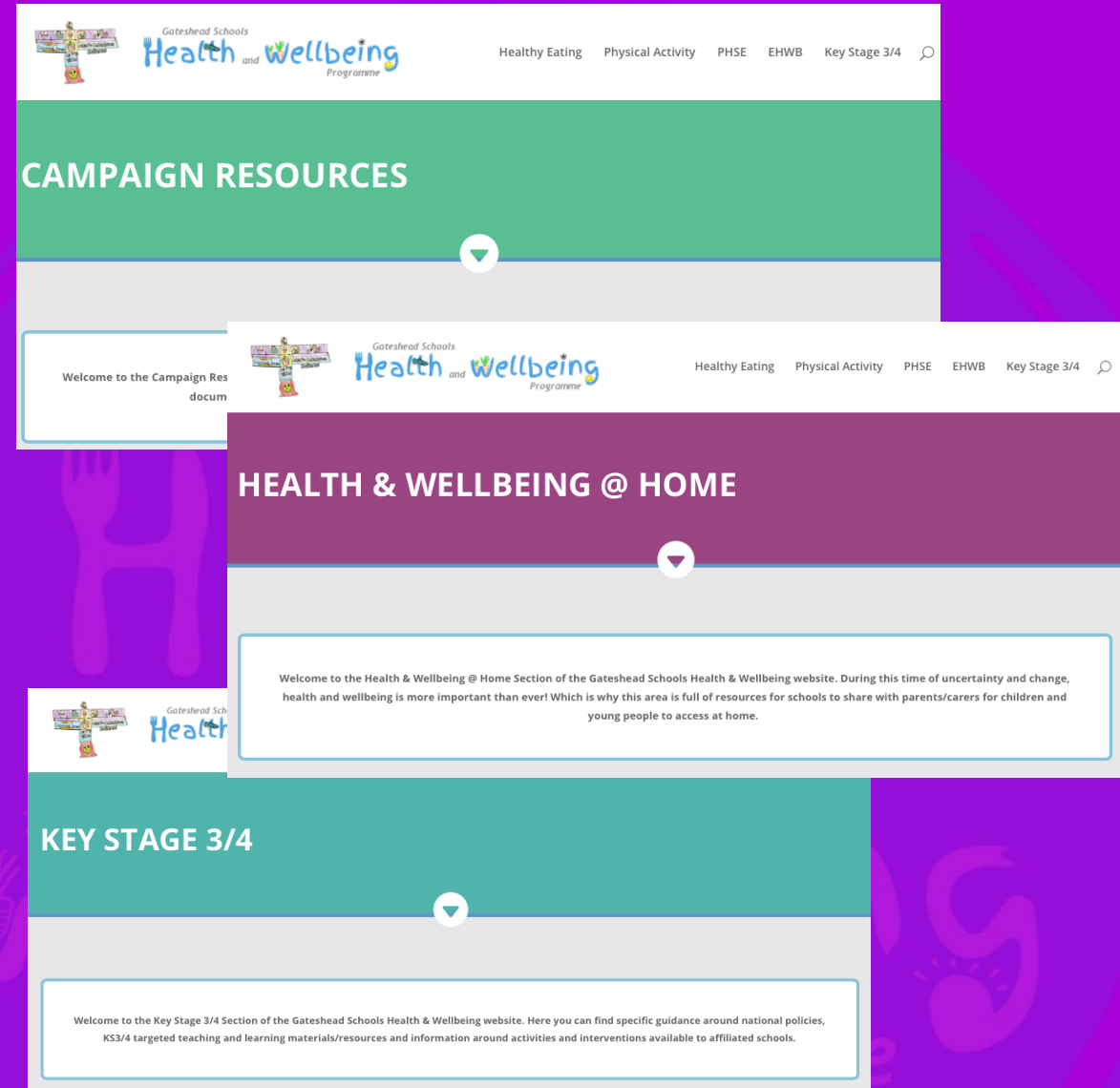
New Features

We're constantly developing the website and we have some BRAND NEW features to share with you:

Campaign Resources – This section has all of the resources and support you need to run the campaigns listed on our events calendar in school.

Health & Wellbeing @ Home – This new section keeps a list of resources that can be used at home to share with Parents / Carers. Health & Wellbeing is more important now than ever and so we want to make sure you have the resources to help pupils in school and at home.

Key Stage 3 & 4 Resources – Useful resources across all of the four key areas that are tailored specifically to meet the needs of secondary schools.



Website Updates & Access

Website Access & Accounts

Access to the website is part of the service that you pay for so we're always looking to develop it to better meet your needs.

However you cannot access this website without an account to log in!

If you're unsure as to whether you have a website account already or you know that you need one setting up then please get in touch via email so that we can do this for you.

- katherineholden@gateshead.gov.uk
- CWLSchoolsHealthandWellbeing@Gateshead.Gov.UK

Better Health at Work Award



What is the award?

The Better Health at Work Award recognises the efforts of local employers (including schools) in addressing health issues within the workplace.

Many organisations already promote healthy lifestyles and consider the health of their employees. This Award recognises the achievements of these organisations and helps them move forward in a structured and supported way.

There are four levels to the award – Bronze, Silver, Gold and continuing excellence.

Bronze Level example criteria:

- Positive mental health and well-being will be promoted, for example through employee support, training and awareness-raising.
- Absence rates and causes will be collected and monitored
- General awareness of how health can be affected by work activities and assessments of risk
- The workplace environment should be conducive to health and employee welfare will be addressed – drinking water, washing facilities, clean toilets, eating facilities etc.

Better Health at Work Award



Health Advocate:

- A health advocate would need to be chosen in your school and would be the person who has contact with the workplace health specialist you are allocated.
- The Health Advocate should have the full support of all the management team, and have access to evidence required for the assessment process.
- Management must be committed to working with the Health Advocate to action any measures necessary to achieve the award.
- The Health Advocate will need time to collect evidence and work with the assessors to implement the health action plan. They should not be expected to do this on top of a full workload.

Better Health at Work Award



Why apply for the award?

The award scheme is **FREE**, flexible and open to ALL employers in the North East*. If you sign up to the award you will have access to a wide range of health and wellbeing information, resources and training and **individual support from a public health lead.**

****This offer is being made available to schools affiliated to the Gateshead Schools Health & Wellbeing Service for 2020/21. Places are limited and will be available to a MAXIMUM OF 5 SCHOOLS in the first instance.***

If you would like to find out more about signing your organisation up to the award, please contact Emma Gibson or Iain Miller in the Gateshead Public Health Team
emmagibson@gateshead.gov.uk / iainmiller@gateshead.gov.uk

You can find a promotional youtube video [here](#) about the award.

ALL TOGETHER Anti-Bullying Programme

All Together (united against bullying):

Whole school anti-bullying programme

We are delighted to announce that we are working with the Anti-Bullying Alliance again until March 2021 to offer affiliated schools the opportunity to become All Together Schools.

All Together is an online anti-bullying whole school programme. It helps schools to understand their anti-bullying practice and breaks it down into manageable chunks.

It gives schools the tools to make long-lasting change. Schools that evidence their activity to reduce bullying and improve wellbeing will receive All Together School status.

Schools in Gateshead will also be able to attend an anti-bullying webinar to help them undertake the programme.

ALL TOGETHER Anti-Bullying Programme



all together
united against bullying

A free whole-school anti-bullying programme for all schools in England. Sign up today.

Gateshead Council are delighted to announce that we are working with the Anti-Bullying Alliance until March 2021 to offer schools in Gateshead the opportunity to become All Together Schools.



All Together is an online anti-bullying whole school programme. It helps schools understand their anti-bullying practice and breaks it down into manageable chunks. It gives schools the tools to make long-lasting change.

"It gave us an excellent overview of where we actually were with our Anti-bullying strategies from everyone's point of view"
All Together School

Schools that evidence their activity to reduce bullying and improve wellbeing will receive All Together School status.

Schools in Gateshead will also be able to attend an anti-bullying webinar to help them undertake the programme.

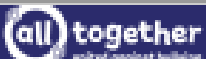
"The All Together programme has been so useful... We can't thank you enough for the resources, fantastic CPD training,
All Together School

Click here to sign up or visit:

www.alltogether.anti-bullyingalliance.org.uk/common/registration




contact



all together
united against bullying

Anti-Bullying Alliance

The award recognises that a school has evidenced its efforts to prevent and respond to bullying. Those schools are awarded either **Gold, Silver or Bronze** All Together School status and receive a certificate of achievement and logo to use.



What's included?


- ✓ A training webinar for an unlimited number of staff covering a whole-school approach to anti-bullying
- ✓ An Online Hub where your school can access all elements of the programme, including a 360° audit tool, action plan and tool tailored to your needs
- ✓ An online Pupil Wellbeing Questionnaire - this questionnaire provides detailed reports on levels of wellbeing and bullying among pupils
- ✓ A series of Online CPD Training for all school staff covering all things anti-bullying, including cyberbullying
- ✓ Specific information about bullying and SEN/disability
- ✓ An interactive Parent Information Tool to give to parents which covers everything in relation to bullying

What are the benefits?

- ✓ Easily evidence your anti-bullying practice as a school, seeing clearly where you need to centre your activity
- ✓ Access to tailored resources for your school to tackle bullying of all pupils with a particular focus on at risk groups including pupils with SEN, LAC and young carers
- ✓ Improve staff confidence and knowledge
- ✓ Evidence activity to governors, including that of British Values, Ofsted and readiness for statutory Relationships and Sex Education
- ✓ Receive an award certificate and an All Together School logo

A three step process to All Together status

- 1. Plan**
 - Assess your current practice using our 360° online audit tool and set your goals in the action plan
 - Use Pupil Wellbeing Questionnaire to find out current bullying and wellbeing levels
- 2. Do**
 - Use tailored tools to implement your action plan
 - Distribute school staff online CPD training
 - Attend webinar
- 3. Review**
 - Evidence impact by:
 - Re-doing 360° audit tool
 - Conducting final Pupil Wellbeing Questionnaire
 - Submitting case studies



Click here to sign up or visit:
www.alltogether.anti-bullyingalliance.org.uk/common/registration

Further details will be distributed shortly, watch this space!

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Programme

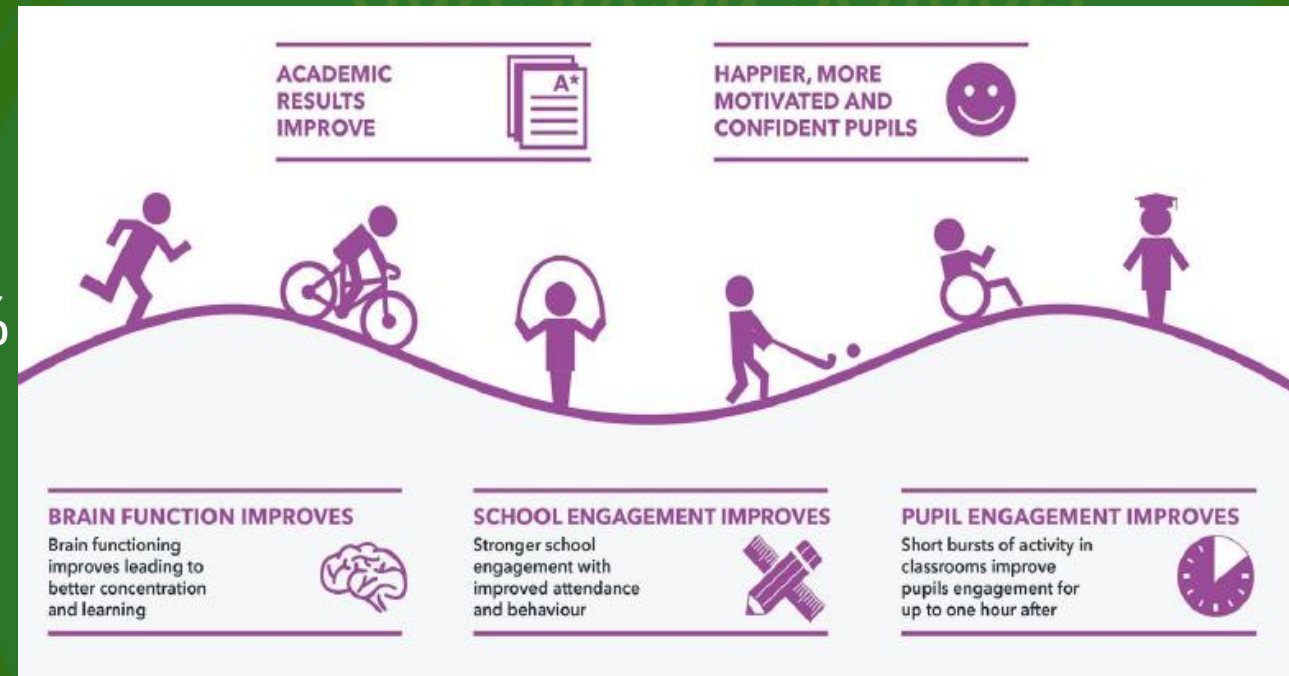
Pre-Meeting Survey Results

Key Findings

1. What issues, if any, have emerged amongst children as they return to your school this autumn, following the recent COVID lockdown?

TOP 3 ISSUES IDENTIFIED:

1. Educational Gaps – 91%
2. Low Physical Fitness – 73%
3. Difficulty Focussing on Work – 73%



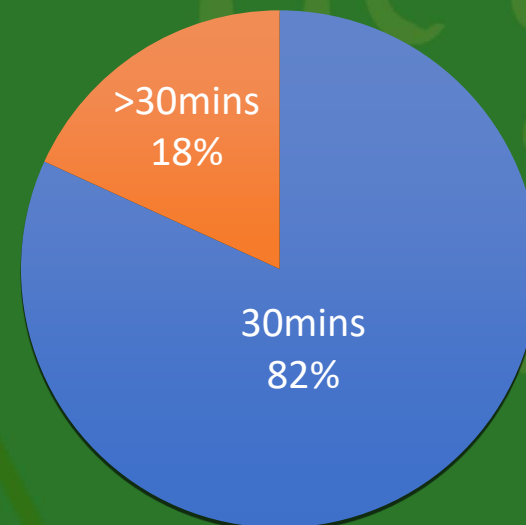
Pre-Meeting Survey Results

2. What would you say has been the biggest challenge to children's physical, emotional and social wellbeing as they have returned to school?

SUMMARY OF CHALLENGES IDENTIFIED:

- *Lack of routine and having to re-adapt*
- *Struggling with specific school work that was previously not an issue*
- *Lack of 'togetherness' and school feels 'splintered'*

3. Delivery of 30 Active Minutes?



Pre-Meeting Survey Results

4. Rate the 'usefulness' of each Activity/Intervention Category?

TOP 3 RATED CATEGORIES:

1. *Pupil Emotional Health & Wellbeing*
2. *Staff Wellbeing*
3. *Healthy Eating*

5. Have you accessed the Gateshead Schools Health & Wellbeing Award Framework and completed the associated school self-review tool?

- *YES – 45% / NO – 55%*

6. If you haven't accessed the above, why not?

- *Didn't know it was available / didn't know how to access*

Pre-Meeting Survey Results

7. Professional development and training forms part of the support available to your school via the Gateshead Schools Health & Wellbeing Service. Are there any specific topics you'd like to see covered during 2020/21?

- Pupil Emotional Health & Wellbeing
- Staff Wellbeing
- Healthy Eating

