

Information on the Healthy Schools Initiative

The Healthy Schools Programme (NHSP) is a joint initiative between DCSF and Department of Health (DH) - which promotes a whole school / whole child approach to health. The Programme has existed since 1999. It is recognised as a key delivery mechanism in the Children's Plan (DCSF 2007) and in Healthy Weight, healthy Lives (DH 2008) – 21st Century White Paper reference.

Healthy Schools is intended to deliver real benefits in respect of:

- Improvement in health and reduced health inequalities;
- Raised pupil achievement;
- More social inclusion; and,
- Closer working between health promotion providers and education establishments

We want all children and young people to be healthy and achieve at school and in life. We believe that by providing opportunities at school for enhancing emotional and physical aspects of health. In the longer term, this will lead to improved health, reduced health inequalities, increased social inclusion and raise achievement for all.

National Healthy School Status (NHSS) is achieved within a rigorous quality assurance framework. All schools achieving National Healthy School Status must have met national criteria using a whole school approach across four themes including personal, social, health and economic (PSHE) education, healthy eating, physical activity and emotional health and well-being (EHWB)

From September 2009 all schools that have achieved NHSS can become part of the Healthy Schools enhancement model. To do this, schools need to complete an annual review each year to confirm that they have established and maintained a foundation for health and well-being.

Schools will also need to complete the health and well-being improvement tool. This will guide them through the model and help to plan and record progress. It will also enable schools to submit key information for local quality assurance purposes.

Schools will need to review progress towards the meaningful outcomes that have been set and use the health and well-being improvement tool (HWIT) to self-validate. Schools will receive national recognition once these meaningful outcomes have been achieved and approved by the local quality assurance system.

The Four Themes

The National Healthy Schools Programme has four themes.

The four core themes relate to both the school curriculum and the emotional and physical learning environment in school. Each theme includes a number of criteria that schools need to fulfil in order to achieve National Healthy School Status. Although each theme covers a different area, they are all delivered using the whole school approach so the basic requirements are the same.

Personal, Social, Health and Economic (PSHE) education, including SRE and drugs education

Personal, Social and Health Education including Sex and Relationship Education (SRE) and Drug Education (including alcohol, tobacco and volatile substance abuse)

- PSHE contributes significantly to all five national outcomes for children and young people: being healthy, staying safe, enjoying and achieving, making a positive contribution and economic wellbeing
- PSHE provides children and young people with the knowledge, understanding, skills and attitudes to make informed decisions about their lives

Healthy Eating

- Healthy eating contributes significantly to the being healthy national outcome for children and young people
- Children and young people have the confidence, skills, knowledge and understanding to make healthy food choices
- Healthy and nutritious food and drink is available across the school day

Physical Activity

- Physical activity contributes significantly to the being healthy national outcome for children
- Children/young people are provided with a range of opportunities to be physically active
- They understand how physical activity can help them to be more healthy, and how physical activity can improve and be a part of their every day life

Emotional Health and Well-being, including bullying

- Emotional health and wellbeing contributes significantly to all five national outcomes for children and young people: being healthy, staying safe, enjoying and achieving, making a positive contribution and economic wellbeing
- The promotion of positive emotional health and wellbeing helps children and young people to understand and express their feelings, build their confidence and emotional resilience, and therefore their capacity to learn.

Enhancement Model

The Healthy Schools enhancement model has been designed to help schools develop the wider thinking and planning they will need to do in order to achieve better outcomes around health and well-being for children and young people. It has also been designed to help schools to strive for lasting health and well-being behaviour changes in children and young people, with particular focus on providing targeted support for those who are most at risk.

Schools will work closely with key partners towards achieving locally agreed health and well-being outcomes. This will reflect school-based local and national priorities as outlined in the Local Area Agreements, Children and Young People's Plans and PCT operational plans. The enhancement model will provide schools with rigorous health and well-being evidence for schools improvements plans, the Ofsted self-evaluation form (SEF) and the pupil level well-being indicators and school report card.

It will provide vital leadership in translating into practice the Government's vision of the 21st Century School and helping to make this the best country in the world to grow up.

Annual review

The annual review is a tool to help schools maintain the foundation of health and well-being which you they have already achieved through National Healthy School Status (NHSS).

Schools will need to complete and share their responses to all the sections in this tool on an annual basis, to maintain their current NHSS. The annual review has been developed from the criteria of NHSS across the four Healthy Schools themes. It will also help you check whether the Healthy Schools work they do in school is being embedded through the whole school approach. It contains no new requirements.

The information they have entered in the national audit to gain NHSS will help to complete the annual review.

Health and well-being improvement tool

The health and well-being improvement tool (HWIT) will help plan and record work as part of the Healthy Schools enhancement model. It provides a series of questions for each stage of the enhancement model which act as prompts.

Its main purpose is to enable schools to keep a record of the work they have undertaken as they work through the stages of the enhancement model. The information they will record will contribute towards the Ofsted self-evaluation form (SEF) and the school improvement plan.

Where there are links with the requirements of the SEF, the School Report Card, the well-being indicators and school improvement, this is highlighted throughout the HWIT. The content of the HWIT will also automatically generate the two separate reports required for the local quality assurance system