



Leeds Health & Wellbeing Service

Local Authority Information Pack

Leeds City Council



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Who we are and what we offer:

The Leeds Health and Wellbeing Service (HWS) is an established team of professionals with a wealth of experience in providing an advisory service working with schools and settings to support a whole school approach to wellbeing, attainment, attendance and achievement; equipping pupils with the skills and knowledge to make informed health and lifestyle choices to reach their full potential.

We work across the following areas:

- Social, Emotional and Mental Health (SEMH);
- Healthy eating: support to reduce and prevent obesity, implementation of the School Food Plan and support with statutory School Food Standards;
- Physical activity and Physical Education;
- Personal, Social, Health and Economic Education (PSHE);
- Relationships Education, Relationships and Sex Education (RSHE) and Health Education;
- Sexual health;
- Drugs, alcohol and substance misuse;
- Sustainability, eco-friendly schools and climate education.

We also offer:

- 'My Health, My School' (MHMS) pupil perception survey (available nationally);
- Youth Mental Health First Aid training (Mental Health Aware available online nationally, Champion and First Aider training available in Leeds or in cities close to Leeds on request);
- Leeds Healthy Schools programme (available nationally);
- Investors in Pupils programme (available nationally);
- PSHE lesson: classroom co-delivery sessions (available in Leeds only);
- Leeds MindMate Friendly programme (available in Leeds only).

Over the last 22 years, we have worked closely with schools in Leeds and beyond providing support, CPD and resources and **we have recently extended our offer to work with other local authorities (LAs) by enabling LAs to purchase access to the online Leeds Healthy Schools self-evaluation tool, the My Health, My School pupil perception survey and some of our resources for large numbers of schools in their area.**

We are currently working with:

- East Sussex County Council who access both online tools for 190 schools,
- Buckinghamshire Council who access Healthy Schools for 250 schools,
- Torbay Council who access the My Health, My School Survey for over 44 schools, and
- Islington and Camden Borough Council who hold a license to adapt our Free School Meal toolkit
- HWS also regularly run virtual training including subject leader days that are available to schools nationally

We also have a number of [virtual support packages available to schools outside of Leeds](#) purchasable on a school-by-school basis and all online tools are available for any school to use on an individual basis or as part of a multi-academy trust (MAT). Discounts are available for schools using more than one tool or for larger MATs.



Healthy Schools Programme

This programme helps schools & settings to achieve Healthy Schools Status using the online School Health Check.

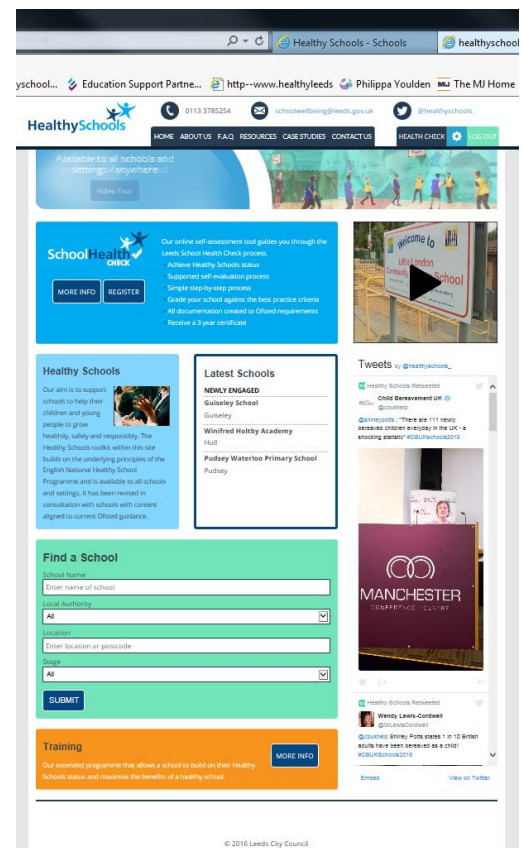
The Healthy Schools team is part of the Health and Wellbeing Service within Leeds City Council and comprises a team of specialist advisers/consultants, with a proven track record of achievement and a wealth of experience over many years including qualified teachers and a Registered Nutritionist.

The Healthy Schools website:

- Provides an online self-evaluation tool to support schools to gain and maintain health schools status;
- Facilitates a whole school approach;
- Builds on the underlying principles of the English National Healthy School Programme and is available to all schools and settings;
- Has been created and revised in consultation with schools with content aligned to current Ofsted guidance.

Schools can:

- Self-evaluate and plan across 4 key health areas (PSHE, Food & Nutrition, Physical Activity & Social, Emotional & Mental Health).
- Identify strengths & areas for development using Ofsted grade descriptors & latest national guidance.
- Access key strands in the tool to allow progress towards Active Schools Friendly, PSHE Friendly, Healthy Eating Friendly or Hearts and Minds/MindMate Friendly status or complete all four strands to gain self-assessed Healthy Schools status, receiving a certificate and logo.
- Choose to be externally validated, given feedback via a report and be presented a certificate or plaque.



The Healthy Schools School Health Check has been established since 2012 since which time there are over 800 schools nationally and internationally now using the tool.

Cost to access the online School Health Check tool is £250 + VAT per school with discounts available for MATs and Local Authorities

“I have found it really useful and informative. The website is easy to use. I like the way I can fill an action plan out as I am going along.’ (Primary teacher, Leeds 2021)

“An intuitive and sensible system... ‘refreshing’ to see something that makes sense for teachers!” (Primary teacher, Bradford 2022)



How does the self-evaluation tool work?

The on-line Healthy Schools programme is:

- a non-portfolio-based award for schools to self-assess for the award without having to provide large amounts of documentation;
- easy and relatively quick to use;
- intuitive and enables schools, and local authorities, to run reports to monitor schools’ progress towards completing the audit and easily identify areas for improvement.

The School Health Check is easy to use and the website includes clear instructions for users in the ‘new to site’ section. The creators of the website all have teaching backgrounds, so they understand the needs of schools and have designed the tool with this in mind. There are helpful FAQs on the website and support can also be given to colleagues via telephone/MS Teams or e mail if needed. There is also an eLearning user guide video available for schools.

How does the self-evaluation tool ensure there is a whole school approach to health and wellbeing?

The criteria in the School Health Check relate not only to the taught curriculum but also to the emotional, physical and learning environment that the school provides. Many schools are already engaged in these activities so achieving recognition need not be onerous.

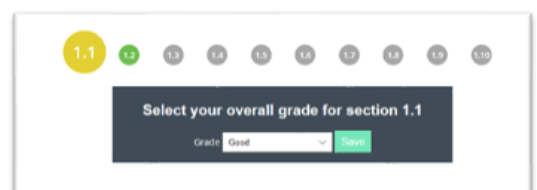
Within each of the four core health themes are 10 strands: **Leadership, Policy, Curriculum, Teaching & Learning, Assessment, Pupil Voice, Support Services, Professional Development, Partnerships and School Ethos**

Schools are encouraged to take a whole school approach in order to:

- develop an ethos and environment that supports learning and promotes the health and wellbeing of all,
- engage, consult and encourage participation of all within the school community,
- create an extremely effective school improvement mechanism which brings about and embeds cultural and behavioural change in schools.

How does a school complete the health check?

- Within each strand there are a number of statements that schools use to assess their practice using Ofsted style grade descriptors ranging from Outstanding to Inadequate.
- For each row of grade descriptors school adopts a ‘best fit’ approach using their judgement to choose the statement that best describes their school.
- To do this simply ‘click’ on the small circle in the bottom right of the chosen box that best suits your school. The box changes colour automatically, and a tick appears. (Schools can go back in and change this at any time).
- If schools do not feel that a criteria row is relevant for their specialist setting, they can use the not applicable (N/A) box.
- At the end of each strand the school is asked to select an overall judgement for that section; each row needs to be graded otherwise they will not be able to grade the strand at the bottom of the page.





When should a school submit for Healthy School status?

We recommend a school only submits for self-validation where the majority of the 40 strands are selected overall to be at least 'good'.

If the school has graded any of the 10 strands within a theme as 'Inadequate', they will be unable to submit that theme and unable to self-validate.

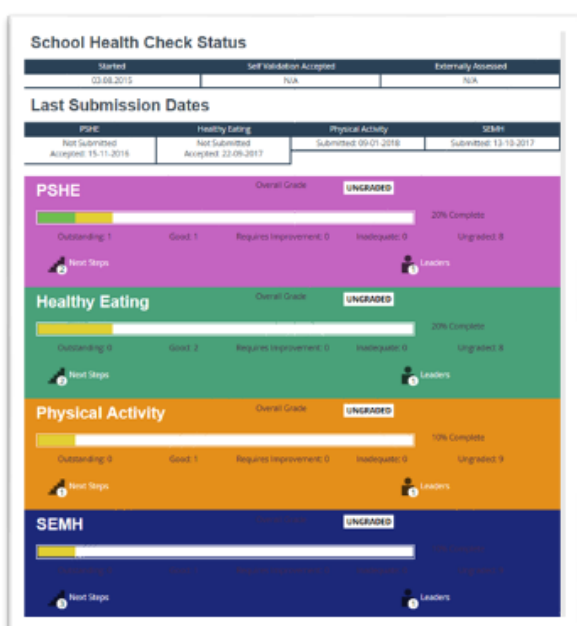
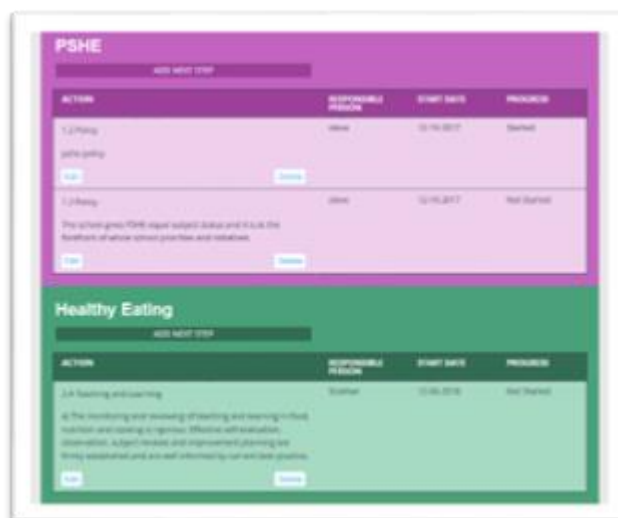
How does the self-evaluation tool enable schools to easily action plan for further development?

Any criteria that are judged to be 'Requiring improvement' or 'Inadequate' will pull through into a separate document which helps schools to identify their 'next steps' for their action plan.

When deciding on a grade for each row, however, the school may decide they want to improve on what they have chosen in the future so these can also be put into the action plan by clicking 'add next step'.

To encourage schools to continue to seek ways to improve and embed good practices, schools must add at least one next step to each theme before submitting their action plan. The action plans state the strand, the action, responsible person, start date and progress.

As schools are prompted to add at least one next step to each theme in their action plan prior to submitting their Health Check to achieve self-validation they are automatically encouraged to review their audit and actions plans on a regular basis.



How does the self-evaluation tool enable school leaders to gain a whole school view of current approaches and provision to support health and wellbeing?

Each time a school logs into the site, they will automatically be taken to the 'overview' page. This shows a simple summary of progress towards completing the audit, when the audit was started, when it was last updated as well as progress made towards each theme.

There is also a 'Summary' page that schools can use to see more detailed progress on each theme and strand.



My Health, My School Survey

A pupil perception and health behaviour survey designed to amplify pupil voice and enable local authorities and school settings to tailor interventions and support appropriately to improve health outcomes for all children and young people.



What is the My Health, My School survey?

A range of age-appropriate primary, secondary and post-16 surveys are available to pupils in years 5, 6, 7, 9 and 11, with a dedicated version for children and young people with special educational needs, a Physical Education (PE) in school survey for years 3 & 4 and a Post-16 survey. Surveys can also be made available for years 8 and 10 on request at a small additional charge.

The survey poses questions on a range of key pupil health behaviour themes including:

- Healthy eating,
- Physical activity and sport,
- PE in school,
- Social, Emotional and Mental Health (SEMH),
- Drugs, alcohol and tobacco,
- My School/College, and
- Sexual health (secondary and post 16 only).

The survey was designed in consultation with children and young people to ensure that it is easy to use, eye catching and includes helpful information and a glossary throughout the survey to ensure that all pupils can complete the survey independently.

Each survey has its own teacher resource pack, lesson plans and safeguarding support.

All survey responses are anonymous with data from the survey accessible immediately online after pupils have completed the survey.

Why complete the My Health, My School survey?

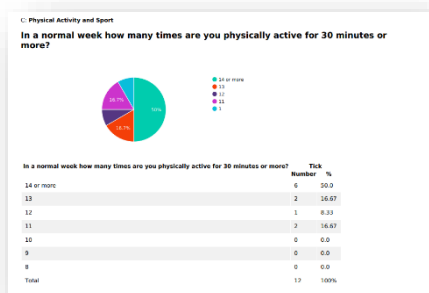
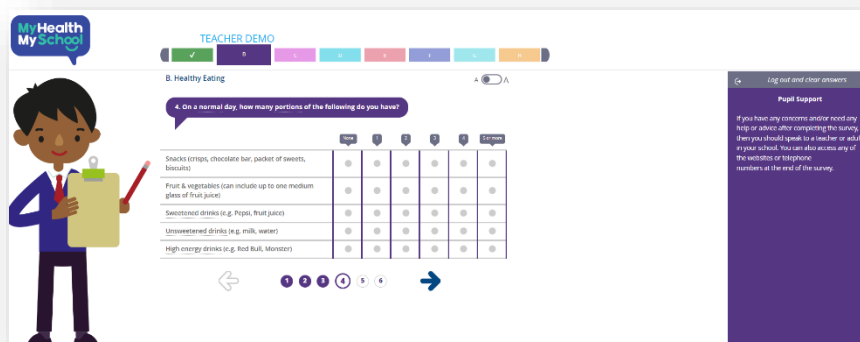
The My Health, My School survey provides schools with a range of anonymous data about pupil's health and wellbeing within their school, allowing you to tailor interventions to support pupils and improve their experiences both in and out of school.

Survey data can be analysed for each year that a school has taken part to identify trends, or you can analyse a year/year group that you are particularly interested in and highlight pertinent issues or concerns, as well as areas you believe your school is doing well in. Data can be filtered by year group or a range of demographics.

Trend data enables you to show the impact of your curriculum and provision ensuring that both are needs-led. **Individual schools' data can be compared to the local authority and for local authorities, this can also be compared to national data sets.**

In the 2021 - 2022 academic year we had 33,958 responses to the survey nationally.

Cost to access the online School Health Check tool is £250 + VAT per school with discounts available for MATs and Local Authorities





Resources available to support health and wellbeing in schools.

Several well-established toolkits and guidance booklets are available for purchase by individual schools for £30 each or a digital license can be purchased by local authorities for bulk distribution to settings in your area. Our highly experienced, qualified nutritionist and school food consultant is also available to deliver bespoke virtual training or speak at conferences to launch any of the healthy eating toolkits.

Free School Meal Toolkit:

A comprehensive guide to Free School Meals including a step-by-step guide to maximising take up. This toolkit is written for schools in Leeds, but a digital template can be adapted by any local authority with support from our Registered Nutritionist.

The toolkit provides 36 practical resources to support your school including:

- posters,
- letter templates,
- staff training,
- pupil and parent consultation forms,
- text message templates,
- lesson plans.

The toolkit also includes essential and up to date information on Universal Credit, Pupil Premium, nursery FSM and milk.



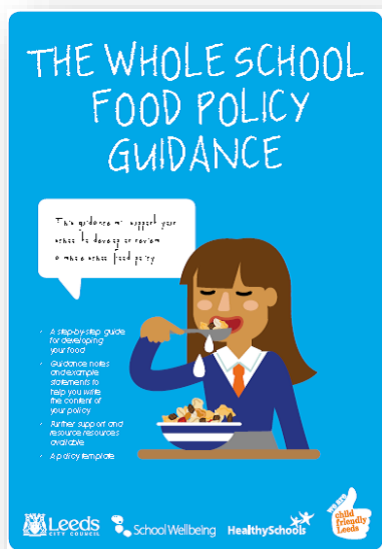
Whole school food policy guidance:

This digital downloadable guidance booklet will support your school to develop or review a whole school food policy to support Ofsted judgements, meet compliances and ensure your school is working towards the outcomes of the Childhood Obesity Plan.

Included in this resource you will find:

- a step-by-step guide for developing your food policy,
- guidance notes and exemplar statements to help you write the content of your policy,
- further support and resources available,
- a policy template.

A food policy sets a framework for all food related activities in school, ensuring that aims and outcomes are consistent with, and supportive of, the overall goal of improving health and wellbeing. It provides a clear current picture of what is currently happening in school across the day in relation to food and drink provision and the curriculum ... not just school meals.





Resources available to support health and wellbeing in schools

The packed lunch guidance and toolkit:

This digital resource contains over 30 practical tools to help you really make a difference to the quality of packed lunches at your school including:

- a policy template and model policy,
- surveys,
- lesson plans,
- assemblies,
- a parents meeting,
- reminder cards,
- menu ideas,
- posters,
- leaflets,
- letter templates,
- a step-by-step guide to implement a successful new policy or guidance and
- much more...



The resource pack also contains four PowerPoints and a professionally photographed three-week low-cost, healthy packed lunch menu.



School Food Ambassadors toolkit and guidance:

The School Food Ambassadors model is all about encouraging pupils to take a proactive role in their school's food provision to help improve quality, increase uptake of school meals and enhance the dining experience and school food beyond lunch times.

This resource pack contains both the digital downloads for the guidance and toolkit booklets have over 30 practical resources including session plans and worksheets for pupils and teachers.

Both resources are presented in a unique, child-friendly design and offer practical information that is aligned to the School Food Plan. The model can also be used as an effective way to demonstrate compliance with the School Food Standards.



Resources available to support health and wellbeing in schools

Mini Sports Leaders award toolkit and guidance:

This pupil leadership course is aimed at pupils in years 5 and 6 and comes complete with digital downloadable teacher toolkit and student workbook.

The award aims to develop children's leadership skills to organise and deliver small-sided games and activities within curricular and extra-curricular time. Children are crucial components of a school's workforce, they are best placed to engage with their peers and enable pupil voice to ensure that children experience fun, physically active periods within the school day.

The award takes approximately 6-8 hours (6-8 lessons) depending on the size of the group and ability of learners. Once trained children can support intra- and inter-school sport competitions, sports day and extra-curricular sports clubs for younger age groups. All you need in addition to the workbooks are pens, pencils, whistles, multi-skills PE equipment and an indoor or outdoor space appropriate for PE!



Mental Health ambassador toolkit and guidance:

This resource was written for use in Leeds but can be adapted easily for use nationally.

The Leeds School MindMate Ambassador Programme is all about encouraging, and empowering, pupils to take a proactive role in improving social, emotional and mental health within their schools – School MindMate Ambassadors will become role models and advocates who champion positive attitudes and behaviours and lead by example helping to improve the social, emotional, mental health and wellbeing of the whole school.

This pupil leadership course comes complete with a digital downloadable teacher toolkit and student workbook. It aims to give pupils some ideas, help and support to run activities to help their school become a healthier, happier place. All of the ideas in the toolkit have been used and tested by young people in their schools.



If you would like to know more about our service and would like to arrange a virtual meeting to look at the services and products that we can offer in more detail, please e mail schoolwellbeing@leeds.gov.uk

We are happy to work with you to try to accommodate your budget and can offer discounted prices based on the number of schools and tools that you want access to.

[To help us provide a bespoke quote please complete the Local Authority enquiry form.](#)