

Healthy Schools London

Healthy Living & Learning for every London child

Liz Prosser

Kirsten Watters

www.healthyschoolslondon.org.uk



HEALTHY SCHOOLS
LONDON

MAYOR OF LONDON



About Healthy Schools London

Healthy Schools London is an Awards Programme that will reach out to every London child, working with schools to improve children and young people's well-being.



Play ▶



Play ▶



Play ▶



[About](#)



[Map of Healthy
Schools London](#)



[Get an Award](#)



[How healthy is
your school?](#)



[Resources](#)



Mayor of London

Click to watch this message of support for Healthy Schools London from



Launch event at City Hall

Thursday 25 April, Healthy Schools London saw the launch at City Hall of



Sign up to our newsletter

Sign up to receive the latest news from Healthy Schools London

Need for Healthy Schools London

- England's National Healthy Schools Programme ended March 2011 against rising tide of childhood obesity, poor child health and widening inequalities.
- 37% ten and eleven year olds overweight/obese.⁶
- 25% London children live in poverty.⁴
- 35% eligible for free school meals.³
- 95% of teachers have experience of pupils arriving at school hungry.⁴



Why Healthy Schools London?

- Mayor's Health Board prioritised childhood obesity and agreed schools were good settings through which to tackle this. Launched HSL April 2013.
- Healthy Schools offers an evidence based approach to health improvement.
- 97% London schools in old national programme and 91% achieved Healthy Schools status.
- 15 / 32 London boroughs kept a local programme.
- Has secured funding until March 2016.



About

Awards are for schools to recognise their achievements in supporting the health and wellbeing of their pupils. There are three levels of award:



Bronze Award

1. Register School on HSL website.
2. Achieve current Local Healthy Schools Status or the minimum requirements of Healthy Schools London Review Tool.
4. Work with Local Healthy Schools Programme.



Bronze Criteria

1. Leadership & management.
2. Policy development.
3. Learning and Teaching, curriculum/resources.
4. School ethos and environment / spiritual, moral social and cultural development.
5. Provision of support services for children and young people.
6. Staff training, health & wellbeing.
7. Partnerships –parents/carers/local community/agencies/volunteers.



Silver Award

1. Have a Bronze Award.
2. Use Healthy Schools London Planning and Reporting Tool (Silver and Gold Awards).
3. Complete needs analysis with data to support planned activities.
4. Identify universal and targeted actions.
5. Develop action plan and success criteria.



Gold Award

1. Have a Silver Award.
2. Use Healthy Schools London Planning and Reporting Tool (Silver and Gold Awards).
3. Report on activities delivered and outcomes achieved under HSL Silver.
4. Provide evidence of sustainability.
5. Share learning and support others.



Silver/Gold Outcomes

UNIVERSAL

- Increased participation in after school sports clubs.
- Increase in pupils who know how to cross the road safely.
- Increase in uptake of salad bar.
- Decrease in the number of pupils reporting bullying.
- Increase in number of pupils who report that they feel better about self and school.



Silver/Gold Outcomes

TARGETED:

- Decrease in the hours of screen time accessed by each child.
- Increase in number of year 1 children brushing their teeth twice daily.
- Increase in parents reporting that they have a better understanding of healthy eating and cooking.
- Increase in staff reporting that they feel more confident in teaching sex and drug education.



Evidence-base

- School based health promotion improves both health and educational attainment.¹
- Healthier children achieve better at school which is linked to better health in adulthood and increased life expectancy.²
- Whole school health promotion:²
 - - increases PA, improves diet, reduces smoking & bullying
 - - improves learning & educational outcomes
- Effective mechanism to reduce health inequalities – healthy schools are more likely to have higher than average free school meals.



How have we engaged schools?

- Designed HSL to help schools meet educational as well as health outcomes
- Consulted, consulted...schools & boroughs
- Set up pan-London support structure
- Developed simple tools/framework & resources
- Provided Mayoral recognition-fairy dust!
- Developed communications/marketing
- Established HSL Strategic Advisory Group (SAG)



Healthy Schools London

Progress

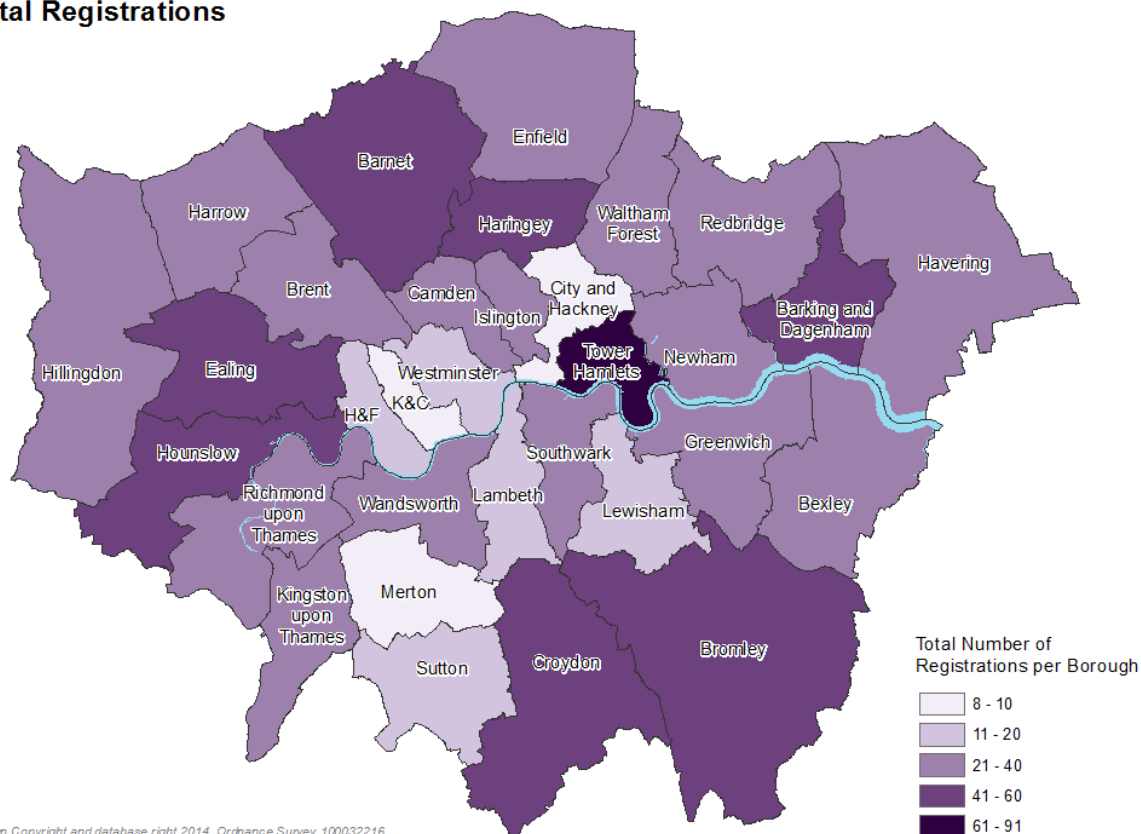
- 45% of London schools are registered with the programme.
- 18% of London Schools are Healthy Schools (have achieved a BRONZE Award).
- 12% of healthy schools have achieved the SILVER Award and 2 schools the GOLD Award.
- 81% of Boroughs have support for school based health improvement.





Registrations Summary September 2014

Total Registrations

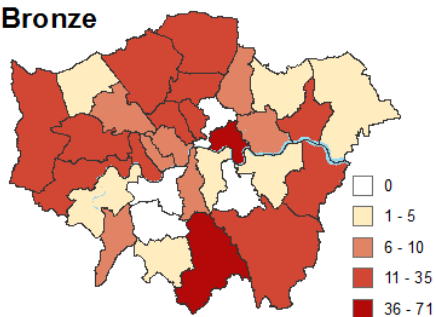


© Crown Copyright and database right 2014. Ordnance Survey 100032216.
Map produced by GLA Intelligence Unit.

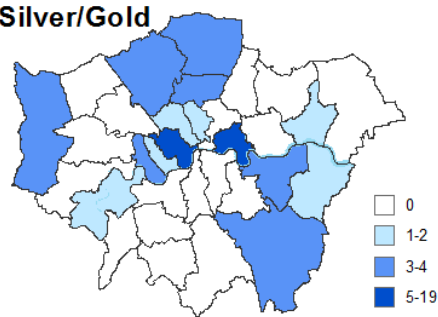
Registrations and Awards by Borough

Borough	Registered	Bronze	Silver	Gold
Barking and Dagenham	41	15	2	0
Barnet	54	20	4	0
Bexley	30	19	1	0
Brent	40	10	0	0
Bromley	57	30	3	0
Camden	26	19	1	0
City and Hackney	8	0	0	0
Croydon	54	44	0	0
Ealing	58	20	0	0
Enfield	39	23	4	0
Greenwich	35	3	1	1
Hammersmith and Fulham	19	11	2	1
Haringey	41	15	3	0
Harrow	33	3	0	0
Havering	34	5	0	0
Hillingdon	35	21	3	0
Hounslow	52	25	0	0
Islington	38	27	1	0
Kensington and Chelsea	10	6	1	0
Kingston upon Thames	32	9	0	0
Lambeth	19	8	0	0
Lewisham	17	0	0	0
Merton	8	0	0	0
Newham	33	6	0	0
Redbridge	22	4	0	0
Richmond upon Thames	23	5	1	0
Southwark	40	1	0	0
Sutton	18	5	0	0
Tower Hamlets	91	71	19	0
Waltham Forest	40	10	0	0
Wandsworth	33	0	0	0
Westminster	17	9	5	0

Bronze

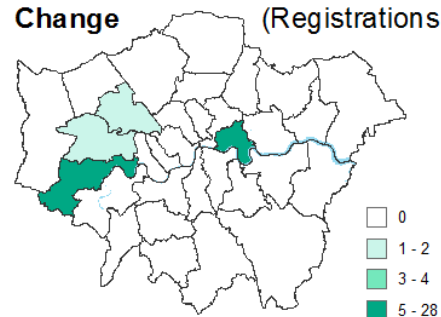


Silver/Gold

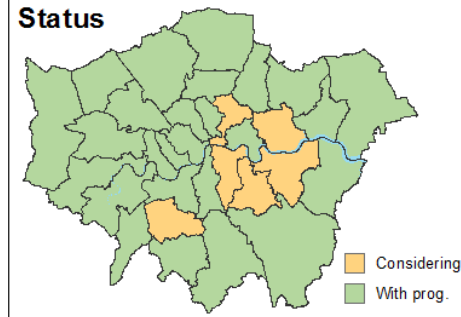


Change

(Registrations)



Status



Impact of Recession on Programme Development

- Investment at borough level in school based health improvement challenging due to budget cuts.
- Engaging schools – competing priorities and significant change to educational policy in England.
- Local evaluation-demonstrating ‘transferable’ impact due to school autonomy & multi-faceted nature of healthy schools.
- Securing programme sustainability-beyond 2016.



HSL Films

Case studies

<http://www.healthyschoolslondon.org.uk/resources/films>



Thank you!

Liz.Prosser@london.gov.uk

0207 983 4970

07775031834

Alison.Stafford@london.gov.uk

0207 983 4787

Kirsten.Watters@london.gov.uk

020 7983 4035



References

1. Bonell C, Humphrey N, Fletcher A, Moore L, Anderson R, Campbell R et al. Why schools should promote students' health and wellbeing BMJ 2014; 348:g3078
2. Bonell C, Jamal F, Harden A, Wells H, Parry W, Fletcher A, et al. Systematic review of the effects of schools and school environment interventions on health: evidence mapping and synthesis. Public Health Res2013;1.
3. Department for Education 2014
4. Greater London Authority Figures 2014
5. Langford R, Bonell CP, Jones HE, Pouliou T, Murphy SM, Waters E, et al. The WHO Health Promoting School framework for improving the health and well-being of students and their academic achievement. Cochrane Database Syst Rev 2014;4:CD008958
6. National Childhood Measurement Programme 2013 www.noo.org.uk/NCMP

