

## SPRING TERM

### Training to support the Healthy Schools London awards

*This training is delivered by Health Education Partnership and supports the Healthy Schools London programmes in Barnet, Barking and Dagenham, Kensington and Chelsea, and Westminster.*

#### Achieving the Healthy Schools London Bronze award

**Date:** Tuesday 23rd February

**Times:** 1:30pm-3:30pm

**Booking:** [https://www.research.net/r/BookingForm\\_HSBronze\\_23Feb21](https://www.research.net/r/BookingForm_HSBronze_23Feb21)

See training outline page 2

#### Achieving the Healthy Schools London Bronze award

**Date:** Wednesday 24th February

**Times:** 3:00pm-5:00pm

**Booking:** [https://www.research.net/r/BookingForm\\_HSBronze\\_24Feb21](https://www.research.net/r/BookingForm_HSBronze_24Feb21)

See training outline page 2

#### Renewing the Healthy Schools London Bronze award

**Date:** Thursday 25th February

**Times:** 1:30pm-3:30pm

**Booking:** [https://www.research.net/r/BookingForm\\_HSBronzeRenewal\\_25Feb21](https://www.research.net/r/BookingForm_HSBronzeRenewal_25Feb21)

See training outline page 3

#### Renewing the Healthy Schools London Bronze award

**Date:** Tuesday 2nd March

**Times:** 3:00pm-5:00pm

**Booking:** [https://www.research.net/r/BookingForm\\_HSLBronzeRenewal\\_02Mar21](https://www.research.net/r/BookingForm_HSLBronzeRenewal_02Mar21)

See training outline page 3

#### Using Zoom to support effective remote engagement with parents/carers

**Date:** Wednesday 10<sup>th</sup> March

**Times:** 3:45pm-5:00pm

**Booking:** [https://www.research.net/r/BookingForm\\_HSHEYZoom\\_10Mar21](https://www.research.net/r/BookingForm_HSHEYZoom_10Mar21)

See training outline page 4

#### A Whole School Approach to Emotional Health and Wellbeing

**Date:** Tuesday 30th March

**Times:** 9:15am-11:45am

**Booking:** [https://www.research.net/r/BookingForm\\_HSLEHWB\\_30Mar21](https://www.research.net/r/BookingForm_HSLEHWB_30Mar21)

See training outline page 5

#### For more information please contact:

Tania Barney, Barnet Healthy Schools Coordinator

Health Education Partnership

Email: [tania.barney@healtheducationpartnership.com](mailto:tania.barney@healtheducationpartnership.com)



## ACHIEVING THE HEALTHY SCHOOLS BRONZE AWARD

*This training is delivered by Health Education Partnership and supports the Healthy Schools London programmes in Barnet, Barking and Dagenham, Kensington and Chelsea, and Westminster.*

**Date/Times:** Tuesday 23<sup>rd</sup> February – 13:30 to 15:30  
Wednesday 24<sup>th</sup> February – 15:00 to 17:00

Please book to attend **one** of the above sessions

**Format:** Online via Zoom

**Audience / For:** Healthy School Leads

To be eligible to attend this training, your school needs to be registered with Healthy Schools London. To register with Healthy Schools London please go to <https://www.london.gov.uk/what-we-do/health/healthy-schools-london/awards/register>

**Cost:** FREE

### Introduction:

All children and young people have the right to be healthy and to achieve at school and in life. Healthy Schools provides opportunities for enhancing emotional and physical aspects of health that will lead to improved health, reduced health inequalities, increased social inclusion and raising achievement. Healthier children do better in learning and in life. By enabling children and young people to make positive changes to their behaviour regarding health and wellbeing, schools help them reach their full potential in terms of achievement and fulfilment. They can also encourage good habits that will benefit children and young people both now and in the future.

The Bronze Award is a review of current provision around PSHE Education, Emotional Wellbeing and Mental Health, Physical Activity and Healthy Eating. It is a whole school approach framework to identify strengths and areas for improvement. The Bronze needs to be renewed every 3 years.

### The training will help you to:

- Review the process for completing your Bronze HSL review tool
- Consider the benefits to schools, including links to national and local priorities
- Share a range of practical ideas to start completing/reviewing sections of your own school's tool
- Find out about the support available from our advisers for you and your schools

### To Apply:

To book a place on one of the sessions, please complete the relevant online booking form.

- 23<sup>rd</sup> February – 13:30 to 15:30 – [https://www.research.net/r/BookingForm\\_HSBronze\\_23Feb21](https://www.research.net/r/BookingForm_HSBronze_23Feb21)
- 24<sup>th</sup> February – 15:00 to 17:00 - [https://www.research.net/r/BookingForm\\_HSBronze\\_24Feb21](https://www.research.net/r/BookingForm_HSBronze_24Feb21)



## RENEWING YOUR HEALTHY SCHOOLS BRONZE AWARD

*This training is delivered by Health Education Partnership and supports the Healthy Schools London programmes in Barnet, Barking and Dagenham, Kensington and Chelsea, and Westminster.*

**Date/Times:** Thursday 25<sup>th</sup> February – 13:30 to 15:30  
Tuesday 2<sup>nd</sup> March – 15:00 to 17:00

Please book to attend **one** of the above sessions

**Format:** Online via Zoom

**Audience / For:** Healthy School Leads

To be eligible to attend this training, your school needs to be registered with Healthy Schools London and you need to have already achieved the Bronze Award. This training is for those schools whose Bronze plans are coming up for renewal, or already need renewing.

**Cost:** FREE

### Introduction:

All children and young people have the right to be healthy and to achieve at school and in life. Healthy Schools provides opportunities for enhancing emotional and physical aspects of health that will lead to improved health, reduced health inequalities, increased social inclusion and raising achievement. Healthier children do better in learning and in life. By enabling children and young people to make positive changes to their behaviour regarding health and wellbeing, schools help them reach their full potential in terms of achievement and fulfilment. They can also encourage good habits that will benefit children and young people both now and in the future.

The Bronze Award is a review of current provision around PSHE Education, Emotional Wellbeing and Mental Health, Physical Activity and Healthy Eating. It is a whole school approach framework to identify strengths and areas for improvement. The Bronze needs to be renewed every 3 years.

### The training will help you to:

- Review the process for renewing your Bronze HSL review tool
- Consider the benefits to schools, including links to national and local priorities
- Share a range of practical ideas to start completing/reviewing sections of your own school's tool
- Find out about the support available from our advisers for you and your schools

### To Apply:

To book a place on one of the sessions, please complete the relevant online booking form.

- 25<sup>th</sup> February – 13:30 to 15:30 – [https://www.research.net/r/BookingForm\\_HSBronzeRenewal\\_25Feb21](https://www.research.net/r/BookingForm_HSBronzeRenewal_25Feb21)
- 2<sup>nd</sup> March – 15:00 to 17:00 - [https://www.research.net/r/BookingForm\\_HSLBronzeRenewal\\_02Mar21](https://www.research.net/r/BookingForm_HSLBronzeRenewal_02Mar21)



## **USING ZOOM TO SUPPORT EFFECTIVE REMOTE ENGAGEMENT WITH PARENTS/CARERS**

*This training is delivered by Health Education Partnership and supports the Healthy Schools London programmes in Barnet, Barking and Dagenham, Kensington and Chelsea, and Westminster.*

**Date:** Wednesday 10<sup>th</sup> March

**Format:** Online via Zoom

**Times:** 3:45pm to 5:00pm

**Audience / For:** Parent Support Advisers or those with responsibility for parental engagement

To be eligible to attend this training, your school needs to be registered with Healthy Schools London. To register with Healthy Schools London please go to <https://www.london.gov.uk/what-we-do/health/healthy-schools-london/awards/register>

**Cost:** FREE

### **Introduction:**

Social Distancing measures as a result of Covid-19 have presented many challenges to schools including how to continue to engage with families. We have all had to utilise online platforms such as Zoom to keep in touch with each other but in some cases there has been little training around how to use these platforms effectively. We know how important face to face contact is for building relationships and supporting mental health in the school and remote engagement cannot replace this, but utilising a platform such as Zoom as an additional engagement method has the potential to reach a wider audience and possibly ease workload for staff. This 75 minute interactive course will take you through the various tools within Zoom using practical examples to help build your confidence.

**NB: You will need to access this course via a computer or tablet with a working camera and microphone.**

### **The training will focus on:**

- Introducing the main functions of Zoom
- Attendees will practice using the various tools
- Practical examples of how the platform can be used with parents

### **Links to Healthy Schools London Bronze award**

- To achieve the Healthy Schools Bronze award schools need to demonstrate that they are providing opportunities for parents and carers to access advice and information on health and wellbeing and be part of policy development as a key stakeholder.

### **To Apply:**

[https://www.research.net/r/BookingForm\\_HSEYZoom\\_10Mar21](https://www.research.net/r/BookingForm_HSEYZoom_10Mar21)



## **A Whole School Approach to Emotional Health and Wellbeing**

*This training is delivered by Health Education Partnership and supports the Healthy Schools London programmes in Barnet, Barking and Dagenham, Kensington and Chelsea, and Westminster.*

**Date:** Tuesday 30<sup>th</sup> March 2021

**Venue:** Online via Zoom

**Times:** 9:15 to 11:45am

**Audience / For:** Primary and Secondary Schools. Suitable for Senior Leadership Team, Pastoral Leads and those interested in improving Emotional Wellbeing and Mental Health across the school

**Facilitated by:** Becky Casey and Tania Barney (Health Education Partnership)

### **Introduction:**

Over the past few decades there has been an increase in children and young people (CYP) experiencing mental health difficulties in both primary and secondary schools. It is estimated that 1 in 10 CYP will be suffering from MH problems (aged between 5 – 16 years). A further 15% have less severe problems that put them at increased risk of developing mental health problems in the future. The impact of lockdown and social distancing measures due to Covid-19 has also highlighted the importance of focusing on protecting and promoting the emotional health and wellbeing of the whole school community.

### **The training will help you to:**

- Explore the concepts of emotional wellbeing and mental health, and have a clearer understanding of what contributes to these
- Introduce key models in relation to a whole school approach to emotional wellbeing and mental health
- Reflect upon how children with emotional/mental health difficulties are identified
- Consider protective factors and building resilience for good mental health
- Be aware of classroom resources for promoting emotional wellbeing and mental health
- Raise awareness of the importance of staff wellbeing
- Review current practice and how this could be improved to enhance wellbeing

### **To Apply:**

To book a place, please complete the relevant online booking form.

[https://www.research.net/r/BookingForm\\_HSLEHWPB\\_30Mar21](https://www.research.net/r/BookingForm_HSLEHWPB_30Mar21)