



**Healthy Schools**

## EVERY CHILD MATTERS

### HOW TO ADDRESS THE FIVE OUTCOMES IN HEREFORDSHIRE SCHOOLS



**This document is intended to be a guidance on the types of activities that may contribute to evidence for the five Every Child Matters outcomes. It is an aide-memoire, is not comprehensive and can be amended in the light of other services provided to schools, and individual school focus and priorities.**

Ofsted clearly states in 'A New Relationship with Schools: Improving Performance through Self-Evaluation' (DfES – 1290-2005 DOC-EN) that, 'when you are summarising your evaluation of the Every Child Matters five outcomes, comment not just on what the school has done to promote the outcomes, but also on the impact that this has had on learners. For example, schools should comment on the difference that the school's action has made to particular groups of learners' behaviour not just in terms of their attendance and attitudes to school but also in relation to their progress'.

The Healthy Schools process can be **one** way of assessing needs, developing and implementing a programme of support and evaluating impact.

Specific mention of Healthy Schools shows how involvement in your local Healthy Schools Programme may contribute significantly to Every Child Matters outcomes for Children and Young People.

In addition to the five objectives for each outcome, there is an additional pointer relating to the involvement of parents, carers and families. Healthy Schools advocate a whole school approach involving all members of the school community in the development, implementation, monitoring and evaluation of PSHE policy and practice. This also includes a significant role for pupil involvement.

Additional research and evaluation on the role and impact of Healthy Schools can be found at

[www.wiredforhealth.gov.uk/evidenceofimpact](http://www.wiredforhealth.gov.uk/evidenceofimpact)

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**EVERY CHILD MATTERS: OUTCOMES – BE HEALTHY**

<b>ECM OUTCOME</b> and the contribution of national healthy school status	<b>SERVICES AND SUPPORT</b>	<b>EXAMPLES OF ACTIVITIES IN SCHOOL</b>
<p><b>Physically healthy</b>            HS status means that schools have achieved national standards in healthy eating and physical activity, including all pupils access 2 hours/week of PE, take advantage of community physical activity provision.</p>	<p>SSCo            Tops Training – Primary            South Wye Healthy Living            Community            Halo            STP and SRTS</p>	<p>Tops training development of PE activities            Alternative sport activities e.g.yoga, aerobics, dance, LIPS            After school sports clubs            Links between primary and secondary schools – peer education            Sports colleges            School journeys</p>
<p><b>Mentally and emotionally healthy</b>            HS status means that schools have achieved national standards in Emotional Health and Well-Being (inc. bullying), e.g. access to peer and adult support, understanding and dealing with feelings, raising self-esteem, skills and awareness to tackle bullying.</p>	<p>CAMHS            BEST/BIP teams            St Michael’s Hospice            Circle time training            CLD            Karrot Project            Healthwise            National Strategy EHand WB            Youth service</p>	<p>Circle time – group discussion focused on pupil emotional priorities            Brain gym – co-ordination/stretching exercise for concentration            Emotional Intelligence            Peer mentoring/education            Anti-bullying activities            KS3 Behaviour/Attendance            SEAL (Social and Emotional Aspects of Learning) – Primary            Achievement Awards/Assemblies</p>
<p><b>Sexually healthy</b>            HS status means that schools have achieved national standards in Sex and Relationship Education, including SRE that is appropriate to their age, ability and level of maturity</p>	<p>Healthy Schools and NHS            Stand up For Us – Tackling Homophobia (DfES)            School nursing/Health Development coordinator            ‘Its different for me’            Teenage Pregnancy Strategy</p>	<p>SRE schemes of work            School Drop-In SH services            Promotion of local services for young people            Activities around positive relationships            4Us clinics</p>
<p><b>Healthy Lifestyles</b>            HS status means that schools have achieved national standards in healthy eating, physical activity and emotional health, as outlined in DfES Healthy Living Blueprint</p>	<p>DfES Healthy Living Blueprint            Food in Schools programme            Healthy Eating guidance and curriculum development – HSP            Wired for Health website</p>	<p>PSHE curriculum development            Healthy lunchtimes/tuck shops            Breakfast Clubs            Five a Day project – support and encouragement to eat fruit and veg            Fruit and Veg scheme KS1</p>
<p><b>Choose not to take illegal drugs</b>            HS status means that schools have achieved national standards in drug education, including alcohol and tobacco, and there is a smoking policy</p>	<p>Drug Education Officer and resources for all Key stages            Healthy Schools (HSP)            MerciaNet            W Mercia police</p>	<p>Policy and curriculum development            Anti-Smoking Programmes – KS3/4            Special me            Needs assessment            Theatre in Education</p>

	Smoking cessation Crucial Crew	
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**EVERY CHILD MATTERS: OUTCOMES – BE SAFE**

<b>ECM OUTCOME</b> and the contribution of national healthy school status	<b>SERVICES AND SUPPORT</b>	<b>EXAMPLES OF ACTIVITIES IN SCHOOL</b>
<p><b>Safe from maltreatment, neglect, violence and sexual exploitation</b>            HS status means that schools have achieved national standards in PSHE – including the teaching of personal/social skills, awareness and assertiveness</p>	<p>BEST /BIP            ACPC            Kidscape            Protective Behaviours            ‘Building Safe Relationships’</p>	<p>SRE scheme of work            Domestic Violence Programme            Internet safety activities and training</p>
<p><b>Safe from accidental injury and death</b>            HS status means that schools have achieved national standards in PSHE – including road, fire, electrical, firework safety and drug education – pupils can assess risk and access help where necessary</p>	<p>School nursing            County Hospital            Police            Emergency services/Crucial Crew            PCT            Staywise.co.uk</p>	<p>Links with primary care professionals            Safer routes to school – walking bus</p>
<p><b>Safe from bullying and discrimination</b>            HS status means that schools have achieved national standards in PSHE – including the teaching of fairness and equity – and have a bullying policy</p>	<p>BEST/BIP            Traveller team            Healthy Schools            CAMHS            DfES Don’t Suffer in Silence            Racial equality officer            Persona dolls</p>	<p>KS3 Behaviour and Attendance            SEAL – Primary Strategy            Anti-racism e.g. Black History Month            Anti – homophobic/ bullying activities.            Promotion of positive attitudes to minority groups. ‘Heartstone’            Peer playground support systems            ‘Throwing stones’ ‘Heartstone’</p>
<p><b>Safe from crime and anti-social behaviour in and out of school</b>            HS status means that schools have an ethos and culture that is supportive to personal and social development – advocating inclusion</p>	<p>Karrot Project            Police liaison officers</p>	<p>Active Citizenship Activities            Links with Trading Standards            Youth/School/Class council            Ethics/humanism – linking into RE syllabus            Emotional/social intelligence</p>
<p><b>Have security, stability and are cared for</b></p>	<p>ACPC</p>	<p>PSHE curriculum development</p>

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<b>ECM OUTCOME</b> and the contribution of national healthy school status	<b>SERVICES AND SUPPORT</b>	<b>EXAMPLES OF ACTIVITIES IN SCHOOL</b>
<b>Ready for school</b> –new HS targets include nursery education by 2009	Sure Start	Parents pre school clubs Family learning
<b>Attend and enjoy school</b> – research shows that pupils attending healthy schools are less likely to fear bullying, and show more enthusiasm for school according to Ofsted.	Courtyard theatre Theatre in Education Extended schools	Development of music, arts – e.g. Artsmark School visits Personal achievement records Drama sessions
<b>Achieve stretching national educational standards at primary school</b> 2005 and HS National database research shows that primary schools with HS status are improving at a faster rate than schools not involved in the local programme (Guardian 9.3.05)	Children’s Services Directorate Healthy Schools QCA ContinYou	Behaviour and attendance targets, and their achievement Involvement of parents – curriculum evenings, family learning, PTA meetings Involvement of pupils in the development and implementation of curriculum Range of teaching and learning styles Pupil involvement in target setting Developing links with secondary phase
<b>Achieve personal and social development and enjoy recreation</b> HS status means that schools have achieved national standards in PSHE and physical activity.	Healthy Schools ContinYou	PSHE curriculum Citizenship Curriculum Individual Behaviour Plans – for all pupils, not just EBD Celebrating achievement Culturally sensitive school based activities Peer support systems Improving the school playground and activities Non sports based activities – e.g. chess, drama, debating
<b>Achieve stretching national educational standards at secondary schools</b> Awaiting new research using 2004 data. Secondary HS are significantly more inclusive	LEA SID Healthy Schools QCA ContinYou	Behaviour and attendance targets Involvement of parents – curriculum evenings PTA meetings Involvement of pupils in the development and implementation of curriculum Range in teaching and learning styles Pupil involvement in target setting and curriculum development Developing links with primary phase

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**EVERY CHILD MATTERS: OUTCOMES – MAKE A POSITIVE CONTRIBUTION**

<b>ECM OUTCOME</b> and the contribution of national healthy school status	<b>SERVICES AND SUPPORT</b>	<b>EXAMPLES OF ACTIVITIES IN SCHOOL</b>
<p><b>Engage in decision making and support the community and environment</b>            HS status means that schools involve pupils in decision-making, and promotes participation AND that their opinions are acted upon.</p>	<p>School council UK            Learning through Landscapes            Growing Schools            Community gardener            Healthy Schools</p>	<p>Whole school approach – Healthy Schools task group            School and class council            Pupil involvement in implementation, delivery and evaluation of teaching/learning            Plots to Pots</p>
<p><b>Engage in law-abiding and positive behaviour in and out of school</b></p>	<p>BEST/BIP            ASSP            Healthy Schools            Police            EWO/YOT</p>	<p>KS3 Behaviour and Attendance Strategy            SEAL – Primary Strategy            Citizenship programme – active citizenship</p>
<p><b>Develop positive relationships and choose not to bully or discriminate</b>            HS status means that schools have achieved national standards in Emotional Health and Well-Being including measures to prevent and deal with bullying</p>	<p>DfES Don't Suffer in Silence            SEAL            KS3 B/A            DfES Stand up for us</p>	<p>Peer mentoring            Circle time            Peer counselling            Buddying            Appropriate and relevant reading material in the Curriculum            PSHE schemes of work with identified learning outcomes</p>
<p><b>Develop self-confidence and successfully deal with significant life changes and challenges</b>            HS status means that schools have a comprehensive PSHE programme, including appropriate SRE and bereavement</p>	<p>Healthy Schools            Aim higher</p>	<p>PSHE policy and curriculum            KS2/3 transfer activities            Loss, bereavement and separation activities            Personal achievement files/awards            Pupil support/pastoral policy</p>
<p><b>Develop enterprising behaviour</b>            HS status means involvement in the wider community</p>	<p>Various charities</p>	<p>Fund raising            Charity activities            Citizenship programme</p>

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**EVERY CHILD MATTERS: OUTCOMES – ACHIEVE ECONOMIC WELL-BEING**

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<b>Engage in further education, employment or training on leaving school</b>	Connexions Colleges Extended Schools Adult Learning	Work placements
<b>Ready for employment</b>	Connexions Youth service Adult Learning	
<b>Live in decent homes and sustainable communities</b>	ACPC Healthy Living community Healthy Schools	
<b>Access to transport and material goods</b>		
<b>Live in households free from low income</b>		

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