

Gaining and Maintaining Healthy School Status in Cornwall and the Isles of Scilly from September 2011

Introduction

The changes to the programme at national level in March 2011 have given local programmes greater freedom to support schools. Here in Cornwall and the Isles of Scilly we have taken the opportunity to create a new way of working **for, and with,** schools to support the health and wellbeing of children and young people.

Reducing Bureaucracy, Maintaining Rigour

We developed our process with the Government's aim of minimising bureaucracy for schools in mind. Alongside this we are clear that being a Healthy School or holding HS Plus Status in Cornwall and the IOS will be a powerful indicator that the school is wholly committed to pupil wellbeing and can show how it has gone about it and what impact it has had. So whilst we are reducing the bureaucratic burden and minimising the paper trail we will be challenging schools to show strong and sustained commitment and asking for the views of the wider school community to ensure they recognise and benefit from such a commitment.

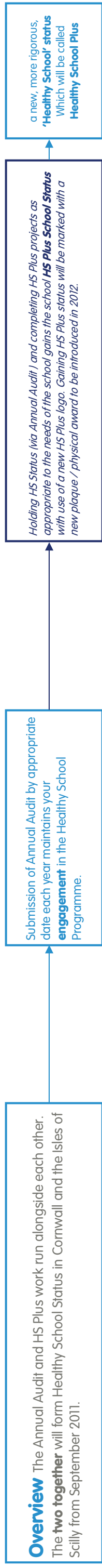
Overview

Our process is in 2 parts. The **Annual Audit** and **Healthy Schools Plus** will run alongside each other and the two together will form a new, more rigorous, **'Healthy School' status** in Cornwall and the Isles of Scilly from September 2011.

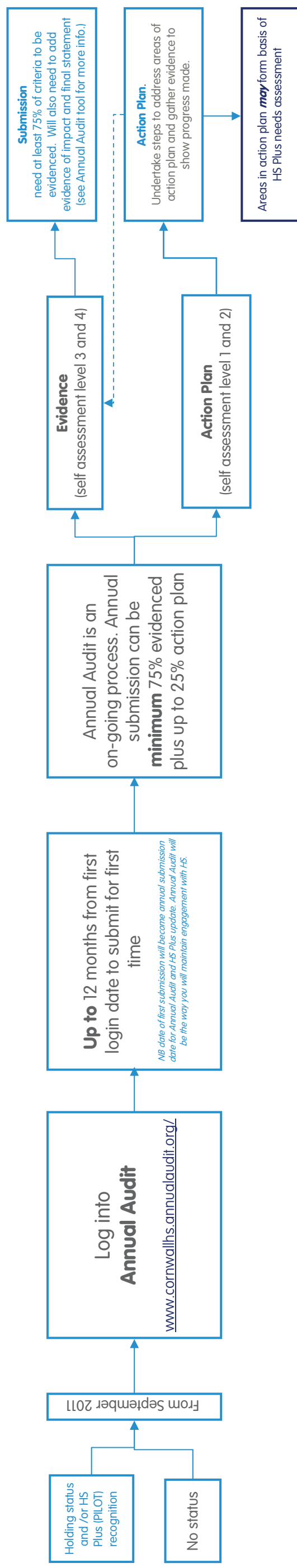
Involvement in Healthy Schools is entirely voluntary. Submission of the **Annual Audit** by the appropriate date each year (see below) maintains your **engagement** in HS.

Being engaged in Healthy Schools (via Annual Audit) and completing **HS Plus** projects *as appropriate to the needs of the school* gains the school **'Healthy School Plus' status** with use of a new HS Plus logo. Gaining HS Plus status will be marked with a new plaque / physical award to be introduced in 2012.

Process of Gaining and Maintaining your Healthy School Status in Cornwall and the Isles of Scilly from September 2011



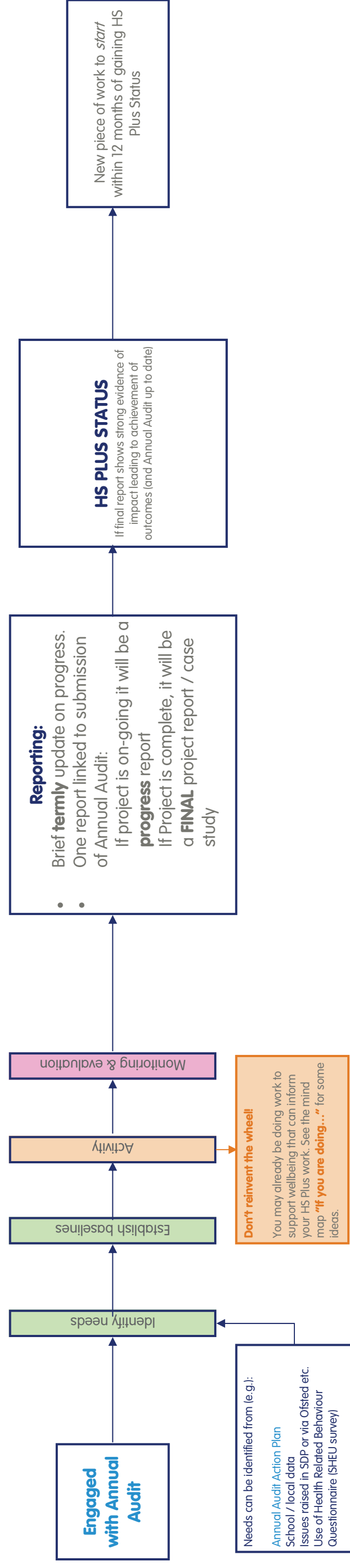
1. Annual Audit



2. HS Plus

A focused piece of work targeting a specific need of pupils or others in the school community leading to measurable healthier behaviour change outcomes

PLAN — DO — REVIEW



1. Annual Audit¹

A 4-point scale self-evaluation tool assessing **core** practice across 5 interlinking areas:

- School Ethos and Environment
- Enhancing wellbeing through personal, social, health, education (PSHE)
- Supporting children and young people to eat well
- Supporting children and young people to get active
- Enhancing the emotional wellbeing of the whole school community

The audit will identify:

- How are we doing? (assessment scale 1-4)
- How do we know? (evidence)
- What are we going to do next? (action plan)

If schools wish to maintain HS status the **Annual Audit** needs to be completed in **full**, including evidence of impact, and shared with the HS team. (see online Annual Audit for more information –www.cornwallhealthyschools.org/annual-audit-and-other-tools/).

2. Healthy Schools Plus

'Extending and Strengthening Healthy Schools'

A school-led focused piece of work to address specific health and well-being needs and achieving healthier behaviour change outcomes. Using the '**Plan, Do, Review**' model.

Needs could be identified through

- awareness / analysis of local health data and key child health issues in the community
- school knowledge /awareness of school community and needs
- need identified via School Development Plan or Raise Online or Ofsted
- use of Health Related Behaviour Questionnaire (SHEU survey) in school
- use of other tools such as the PASS survey.

¹ To ensure that momentum and best practice is not lost, as we often saw with the 3 year revalidation cycle. We think an annual audit will make it easier for coordinators and working parties to keep up to date and track where the focus shifts or something is at risk of lapsing. It will enable you to keep better track of changes (including personnel) and developments. Once complete for the first time it will be easy to keep the audit up to date and refreshed.

Work could be linked to a specific intervention offered by Healthy Schools or one of our partners e.g.:

- Developing SRE in school by implementing the Christopher Winter Project resource / training
- Developing Drugs and Alcohol Education in school by implementing the Christopher Winter Project resource / training
- Introducing RTime (primary) / Negotiate (secondary)
- Using our ReSET (Resilience and Self-Esteem Toolkit) EHWB resource (primary /secondary)
- Running a FIT (Families in it Together) Healthy Lifestyles Programme in school
- Sun Safety project looking at shade / school policy and education
- Emergency Life Saving Skills training using the British Heart Foundation Heartstart programme.
- Gardening and growing projects
- Outdoor learning development
- Improving playtimes and lunchtimes
- Working with parents and carers

Or, it could be something specific developed by the school, perhaps arising from the Action Plan identified by the **Annual Audit**. Or perhaps some work linked to wellbeing you've already planned or are doing already (see diagram "If you are doing...")

See our website for case studies from the HS Plus pilot for ideas of what other schools have done.

It is important that HS Plus work is centred in the life of the school and a part of what the school would be doing anyway. There will be pieces of work that come from a different starting point from HS. If you are doing them anyway and improving wellbeing – why not use them as the basis for your HS / HS Plus work? (see the spider diagram for ideas / examples).

See our website for more information / advice and paperwork relating to planning your HS Plus project. www.cornwallhealthyschools.org/about-healthy-schools/next-hsplus/hs-plus-post-pilot-home/hsp-downloads-new/

HS and the School Development Plan

We envisage gaining and then maintaining your HS status as an on-going process that will form part of the School Development Plan. The **Annual Audit** could be reviewed annually with any substantial elements of the action plan forming the basis of the priorities written into the SDP.

Timescales

From September 2011 schools will be invited to log into the on-line Annual Audit tool.

Schools may then submit the completed Annual Audit at any time within 12 months of that initial log-in date.

The date of the first submission will set the annual review date for subsequent years, for both the Annual Audit and the HS Plus update.

The Annual Audit is an on-going process therefore submission can be on the basis of 75% of the audit being evidenced with up to 25% forming an action plan.

Once a school is engaged with the Annual Audit they can undertake HS Plus. A brief termly report is required on progress.

When submitting the Annual Audit a more detailed HS Plus report will be required. If project is on-going it will be a **progress** report. If the project is complete, it will be a **FINAL** project report / case study.

Only if the FINAL report shows strong evidence of impact (and the Annual Audit is up to date) can **Healthy School Plus status** be awarded. A new piece of HS Plus work should then begin within 12 months of gaining status.

This document along with more information about the **Annual Audit** and **Healthy Schools Plus** is also available on our website at <http://www.cornwallhealthyschools.org/about-healthy-schools/gaining-maintaining-healthy-school-status/>

Contact us if you would like any more information about Healthy Schools in Cornwall.

Kate Pordage
Coordinator

