



# **A Guide to Attaining Your Healthy School Award**

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Cornwall Healthy Schools Team

[www.cornwallhealthyschools.org](http://www.cornwallhealthyschools.org)



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# Introduction

## Purpose of award:

Schools play an important role in supporting the health and wellbeing of children and young people.

The Cornwall Healthy Schools Award Framework aims to support schools across Cornwall and the Isles of Scilly to raise attainment and achievement by offering school settings an accessible and holistic health and wellbeing award framework to work toward. The award framework has a purpose of supporting schools to improve the health and wellbeing for pupils, staff, parents, carers and the wider school community.

This document provides helpful information about the award framework structure and its core themes, acting as a useful tool for schools who wish to attain their Healthy School Status.

# Award Framework Key Themes

The Healthy School Award Framework focusses on 4 key themes. These themes are widely documented as being inseparable and interconnected when addressing an individual's health. Schools are encouraged to embrace all 4 key themes and adopt a holistic approach to promoting health and well-being.

As a result, the Cornwall Healthy Schools team ask to see that schools are working toward the following **overarching objectives** for each of the core themes:

## Physical Activity:

- To facilitate 30 minutes of physical activity a day, encourage the development of active lifestyles, and educate students about the importance of physical activity and its benefits to general wellbeing, including mental health.

## Nutrition:

- To facilitate a healthy diet, encourage the development of positive eating behaviours, and educate students about the importance of nutrition for benefits to physical and mental health.

## Emotional Health and Wellbeing:

- To facilitate a whole school culture as a mentally healthy school via the teaching about mental health and emotional wellbeing, in order to keep pupils safe, promote an understanding of pupils' own emotions as well as those of other people, and the development of healthy coping strategies.

## Personal, Social and Health Education:

- To facilitate a whole school approach in the delivery of PSHE within the current guidance.

## Core Theme Sub-Objectives:

The core theme sub objectives can be identified within the **Review Submission Form**.

The sub objectives identify how schools can be working toward the overarching objective by implementing a whole school approach.

### The Whole School Approach:

- aims to develop an ethos and environment that supports learning and promotes the health and wellbeing of all in the school community
- consults and encourages participation of all within the school community
- is an extremely effective, evidence-based school improvement mechanism that brings about and embeds cultural change in schools



- **Learner Participation**

Learner participation (LP) is about children and young people having their voice heard when decisions are being made that affect their lives and being actively involved in the

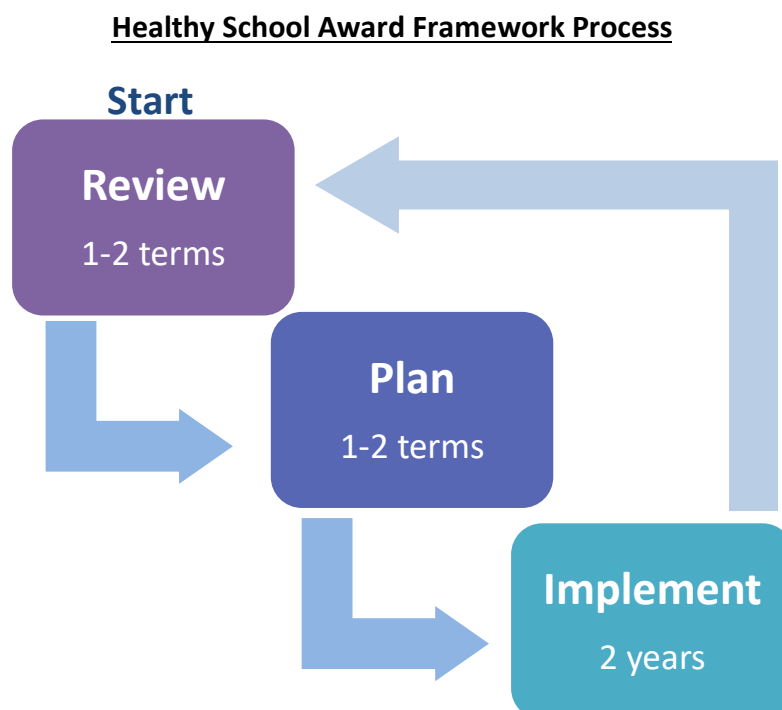
decision-making processes. This principle is highlighted as a sub objective for each core theme in the award framework. You will need to provide information of how it is reflected in the culture and ethos of the whole school community and the systems that govern your health and wellbeing provision.

## Award Framework Structure

### Review, Plan, Implement

The Cornwall Healthy Schools Award Framework works as a continuous process which involves 'reviewing', 'planning' and 'implementing' health and wellbeing provision across the school setting.

Schools will start at the reviewing stage, progress to the planning stage and then on to the implementing stage. This process, alongside a suggested time scale of how long it takes to complete each stage is demonstrated in the diagram below.



## Review

This is the starting point of working toward the award framework. You need to review your current health and wellbeing provision before progressing to the planning and doing stages of the award process. This is so you are able to identify what aspects of your provision are going well and also what aspects you would like to develop.

To review your schools health and wellbeing provision you will need to complete the **Review Submission Form**. You *may* also wish to complete the **Where We Are Now Document** prior to starting your Review Submission Form.

### Where We Are Now Document

The Where We Are Now Document is not compulsory but it provides an easy starting point for the school staff completing the award framework. It simply asks you to make note of the provisions that you already have in place across your setting in all of the core themes (physical activity, nutrition, emotional health and wellbeing & PSHE). The aim of this document is to help give you a well-rounded representation of your health and wellbeing provision as it stands and help you to start identifying how it meets the sub objectives set out in the Review Submission Form.

### Review Submission Form

The Review Submission Form is designed to highlight the overarching objectives for each core theme (physical activity, nutrition, emotional health and wellbeing & PSHE) and includes the sub objectives that identify how schools can be working toward the overarching objective by implementing a whole school approach.

The Review Submission Form asks for you to **evidence** how your school **achieves** each sub objective and the **impact** that this has within your setting. Once these steps have been taken it then asks you to highlight **areas of development**.

You need to be concise by providing a brief and comprehensive summary of each action, impact and evidence that you highlight. This is so that the Healthy Schools Team has a full understanding of the provisions that are taking place across your setting.

- **Action Achieved:**

This section of the form is asking you to acknowledge the steps you have already taken to achieve the sub objective at hand.

- **Impact:**

This section of the form is asking you to highlight the impact that each action for every sub-objective has had in your school setting.

- **Evidence:**

This section of the form is asking you to identify how you have evidenced the actions that you have achieved and the impact they have had This may require you to identify other documents, meeting minutes, school development plans etc. that you have completed as a result of the actions you have under taken.

- **Areas of Development:**

This section is at the very end of the form and is asking you to highlight what areas of your health and wellbeing provision could be developed. These areas should be identified as a result of completing the previous sections of the form.



## Plan

This part of the award framework process is asking you to identify and put in place a concise yet comprehensive 2 year health and wellbeing provision action plan. The areas that you have identified to develop in the reviewing stage will create and inform the content of this action plan.

To complete your health and wellbeing provision action plan you will need to complete the **Action Plan Submission Form**.

### **Action Plan Submission Form**

This plan will highlight and summarise the actions you are going to take over the course of the next 2 year period to develop your health and wellbeing provision. You may need to adapt this plan over the course of the 2 year period.

- **Action and Goals**

This part of the plan is asking you to identify a goal and the action you will take to achieve this.

- **Desired Outcome**

This part of the form is asking you to identify what your desired outcome will be for each action.

- **Responsibility**

This part of the form is asking you whose responsibility it is to complete the required action.

- **Status**

This part of the form is asking to identify the current status of the action. This may need to be updated regularly.

On satisfactory completion of this stage you will be awarded your Healthy Schools Award.

## Implement

This part of the award framework will take place over the two year period and will see your school working toward your health and wellbeing provision action plan. You may need to regularly check and update your action plan over the two year period.

The Cornwall Healthy Schools Team will be available to support and guide you through this two year period.

Prepared by:

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