

National Healthy Schools Programme



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department for
education and skills
creating opportunity, releasing potential, achieving excellence





National Healthy Schools Programme

PSHE CPD teacher programme

Aspirational: to have a PSHE certificated teacher in every secondary school by April 2006

local teenage pregnancy implementation grant & centralised funding

National Healthy School Standard (NHSS)

To ensure that all schools with 20%+ FSME approximately 7500, achieve National Healthy School Standard healthy school status (level three) by March 2006, whilst retaining the universality of the programme

Standards Fund 27 + some additional 'top up'

PSHE CPD community nurse programme

Every NHSS target secondary school (20%+FSME) and their local communities to have access to the knowledge and skills of a PSHE certificated community nurse by April 2006

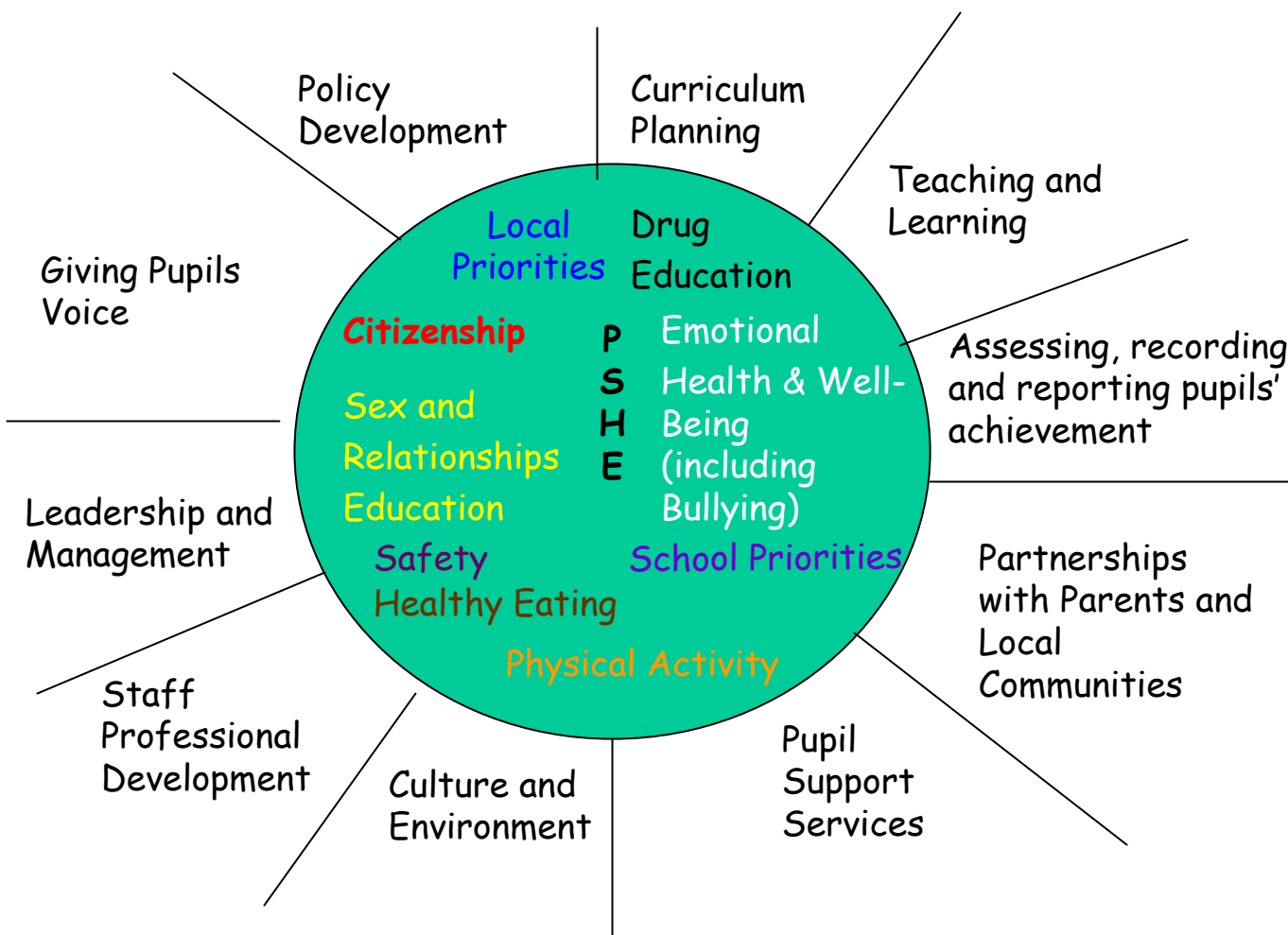
centralised funding





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Schematic representation of the Whole School Approach in relation to the Theme guidance





Healthy Schools

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Healthy schools- working with other national programmes



Department of Health
Sexual health & substance
misuse team

Child and Adolescent
Mental Health Team

Food in Schools

Physical activity

Department of Education
and Skills

Teenage pregnancy unit

Curriculum division

Key stage 3 strategy,
behaviour and
attendance strand

SEAL and SEBS

Home office

Drug strategy division

Department for Culture,
Media and Sports

School Sports Co-ordinators

QCA, Ofsted, Health Care
Commission



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Strategic context for the future

Every Child Matters and Children Act 2004 - five outcomes for children, and subsequent changes to Children's Services, Ofsted school inspections, Joint Area Reviews and Annual Performance Assessments supported through self evaluation from September 2005

DfES Five Year Strategy - every school to be a healthy school

National Service Framework - healthy school programme (NHSP + the two CPD PSHE programmes) referenced, all schools to be healthy schools

Healthy Living Blueprint - healthy schools central to the government's vision www.teachernet.gov.uk/healthyliving

Food in Schools - Regional training currently taking place

Public Health White Paper - The Government has a vision that half of all schools will be healthy schools by 2006, with the rest working towards healthy school status by 2009.





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Children and Young People - Starting on the right path (Public Health White Paper Ch 3)

- A supportive environment, including policies on smoking and **healthy and nutritious food**, with time and facilities for physical activity and sport both within and beyond the curriculum; and
 - Comprehensive PSHE. This includes education on relationships, sex, drugs and alcohol as well as other issues that can affect young people's lives, such as emotional difficulties and bereavement.
- The Healthy School Programme will therefore focus particularly on key health priorities and will contribute directly to the delivery of national targets including those on childhood obesity and teenage pregnancy. This new vision of healthy schools is supported by the *Healthy Living Blueprint*.



Healthy schools-what is a healthy school?



❖ Current requirements

Evidence of

- How work contributes to inequalities and inclusion
- Professional development
- SRE and drug education planning, policy and curriculum provision
- Pupil engagement in development work
- Involvement of the school community
- Supportive school ethos

❖ New requirements

As before plus

- Planning, policy and curriculum in PSHE, healthy eating, physical activity, emotional health and well being
- Smoking policy
- Anti bullying policy



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The Five Objectives of the Healthy Living Blueprint

- To promote a school ethos and environment which encourages a healthy lifestyle
- To use the full capacity and flexibility of the Curriculum to achieve a healthy lifestyle
- **To ensure the food and drink available across the school day reinforces the healthy lifestyle message**
- To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle
- To promote an understanding of the full range of issues and behaviours which impact upon lifelong health

www.teachernet.gov.uk/healthyliving



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Food in Schools

- The DH/DfES *Food in Schools* programme is assisting schools across England to implement a whole school approach to healthy eating and drinking.
- A comprehensive support package has been developed to encourage healthier:
 - Cooking Clubs, vending machines, breakfast clubs, tuck shops, lunch boxes, water provision, growing clubs and dining room environment
- The package will be fully integrated into the *Healthy School/Programme* and supports the *Healthy Living Blueprint*.





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SCHOOL MEALS - RAISING THE STANDARD Education and Skills Secretary Ruth Kelly 10 February 2005



- Parents will be in the front line of a new drive to improve the quality of school dinners, with an independent school food trust and tougher standards on processed food introduced for the new school year, Education and Skills Secretary Ruth Kelly said today
- Mrs Kelly called on the food industry, caterers, nutritionists, and food interest groups to work with Government to develop a new school food trust, which would give independent support and advice to schools and parents to improve the standard of school meals.



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SCHOOL MEALS - RAISING THE STANDARD Education and Skills Secretary Ruth Kelly 10 February 2005

- in April, a new vocational qualification for school caterers to help them promote healthy food, and deliver high status school cooks who are as integral to the whole-school team as teachers and classroom assistants;
- by July, more help for schools and local education authorities in drawing up catering contracts to source healthy school meals' services, and healthy food in vending machines, tuck shops, or breakfast clubs;
- from September 2005, healthy eating to be part of the Ofsted school inspection process;
- from September 2006, tougher minimum standards for school meals, in which the use of nutrient-based standards will be strongly considered.





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Contacts

Local programme co-ordinator
details can be found at:

www.lhsp.org

