

Healthy Schools London

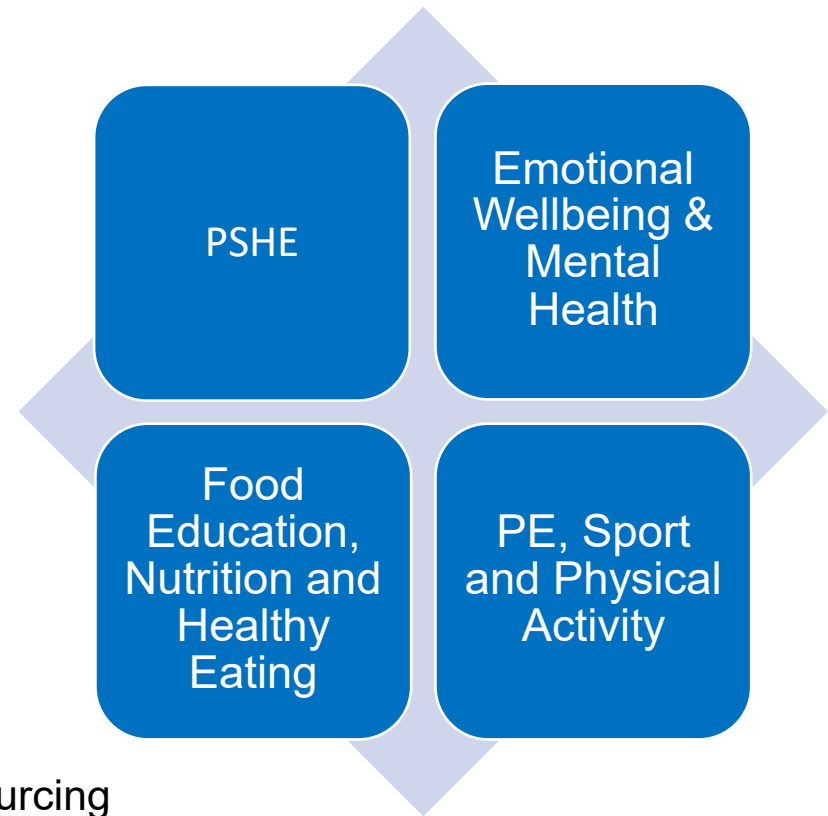
Julia Heggie, Public Health Team and Borough Lead for HSL



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Overview



Whole school approach

- Leadership and Management
- Policies and documentation
- Learning and teaching, curriculum planning and resourcing
- School ethos, culture, environment, personal development & wellbeing
- Provision of support services for children and young people
- Staff training and continuing professional development (CPD), health and well-being
- Engaging with parents/carers, the local community and external agencies



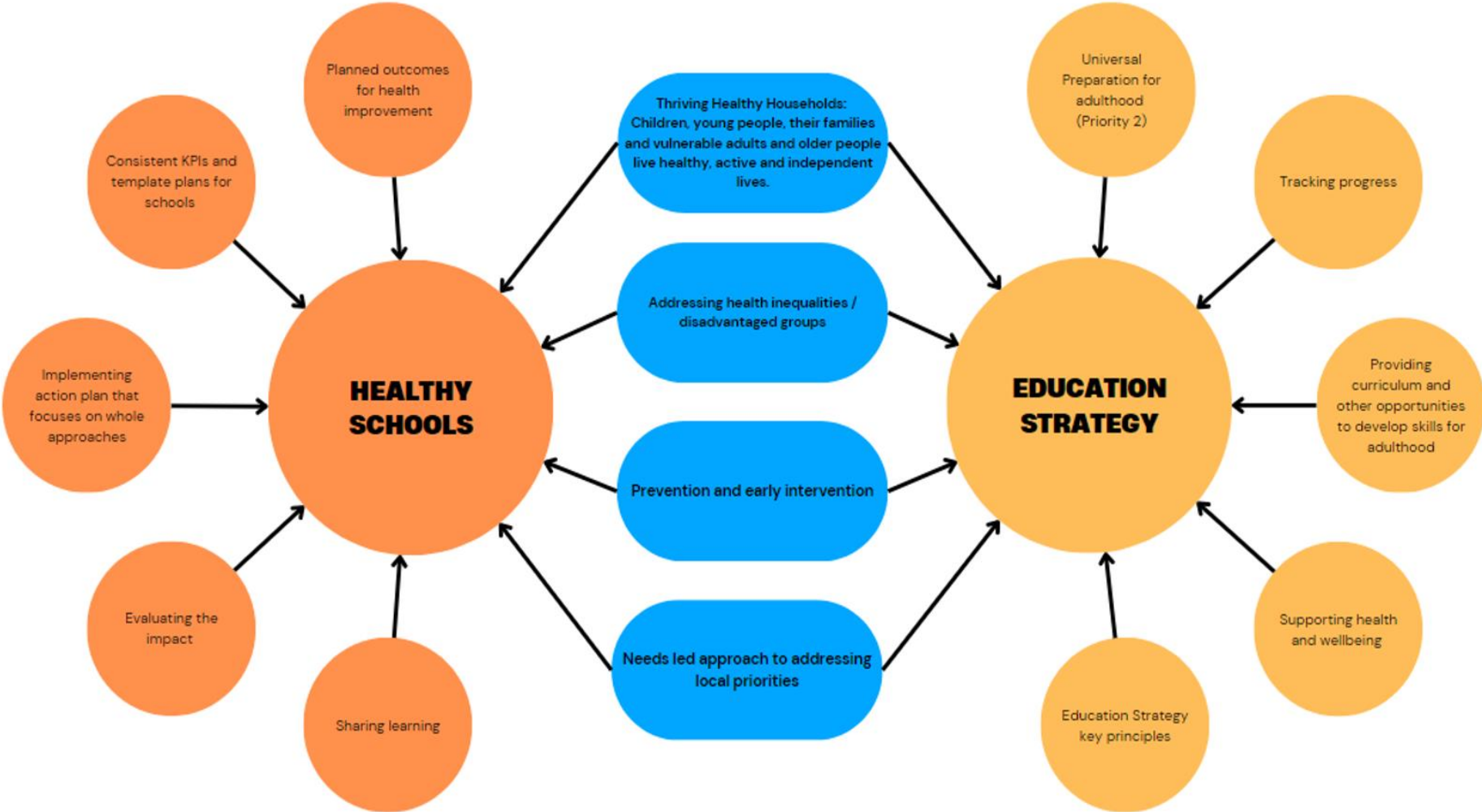
The awards

Bronze Award	Silver Award	Gold Award
		
Acknowledges and celebrates that the school has a high-quality embedded approach to health and wellbeing and for all children and young people.	Evidences that the school has identified a health and wellbeing priority and devised a new approach, project, practice or intervention to target the priority.	Recognises that the school has evaluated the impact and sustained the outcomes of this new approach, project, practice or intervention.



Alignment with LBH Education Strategy

[Education Strategy 2025-30 - Leap](#)



Bronze award

Valid for 3 years

MAYOR OF LONDON

The Mayor of London's Award Programme

Healthy Schools London

Bronze Award tool



[Healthy Schools London | London City Hall](https://www.hillingdon.gov.uk/healthy-schools-london)

MAYOR OF LONDON

4.5 Any food provided by the school across the school day meet the [DfE Standards for school food \(2015\)](#).

- This includes:
- free fruit as snacks
- breakfast club provision
- linking rewards to healthy food choices
- school events and trips

☐ [Checklist](#) for food other than lunch completed and sent to your Borough Lead.

4.6 Add link to your current menu/s here or send to your Borough Lead

4.7 The schools has packed lunch guidance (including for school trips) promoting healthy eating and oral health that is consistent [with DfE school food standards](#) for school meals and is shared with pupils and parents/carers.

Add link to your guidance here or send to your Borough Lead

4.8 The school encourages pupils to drink water throughout the day and ensures that free, clean palatable drinking water is always available

6.2 Relevant staff have up to date knowledge and skills, and appropriate professional development is provided, in the following areas:

Safeguarding	☐
PSHE	☐
RSE	☐
Drug, alcohol, tobacco and vaping education	☐
Healthy eating, including cooking and nutrition skills	☐
Food safety and hygiene standards.	☐
PE and physical activity	☐
Mental health and emotional wellbeing	☐
Mental Health First Aid training	☐
Equality and diversity	☐
Online safety	☐
First aid	☐



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Biggest changes

Healthy Eating is now Food Education, Nutrition and Healthy Eating

- School Food Standards across the school day
- Encouraging uptake of UFSM
- Water only schools

Physical Activity is now PE, Sport and Physical Activity

Bronze level

- Promotion of vaccinations (promotes positive, accurate information about immunisations and signposts parents and carers to local vaccination services)
- Greater emphasis on food – UFSM, copies of menu, packed lunch policy and whole school food policy to be sent to Borough Lead
- Short example of evidence of impact or how implemented required for some criteria
- Reflection for renewals



Silver awards Lifetime award

MAYOR OF LONDON

The Mayor of London's Award Programme

Healthy Schools London

Silver Award planning tool and
Gold Award reporting tool



One health and wellbeing priority

- Food Education, Nutrition and Healthy Eating
- Oral Health
- PE, Sports and Physical Activity
- Mental Health and Wellbeing
- PSHE
- Family Wellbeing
- **Supports Universal Preparation for Adulthood**

Local health priorities

- Increasing number of children who have a healthy weight
- Oral Health
- Increasing vaccination uptake
- Mental health

[Healthy Schools London | London City Hall](https://www.hillingdon.gov.uk/healthy-schools-london)

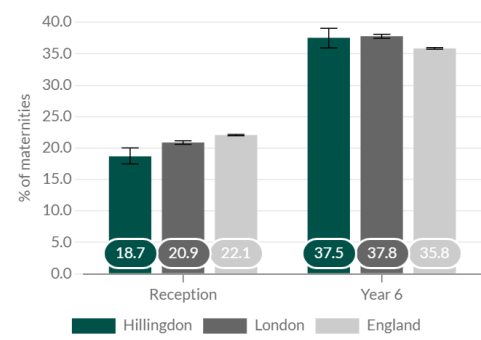


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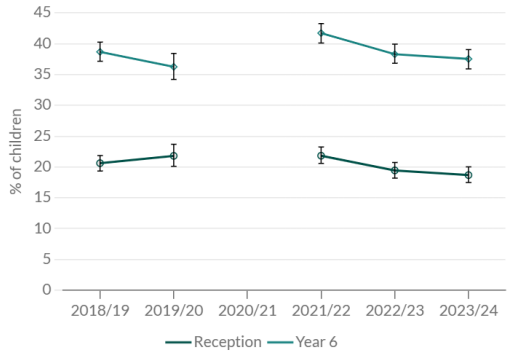
Local priorities data

Prevalence of overweight (including obesity) (2023/24)



Source: NCMP

Prevalence of overweight (including obesity) for Hillingdon

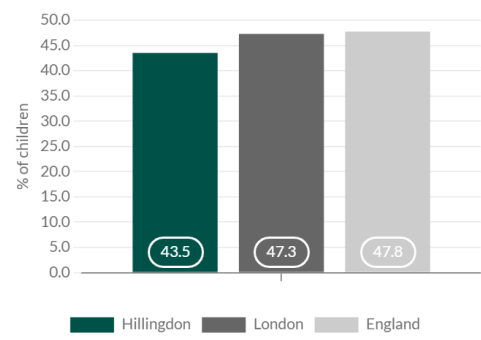


Source: NCMP

Number of children above a healthy weight doubles between Reception and Year 6

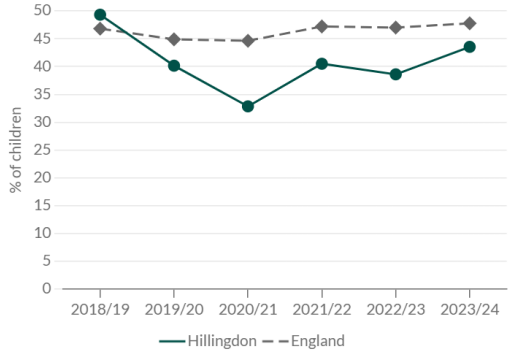
The chart below shows the percentage of children aged 5-16 that meet the UK Chief Medical Officers' (CMOs') recommendations for physical activity (an average of at least 60 minutes moderate-vigorous intensity activity per day across the week).

Physically active children and young people (2023/24)



Source: Sport England

Physically active children and young people - trend



Source: NCMP

42% active 30 mins in school
48% active 30 mins out of school

Local priorities data

Vaccinations

D04a - Population vaccination coverage: DTaP and IPV booster (5 years)	2023/24	↑	3,300	82.0%	82.7%	60.0%	
<90% 90% to 95% ≥95%							
D04b - Population vaccination coverage: MMR for one dose (5 years old)	2023/24	→	3,578	88.9%	91.9%	78.2%	
<90% 90% to 95% ≥95%							
D04c - Population vaccination coverage: MMR for two doses (5 years old)	2023/24	→	3,262	81.0%	83.9%	60.8%	
<90% 90% to 95% ≥95%							
D04d - Population vaccination coverage: Flu (primary school aged children)	2023	↓	10,571	36.7%	55.1%	24.3%	
<65% ≥65%							
D04e - Population vaccination coverage: HPV vaccination coverage for one dose (12 to 13 year old) (Female) New data	2023/24	→	886	39.6%	72.9%	32.9%	
<80% 80% to 90% ≥90%							
D04e - Population vaccination coverage: HPV vaccination coverage for one dose (12 to 13 year old) (Male) New data	2023/24	→	722	39.1%	67.7%	27.4%	
<80% 80% to 90% ≥90%							
D04f - Population vaccination coverage: HPV vaccination coverage for two doses (13 to 14 years old) (Female)	2022/23	—	997	45.2%	62.9%	0.0%	
<80% 80% to 90% ≥90%							
D04f - Population vaccination coverage: HPV vaccination coverage for two doses (13 to 14 years old) (Male)	2022/23	—	616	34.5%	56.1%	0.0%	
<80% 80% to 90% ≥90%							
D04g - Population vaccination coverage: Meningococcal ACWY conjugate vaccine (MenACWY) (14 to 15 years)	2023/24	↓	1,380	35.3%	73.0%	31.9%	
<80% 80% to 90% ≥90%							

Oral Health

E02 - Percentage of 5 year olds with experience of visually obvious dental decay New data	2023/24	—	-	32.9%	22.4%	43.4%	
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Local priorities data

	All	Male	Female	Not White-British	Young Carer	SEND	Free school meals
All	260	132	121	188	17	39	30
Internal Health Locus of Control	76%	81%	72%	77%	63%	66%	74%
At least 'quite a lot' satisfied with life	48%	60%	36%	45%	25%	46%	30%
Worry 'a lot' about at least one issue	64%	60%	68%	65%	81%	77%	85%
I find it hard to concentrate on or enjoy anything because of worries	16%	8%	25%	14%	50%	20%	23%
High wellbeing score	53%	59%	47%	53%	40%	52%	41%
Low resilience score	33%	15%	48%	31%	53%	39%	37%
High resilience score	15%	25%	7%	18%	7%	6%	7%
Know an adult you trust who you can talk to	57%	62%	52%	55%	67%	36%	37%
I can always say no to a friend	76%	77%	76%	75%	67%	73%	74%
You need to ask for consent before... having sex	93%	92%	95%	92%	100%	91%	93%
Being jealous/possessive is always wrong in a relationship	62%	63%	60%	62%	53%	58%	54%
Would look after self or get help in case of unhealthy relationship	63%	58%	67%	69%	43%	44%	55%
Useful school lessons about managing money	21%	20%	21%	22%	40%	13%	22%
No support for at least one issue	41%	35%	46%	42%	53%	56%	44%
Can give views in school	48%	54%	42%	49%	47%	44%	37%
Views about school make a difference	37%	43%	33%	39%	40%	38%	44%

Emotional Health and wellbeing
Yr 10

(Hillingdon Health Related Behaviour Survey 2024)



Healthy Schools focus for this year

Primary – School Food

Build on significant work with Education already achieved

- School surveys and audits
- Strategic priorities agreed
- Auto enrolment for free school meals

Why

- Tools to support schools developed as a response to surveys and audits [School Food - Leap](#)
- School Food Working Group to supports

Secondary – Mental Health

Priority in every CYP meeting

- Mental Health Support Teams
- KOOTH
- Place 2 Be
- P3

Why

- THRIVE planning
- Youth Health Champions project – level 2 qualification funded project

Public Health provide Silver award templates for these





Need

- Local data
- School data

Group

- Year group
- Specific target group

Planned outcomes

- Baseline data
- 4 – 6 Measurable changes – whole school and individual

Action plan

- At least 2 terms or 6 months
- New approaches
- In the future



Example planned outcomes

Examples of Whole-School Outcomes:

- To increase our school food self evaluation score from 10 to 17 by April 2025.
- To decrease the number of sugary deserts from 3 times a week to once a week.
- To increase staff knowledge in local services to support mental health from an average score of 2 to 4 in the staff audit.
- To embed emotional regulation strategies into breaktimes through training all midday staff.

Examples of Individual Outcomes:

- To increase the % of pupils reporting that school helps them manage emotions, from 16% (45/278) to 70%.
- To raise the % of Year 9 pupils who know how to access emotional support from 41% (11/27) to 80%.
- To increase the % uptake of Pupil Premium pupils taking a free school meal from 22% (8/36) to 40%.
- To increase the % of pupils who drink water throughout the school day from 36% to 56%



Gold awards - Lifetime award

- Impact - were the planned outcomes achieved
- Any unintended / unexpected outcomes
- What was implemented
- What was the learning
- How will activity be sustained

Quality Assurance



Review audit and documents required
Inform Education Team and invite SIP comment

Invite comment from Headteacher and Chair of Governors

Approved by Borough Lead



Panel review application

- Public Health
- Education Team
- Professional in priority area



Panel review application

- Public Health
 - Education Team
 - Professional in priority area
- School visit



Bronze to Gold in a school year



Bronze self evaluation	Silver action plan	Gold impact report
October Half Term	November 2025	July 2026
End of December	February 2026	December 2026

Your next steps

- ✓ Who are your school leads for Healthy School, School Food and Mental Health
- ✓ Find out your school status
- ✓ Ask your leads to contact me: **Julia Heggie** jheggie@hillington.gov.uk
- ✓ I will work with schools to identify their priorities, whatever their starting point is.
- ✓ Speak to Leadership Team about how Healthy Schools supports school to deliver on Preparation for Adulthood



Your questions

What is in it for schools?

- The LA Education and Public Health Teams have aligned the programme delivery in Hillingdon with the Education Strategy. School Improvement Partners will be asking school leaders about their HSL status in relation Preparation for Adulthood objective in the new Education Strategy.
- The HSL programme aligns with the new Ofsted framework for inclusive practice and wellbeing.
- It provides a framework for demonstrating impact for health and wellbeing priorities.

How do we get caterers on board with school priorities?

- Align your catering contract with your whole school food policy. This starts with the tender specific process. Use contract management meetings to share the goals your school is working towards, and why.
- The Local Authority have set strategic priorities around school food and resources to support schools to achieve these . Supporting schools with what a good contract like, minimum standard to expect and key questions for contract management will be available in the near future.

