

Healthy Schools London

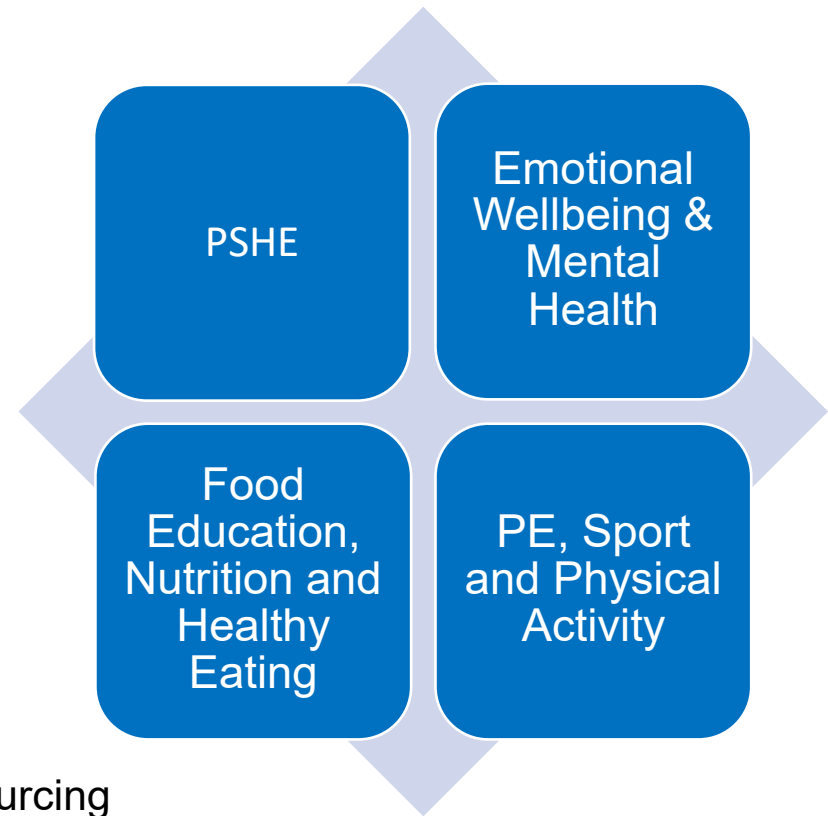
Julia Heggie, Public Health Team and Borough Lead for HSL



HILLINGDON
LONDON

www.hillingdon.gov.uk

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.



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 and Gold awards are lifetime awards



Bronze award

- ✓ Guidance document
- ✓ Tick boxes
- ✓ Suggested word count
- ✓ Examples of implementation and impact

MAYOR OF LONDON

**The Mayor of London's
Award Programme**
Healthy Schools London
Bronze Award tool



Application process

Email form and documents to
jheggie@hillington.gov.uk

Once quality assured, upload to HSL website

Quality assurance process

Tool checked

Documents checked

Invite SIP to comment

Email Head and Chair of Governors

Award

Valid for 3 years

Date will show on certificate and digital logo

Renewal

Update

Reflections



Focus on school food and vaccination

4.3 The school encourages families to register for benefits-related free school meals.

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

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.

7.2 The school promotes positive, accurate information about immunisations and signposts parents and carers to local vaccination services.



Silver awards

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**

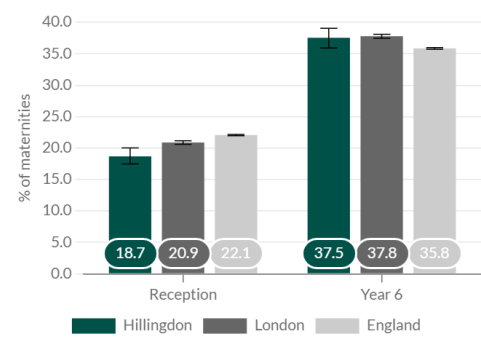
Local health priorities

- Increasing number of children who have a healthy weight
- Oral Health
- Increasing vaccination uptake
- Mental health and wellbeing
- **Public Health provide Silver award templates for these**



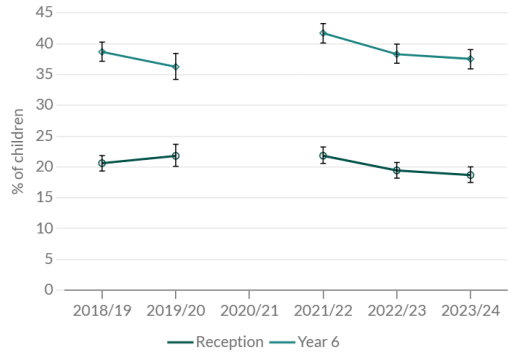
Local data – childhood obesity

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



Source: NCMP

Prevalence of overweight (including obesity) for Hillingdon

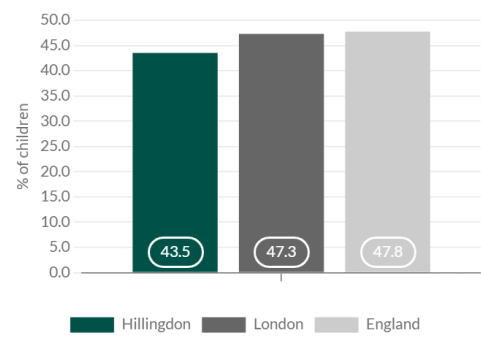


Source: NCMP

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

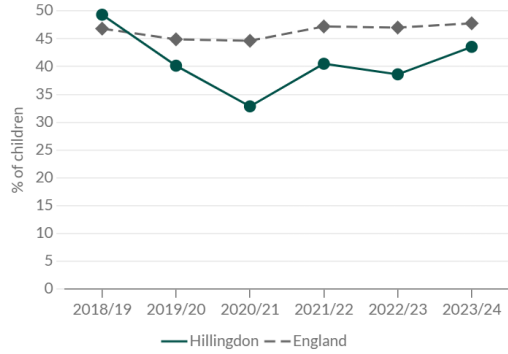
The chart below shows the percentage of children aged 5-16 that meet the UK Chief Medical Officers' (CMOs') recommendations for physical activity (an average of at least 60 minutes moderate-vigorous intensity activity per day across the week).

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 – oral health and vaccinations

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 – mental health and wellbeing

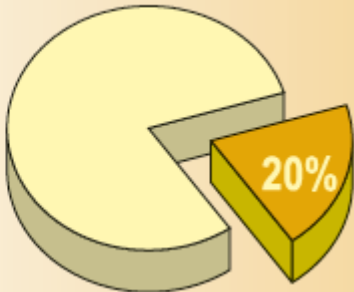
39% of Hillingdon primary school pupils are worried about moving to secondary school.

The top 3 worries are:

	Boys	Girls
1	Bullying	Bullying
2	Homework	Making friends
3	Making friends	Homework

RESILIENCE

- 20% of Year 6 pupils had a low measure of resilience (0 – 16).
- 26% of Year 6 pupils had a high measure of resilience (24+).



31% of pupils Yr 8 and 10 had a low measure of resilience

Top 5 worries, by sex. Percentages of pupils who worry ‘quite a lot’ or ‘a lot’ about each item

Boys		Girls	
1	Health of family members 61	School-work/exams	67
2	Relationships in your family 46	Health of family members	66
3	School-work/exams/tests 45	The way you look	58
4	Relationships with friends 41	Relationships with friends	56
5	Your job prospects 41	Death and loss	45

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



National and local data and evidence

Describe and provide evidence of how your selected health and wellbeing priority links to national, regional and local level public health priorities.

Examples of data that could be included:

- Data - Local Authority Child Health Profiles
- Guidance and reports – Public Health England, Office for Health Improvement and Disparities (OHID), Department for Education, Local Authority Health and wellbeing strategy
- Evidence base – reference strategies, research or best practices e.g. NICE, Education Endowment Fund

Need

School data and evidence:

Describe and provide evidence of the unique health and wellbeing issues affecting your school.

Examples:

- School development plan
- Survey data
- Staff observations
- Incident data



Describe who will benefit from this work and why you have chosen to focus on them. This could be the whole school, a smaller group of children (30), parents/carers or staff.

Group

You need to

- Justify why the group has been chosen
- Describe how you will address health inequalities

Planned outcomes

Planned outcomes	Monitoring & measurement methods
<p>List your outcomes (between 3-7) and how you intend to monitor and measure them.</p> <p>You should include a combination of both whole school and individual outcomes.</p> <p>Whole School: List the organisational changes which you are aiming to result from your activities and how you will measure them.</p> <p>Individual outcomes: List the specific measurable changes that you are aiming to result from your activities e.g. changes in attitudes, behaviours, knowledge or skills of your pupil group/s, staff, parents/carers.</p>	<p>List the tools and methods that you will use to monitor whether your activities are being implemented as planned.</p>



Planned outcomes

Planned outcomes

Examples:

- Individual - To increase the percentage of students reporting the school helps them to understand and know how to manage their thoughts and feelings. From a baseline of 16% (45/278) to an endline of 70%.
- Individual - To increase the percentage of targeted Year 6 pupils reporting the school has helped prepare them for secondary school. From a baseline of 41% (11/27) to an endline of 80%.
- Whole School - To increase the number of days that salad and fruit are offered at tables rather than children self-serving from counter. From a baseline of 1 day per week, to an endline of 5 days per week.

Monitoring & measurement methods

Examples:

- Pre and post pupil surveys
- Pupil satisfaction survey for those that access school support
- School Menu analysis



Action plan

Approaches, activities, practices, or interventions	Timescale	Lead
<p>Describe the new approaches, practices, activities or interventions that you have planned for staff, pupils and parents/carers to achieve your improvements.</p> <p>Include any resources or partner services that will be providing support.</p>	<p>List the month and year when you expect each activity to take place.</p>	<p>List the staff member responsible for leading on each activity.</p>
<p>Examples:</p> <p>Staff: Whole-school CPD session on supporting pupil self-esteem, including unconscious bias and gender stereotypes</p>	<p><i>September 2025</i></p>	<p>D. Shaw, PSHE Coordinator</p>
<p>Pupils: Launch a 6-week “Confidence Crew” lunchtime programme for Year 6 girls focused on body positivity, friendship skills, and leadership roles</p>	<p><i>November 2025</i></p>	<p>J. Jones, Pastoral Lead</p>



Food Education, Nutrition and Healthy Eating

Water Only

Wrap –around provision offer changed

Increased understand of benefits of water

Sugar Smart

Reduce sugary items in packed lunch

Pupils / families understand harmful effects of sugar

Packed Lunch

Improved compliance with packed lunch policy

Staff confidence improved to raise issue with parents

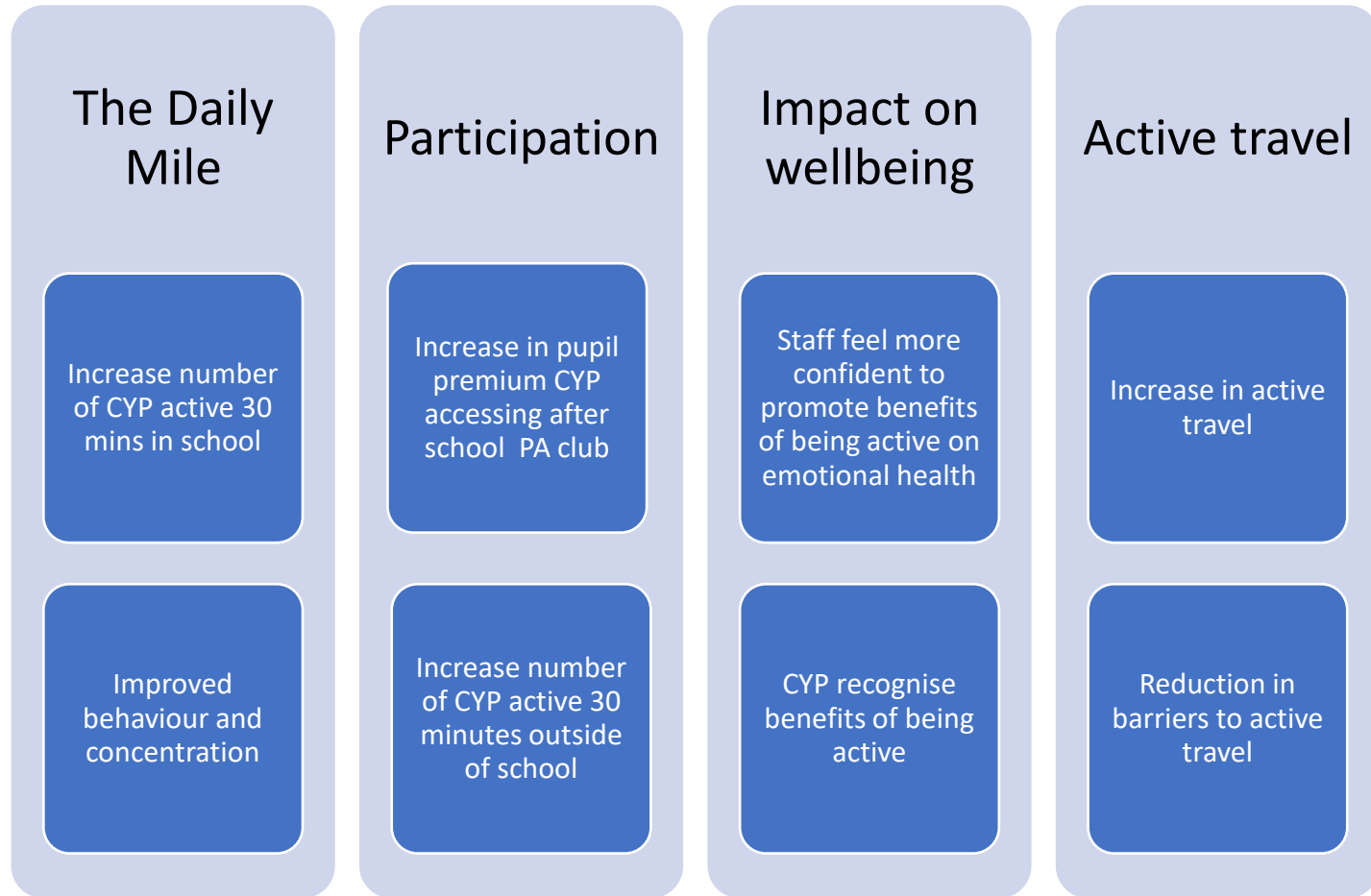
School Meals

Increase uptake of UPSM

Improve school food offer



PE, Sport and Physical Activity



Emotional Health and wellbeing

THRIVE

Increase in parents who know where to access appropriate support

Staff have better awareness of local services that support CYP and families

Transition

Reduction in Yr pupils who report transition is a worry for them

Increase number of chn active 30 minutes outside of school

Youth Health Champions

Yr 9 students gain a L2 qualification in health

Young people know where to access local support

Emotional resilience

Increase in CYP report school teaches coping strategies

Increases in pupils who remember / value lessons on EHWB



Gold awards

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

Quality Assurance



Panel review application

- Public Health
- Education Team
- Professional in priority area



Panel review application

- Public Health
- Education Team
- Professional in priority area

School visit

Silver and Gold application process

Email form and documents to jheggie@hillingdon.gov.uk

Once quality assured, upload to HSL website

Award

Lifetime award (dated)

Please contact me to discuss your next action and before anything is uploaded to the HSL website.

Julia Heggie
jheggie@hillington.gov.uk

Healthy Schools London | London City Hall



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