



Hampshire Health in Education

Resources to help children thrive

Health in Educational Settings: Reframing Healthy Schools

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County Council



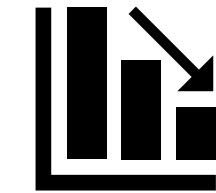
Award = unsustainable.

Whole setting approach

- What do settings want?
- What do settings need?

School Surveys

- Pupils
- Staff knowledge
- Setting policies and resources



- Emotional wellbeing
- Bullying
- Healthy eating
- PSHE
- Smoking/Vaping
- Substances
- Sexual Health

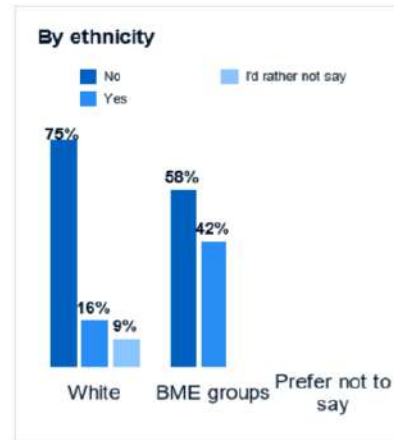
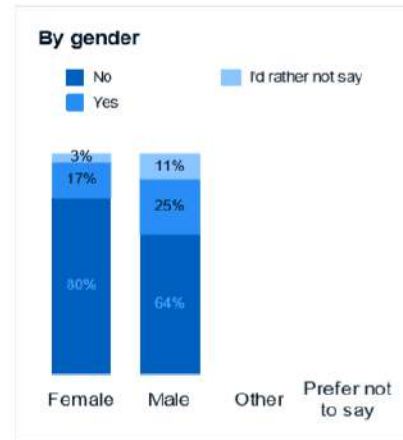
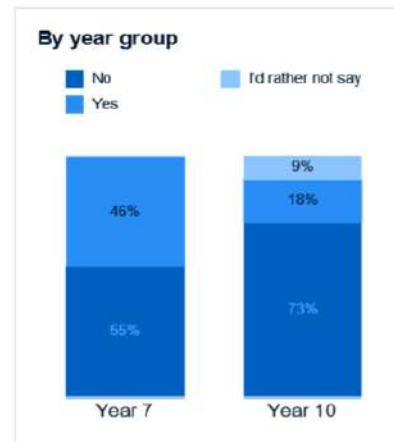
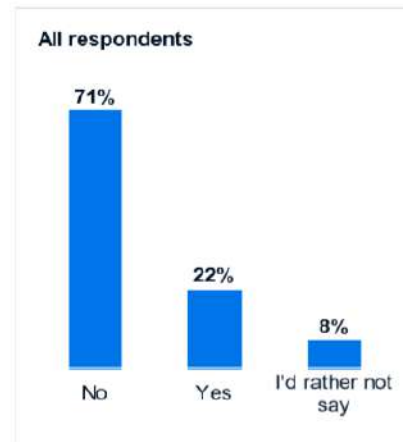
Survey results

- Detailed school reports
- District reports
- County report
- PhD student to support analysis
- Inform future work

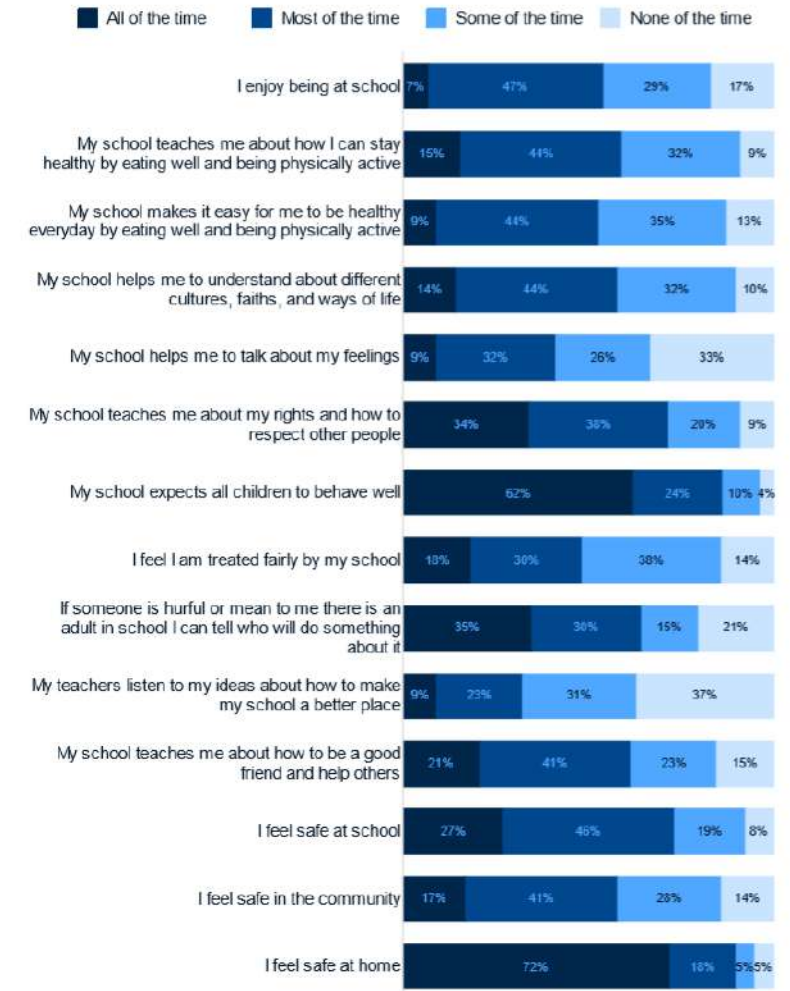
Health and Wellbeing in Secondary Schools 2019 Student Survey



Question: In the last year (12 months) have you been bullied?

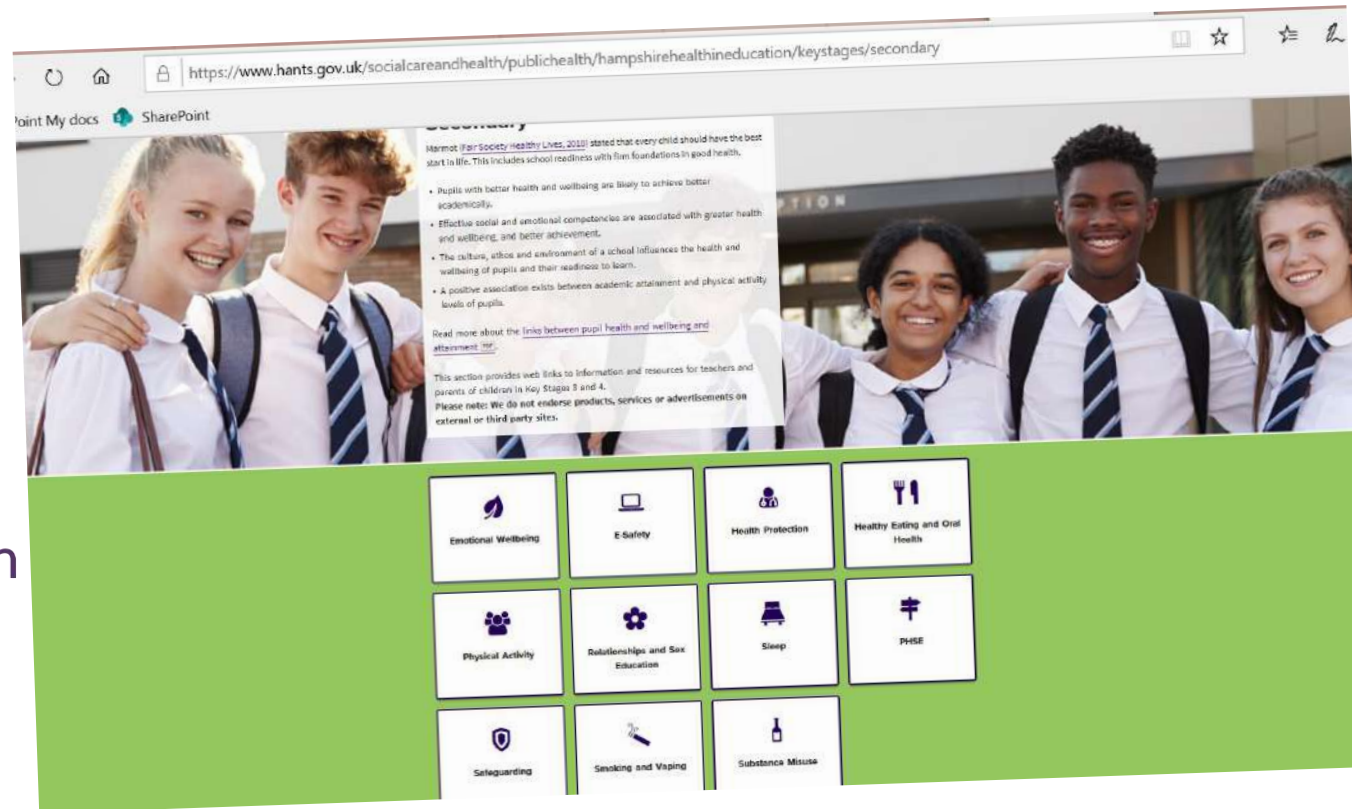


Section B - About School



Website

- 'one stop shop'
- For education staff
- Information and national guidance
- Links to teaching resources
- Free universal eLearning



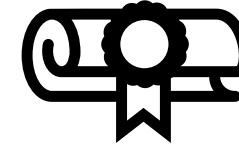
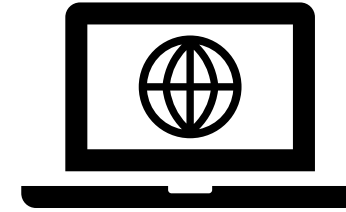
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Staff eLearning

- Not just for teachers
- Universal, Level 1 introductory level
- Free
- Proposed topics so far:
 - Healthy weight (whole school approach, NCMP conversations, PSHE)
 - Smoking and vaping
 - RSE
 - Substance misuse
 - Emotional wellbeing and mental health (inc self harm, suicide prevention and anxiety)
 - Sleep



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**Safety at home,
Accident
Prevention**

Healthy Early Years 2019

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**Immunisation
and Minor
Illness**

Healthy Early Years 2019

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**Mental Health
and Emotional
Wellbeing**

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**Healthy
Weight,
Healthy Eating**

Healthy Early Years 2019

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Oral Health

Healthy Early Years 2019

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**Physical
Activity and
Active Play**

Healthy Early Years 2019

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**Safe Use of
Technology**

Healthy Early Years 2019

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**Imaginative Play:
Communication,
Language, Motor
Skills**

Healthy Early Years 2019

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**Sun Safety
and Hot
Weather**

Healthy Early Years 2019

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**Sleep and
Behaviour**

Healthy Early Years 2019

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**School
Readiness**

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Attachment

Healthy Early Years 2019

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**Healthy
Early Years
Award**

Healthy Early Years 2020



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Moodle

- Established platform with EY settings in Hampshire
- Free for settings
- Easy to keep updated
- Interact via forums and announcements
- Ability to upload documents, create basic e-learning, quizzes, interactive content
- Users can upload documents to assignments
- Automated awarding of 'badges' once criteria are met
- Monitor backend to track engagement



Healthy Early Years Resources

Search Courses

Home Dashboard Events My Courses Turn editing on

> My courses > HEY resources

My courses

- Healthy Weight
- Healthy Early Years Award
- Physical Activity and Active Play
- Immunisations and Minor Illness
- Healthy Early Years Resources
- All courses ...

Welcome

The Healthy Early Years programme aims to support you deliver a whole-setting approach to health. It provides **information, tips and ideas** for staff to promote health messages in all learning opportunities with children and communications with parents/carers.

There are **12 health topics** chosen to support young children in Hampshire and their families. Each topic is designed to be delivered over a suggested **half-term, rotating** through them on a 2-yearly cycle.

Each health topic includes:

- Key information, national and local guidance,
- Advice on local referral pathways and services,
- Links to teaching resources and support,
- Links to helpful information and resources for parents/carers,
- How health links to the EYFS framework and should be included in policies

Introductory eLearning: *What are Immunisations?*

How Can Your Setting Help?

- Make sure your **policies and procedures** are up-to-date
- Ensure staff have the **relevant vaccinations**
- **Promote to parents** the routine vaccinations children should have before they start school
- Promote to parents the **seasonal flu** nasal spray vaccination
- Create a **display board** about vaccinations and/or include a section in your parent newsletter
- **Talk to children** about vaccination positively - why not watch this video together?





Surveys highlight needs and gaps



Website offers 'one stop shop' for information



Provide evidence-based whole setting approach resources



eLearning provides flexible CPD for staff



Sustainable offer to settings

Next Steps

- Disseminate all survey reports and identify actions
- Deliver eLearning
- Healthy Early Years roll out Sept 2020
- Explore the support for Further Education
- Identify demand and options for a new schools award
- Continued consultation



Discover more

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Any Questions?