



## Health and Wellbeing Award



### Guidance Notes:

Below are the guidance notes for achieving the Health and Wellbeing Awards. The tools and awards (optional) are available to all Wolverhampton Schools. These awards have been written in consultation with schools, partners and Wolverhampton School Improvement Partnership CLG (WSIP).

### Aims

The aims of the toolkits and awards are:

1. To improve PSHE Education and health and wellbeing in schools through embedding a holistic approach to provision.
2. To assist schools in identifying areas of health and wellbeing that should be a priority for development.
3. To provide schools with evidence to meet OFSTED requirements for PSHE Education, pupil wellbeing, behaviour, safety and SMSC.
4. For schools to be able to review and improve current practice utilising local support.
5. To improve provision in school, which will impact upon the knowledge and skills of children and young people, supporting them to make informed choices regarding the health and wellbeing of themselves and others.
6. To contribute to ensuring that all children and young people are happy, healthy and safe.

### Background

- The Health and Wellbeing Award is the local award that will supersede Enhanced Healthy Schools Status.
- All schools in the City will be able to access the Health and Wellbeing Award and good practice criteria. Access is included in the SLA arrangement for those schools that have purchased an SLA at a 'standard' or 'advanced' level. For other schools access can be purchased, please contact the team for current costs and further details.
- The Health and Wellbeing Award can be achieved in four priority areas:
  1. Healthy Eating and Activity
  2. Substance Awareness.
  3. Sex and Relationships Education.
  4. Emotional Wellbeing.

### Levels

- For each of the four priority areas the award can be achieved at two levels;
  1. A Certificate of 'Commitment to improving ...'
  2. A 'Health and Wellbeing Award in ...'
- Each individual award lasts for two years from the date of validation.

### Support for Health and Wellbeing Priorities

- The main focus of the Health and Wellbeing award is to illustrate best practice to schools, through the use of criteria, for each of the four priority areas.
- The criteria have been selected in partnership with schools, local advisors, partner agencies and strategy leads.
- In working through achieving the criteria, schools will bring about whole school change for prevention and early intervention work in the chosen priority area and will impact upon the knowledge, skills and confidence of children and young people.

- Schools across the City will have varied starting points – some criteria may be able to be achieved and evidenced immediately, others may take more time to implement.
- The Healthy Schools Team's main function is to provide support and advice to schools in achieving the criteria for their chosen priority area(s). A wide range of support is available from the team e.g. consultancy, training, advice, curriculum materials, this is illustrated on another document (Healthy Schools Support.)
- If your school requires any other support in achieving the award please contact your designated Healthy Schools Adviser.
- The main focus is on supporting improvement in school which reinforces the importance of pupil health and wellbeing. Once all the criteria for a priority have been addressed a school can then choose to have their hard work and commitment accredited locally.

## **Requirements**

- The Health and Wellbeing Award has separate criteria for each of the four priority areas, which illustrate good practice in the chosen area.
- The criteria for each priority are divided in to sections which ensure a whole school approach to addressing the chosen priority.
- For each section there are a number of criteria that need be met to ensure a holistic approach.

## **Selecting your Schools Priority(ies)**

- The following may be useful when selecting your schools health and wellbeing priority:
  - ⇒ School Data e.g. Health Related Behaviour Survey, attendance, bullying, FSME, school meal uptake, PESS data.
  - ⇒ School Improvement Plan/School Development Plan
  - ⇒ OFSTED reports.
  - ⇒ Local Public Health Data.
  - ⇒ Local strategies.
  - ⇒ National strategies, reports and documents.
- Schools are able to select and work on a maximum of two priority areas at any given time.

## **Achieving the 'Commitment to Improving' Certificate (Optional)**

- Once schools have selected their priority area(s) for development they may decide to have their commitment endorsed through achieving the 'Commitment to Improving Award'.
- In doing so schools are demonstrating a commitment to improving provision in the chosen priority area over a set timescale chosen by the school.
- Schools wishing to be endorsed should complete the award submission sheet with the necessary details ensuring that all boxes are populated.
- Ask school representatives including Headteacher, Governor, Pupil and Parent to sign the sheet.
- Return the sheet to the Healthy Schools Team.
- Schools will be sent a certificate of 'Commitment to Improving ...' for the priorities they have selected.

## **Achieving the 'Health and Wellbeing Award' (Optional)**

- As a school achieves each of the criteria they can be 'signed off' by a member of the Healthy Schools Team. Schools are also required to document evidence available to show how the criteria have been met.
- Evidence may take many forms e.g. policies, certificates, minutes of meetings, school development plan, lesson plans, pupil work, evaluations, consultations etc.
- Once all of the criteria for a chosen priority area have been achieved and 'signed off', it is optional for a school to have their work validated and achieve the 'Health and Wellbeing Award in ...'
- Schools wishing to be validated should complete the award submission sheet with the necessary details ensuring all boxes are populated.

- Ask school representatives including Headteacher, Governor, Pupil and Parent to sign the sheet.
- Return the sheet along with a completed copy of the evidence sheet to the Healthy Schools Team.

### **Validation**

- Validation of the Health and Wellbeing awards will be processed as and when they are received.
- The requirements for validation are:
  - ⇒ A completed and signed submission sheet.
  - ⇒ A completed evidence sheet for each chosen priority area.
  - ⇒ A successful good practice visit to your school.
- Good practice visits will be conducted by the Wolverhampton Healthy Schools Team. They will be arranged within four working weeks of receiving the necessary documentation, at a mutually convenient time and will be as a maximum half a day in duration.
- The organisation of the good practice visit is down to your school but should as a minimum include:
  - ⇒ An opportunity to meet with the PSHE/Healthy Schools Coordinator.
  - ⇒ An opportunity to meet with a group of children and young people.
  - ⇒ An opportunity to meet with a member(s) of SLT
  - ⇒ Evidence of initiatives in action for the chosen priority area(s)
  - ⇒ A discussion about the impact of interventions in school.
- For advice on what else to include in your good practice visit please speak to your designated Healthy Schools Adviser.
- The good practice visits will be deducted from your schools SLA allowance as ½ day consultancy visit (or charged at £100 per day if there is no remaining allowance.)
- Schools may be asked to provide further evidence following the good practice visit if it is felt that all of the criteria have not been achieved.

### **Impact**

- Schools that wish to validate their work are required to measure the impact of actions and interventions in that priority area, through completion of a survey with a representative sample of children and young people.
- The questions in the survey should measure the impact of the interventions completed to achieve the criteria for the chosen priority area.
- In order to show an impact the same survey should be completed as a baseline and then again after all interventions have been completed but prior to the good practice visit.
- The results from the impact survey will be discussed at the schools good practice visit.
- The evidence from this impact is of use to your school in demonstrating impact for the School Improvement Plan and OFSTED. In addition it helps the Healthy Schools Team obtain support, including financial support, for the Awards, which allows us to subsidise the services that are provided to your school.

### **Achievement**

- Following validation, each 'Health and Wellbeing Award' will last for two years.
- A school will be provided with:
  - ⇒ A good practice report
  - ⇒ A certificate
  - ⇒ Use of the Health and Wellbeing Award logo.
- Achievements of schools will be celebrated locally and in the Healthy Schools Newsletter.
- All schools will be invited to attend a yearly Healthy Schools Celebration Event.