



North Yorkshire & York Healthy Schools Award

The aim of this document is to guide you through making a submission for the Gold Renewal Award (for schools that have held the Gold award for three years)

The Healthy Schools Award is **free for all maintained and academy schools in North Yorkshire & York**. It covers primary, secondary, special schools and PRUs

The Healthy Schools Programme enables school to audit and evidence their practice against best practice to improve the health and wellbeing of the whole school community across four key themes alongside staff wellbeing.



Schools will be invited to apply for a **Gold Renewal Award** when they have held the Gold award for three years. The aim of the Gold renewal is to support schools to maintain their commitment to a whole school approach to health and wellbeing. The renewal consists of sustaining the criteria for the four themes of the Healthy Schools Award alongside some new focused elements for each theme and uploading some supporting evidence. As well as on the ongoing commitment to staff wellbeing. A school will have a full academic year to achieve the Gold Renewal Award.

Training

We really recommend that schools attend the FREE 'Gold Renewal and Platinum training' to enable a successful submission for an award. Schools will be invited to this training in the autumn term when their school has held the Gold award for three years.

There is also a 25 minute video that takes you through the 'Getting started on the Gold Renewal and Platinum award' training on the [healthy school website](https://healthyschoolsnorthyorks.org/) . Please note this was recorded when we required both an action plan and reporting form for the platinum award which has now been combined into just an action plan and only needs to be submitted once the outcomes have been achieved.

Healthy Schools Website

The Healthy Schools Website can be found at <https://healthyschoolsnorthyorks.org/> . As a school who has previously achieved a Gold award you school will already be registered with

the Healthy Schools programme. The same account should be used for applying for the Gold Renewal Award.

Submission dates

There are three submission dates each year for the award in: November, March and June each academic year. For the upcoming dates please click [here](#)

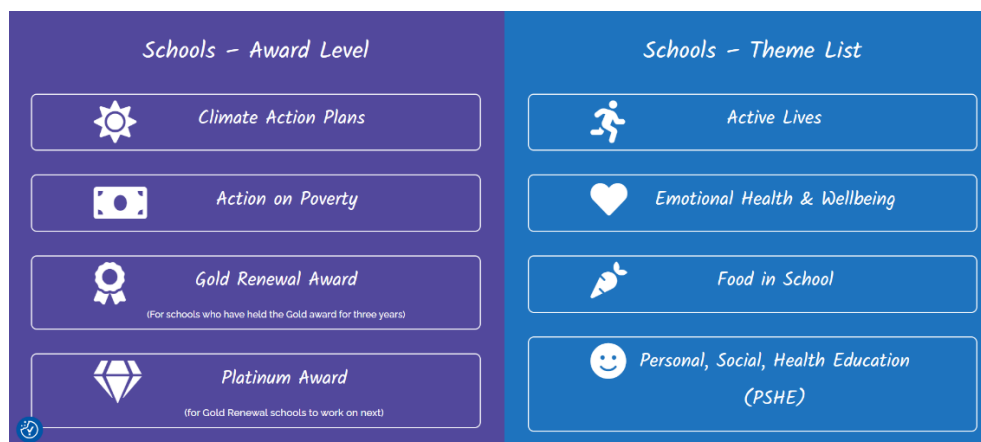
Log onto the Healthy Schools website using your schools account

Click on the 'Start An Award'

Start An Award

Making a submission for the Gold Renewal Award

This is the page you will come to. The Gold Renewal information is on the left-hand side. Click on the Gold Renewal Award and it will take you to the relevant page of the website



ACTION PLAN DOWNLOAD

Gold Renewal Healthy Schools Award



0% COMPLETE Last activity on August 19, 2024 10:10 am

Your school has already achieved the North Yorkshire & York Gold award for Active Lives, Emotional Health & Wellbeing, Food in Schools, PSHE and Staff Wellbeing.

This action plan is for schools that need to renew their Gold Healthy Schools Award as it is three years since your school was awarded.

The aim of the renewal is to support schools to maintain their commitment to a whole school approach to health and wellbeing. The renewal consists of sustaining the criteria for the four themes of the Healthy Schools Award alongside some new focused elements for each theme and uploading some supporting evidence. As well as on the ongoing commitment to staff wellbeing.

Resources

Gold Renewal Action Plan

Download the action plan to your school's technology and save it on there. It is a word document that contains the criteria for the Gold Renewal Award and needs to be completed to provide the evidence for your school. There is a section for each of the themes of the Healthy Schools award. Below is an example of the Emotional Health and Wellbeing (EHWB) section

Emotional Health and Wellbeing (EHWB)

As a school we have maintained all the criteria for the EHWB theme for the Healthy Schools Award	☐
Please provide evidence on: - The school has a name lead for Mental Health and some actions that have been taken to improve the EHWB of the whole school community. - How the school has actively engaged with pupils around EHWB and provided pupils with an opportunity to lead some of the work on wellbeing within the school. This could be through pupil well-being ambassadors, anti-bullying ambassadors, pupils leading assemblies focused on wellbeing. - Pupils are <u>able to</u> understand what support is available in school and can access pastoral care when they need it. This is monitored and reviewed on a regular basis.	
There is no requirement to upload any additional information for EHWB via the healthy schools website.	
Please write in this section how your school is meeting the requirements set out for this theme. This could include photographs within the action plan of some provision alongside information about what the photograph is showing.	
Supporting information could be provided through the school's results from Growing up in North Yorkshire survey or York's School Health and Wellbeing Survey.	

In the top box, 'As a school we have maintained all the criteria for the EHWB theme for the Healthy Schools Award' we are asking that this box is ticked to confirm as a school you have maintained all the elements that are part of the EHWB Theme for the original Gold Healthy Schools award. We are asking for this confirmation for all the themes as part of the Gold Renewal Award.

The next section sets out what we are specifically asking a school to have in place for that theme in relation to the Gold Renewal Award. We only need evidence writing into the action

plan to support the aspects set out in this section. It can also be helpful to add photographs into the action plan to support the submission.

For some themes we do ask for additional evidence uploads which need to be submitted when uploading the completed action plan for the Gold Renewal Award. The additional evidence is clearly set out for each theme.

This is an example from a Gold Renewal School for the Emotional Health and Wellbeing Theme

Please write in this section how your school is meeting the requirements set out for this theme. This could include a photograph within the action plan of some provision and information about what the photograph is showing.

Year 5 and 6 have Pupil Leadership Ambassadors. the children that are a part of this have an active role in leading events, clubs, lunch, and break time activities. They offer wellbeing support to all children across the school and have an allocated time where children can discuss any concerns that they may have. This can be to do with anything in and out of school life.

We have a school council across the school made up of children from Y2 to Y6, they meet weekly and discuss ways to make improvements around school and work with the leadership team on events. School council also takes time to meet with children and discuss improvements and what they would like to see more of.

We have subject pupil voice questionnaires regularly. This allows children to state what is working well for them in which areas and what they would like to improve/see more of. Recent pupil voice showed that some children wanted more active inputs to help them maintain their EHWP. This was acted upon immediately and evidence of active and outdoor learning is provided. A further example of this was pupil voice in regard to the kitchen. The percentage of children having school dinners pre this has increased by 16% in just 2 months.

We have weekly ELSA sessions for pupils with identified needs, this is either as a group or 1:1. These sessions discuss emotional literacy and allow children to become more emotionally literate and understand how their own emotions affect them and the situations that they are in.

Identified children who need support with EHWP can attend sensory circuits every morning before the start of school. This allows children time to express any feelings before school, whilst also meeting their sensory needs, leaving them ready for a successful day. We also have a sensory room accessible for any child who needs a safe calming space to express how they are feeling or simply to take a quiet moment until they are ready to talk. The room also has a mini trampoline which is used regularly for children who have been identified as needing to take movement breaks throughout the day, this has shown a positive impact on these children and has supported their behaviour during school. Alongside this we have a static bike that children have access to meet their needs.

We have a 5 ways to wellbeing display where children have access to mindful colouring at lunch and break times. Children who need some calm and quiet time, or time to support emotional regulation can access the 5-ways to wellbeing in order to support their EHWP. This was devised after meeting with the Pupil Leadership team.

A school ideas box and well-being boxes in each classroom. Children can insert any worries or anxieties into the boxes and teachers check these daily. Children are met to discuss any concerns that they have. We have a brain break box easily accessible by all classes, this is a box of different sensory toys, colours, and puzzles, which is used regularly and has shown a positive impact on helping children regulate their feelings when feeling overwhelmed.

We take part in mental health week and mental health day, as well as many other supporting causes throughout the school year. Children and leadership ambassadors support in delivering the assemblies and running small sessions for younger children. Within these sessions children are free to discuss and question mental health and how we can keep it healthy, along with exploring ways that we can do this.

Year 3 and 4 took part in an EHWP production of the Boy, the mole, the fox and the horse. Children explored a range of emotions and were able to share this with peers. The production was delivered to parents and to the rest of the school. This linked in with Mental Health Week and the assembly produced through Charlie Macksey.



The boy, the mole, the fox, and the horse



Maths outside



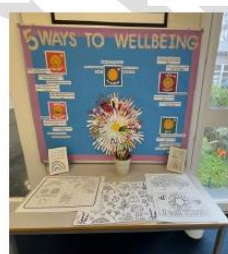
Sensory Room



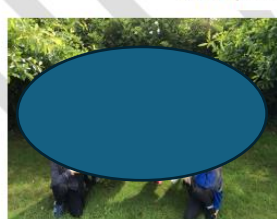
School ideas box



Sensory Circuits



5 ways to well-being



Previously known as the well-being ambassadors made our Buddy Bench.

Making a submission once your schools theme paperwork is complete

Once your Gold Renewal action plan is completed along with having ready all the supporting evidence return to the Healthy Schools Website and log in using the schools log in details. Return to Start Award and the Gold Renewal theme. This is where you upload your completed action plan and all supporting documents.

Ready to submit your Evidence ?

NB please have the correct documents ready to upload as you cannot delete once you have uploaded and submitted a file.

Award Content

- ☐ Active Lives – Primary Schools – please upload the latest sports premium report (or a link to the report on the school website has been provided in the Gold Renewal Action Plan)
- ☐ Active Lives – All schools upload the current physical activity clubs schedule
- ☐ Emotional Health and Wellbeing – Upload examples of how pupils have been engaged and led some of the provision to support emotional health and wellbeing this could be through photographs, pupil feedback survey or the pupils writing up what they have done in school.
- ☐ Food in schools – please upload your current menu

When a document is required to be uploaded. Click on the relevant section e.g Food in Schools – current menu. This will take you to an upload box. Find the correct file on your school's technology and upload to the website and 'mark complete'.

Food in schools – please upload your current menu

Gold Renewal Healthy Schools Award > Food in schools – please upload your current menu

IN PROGRESS

Evidence

0/0 Approved

Upload Evidence (Maximum upload file size: 64M)

Browse

No file selected

Upload

Each section will gain a purple tick as you mark them off as completed.

- ✓ Emotional Health and Wellbeing – Upload examples of how pupils have been engaged and led some of the provision to support emotional health and wellbeing this could be through photographs, pupil feedback survey or the pupils writing up what they have done in school.

- ✓ Food in schools – please upload your current menu

Gold Renewal Action Plans will be submitted through the Healthy Schools Quality Assurance Process three times a year. The submission dates can be found [here](#)
A member of the healthy schools team will be in touch to confirm the outcome of your schools Gold Renewal submission.

If you have any questions or would like to discuss any aspects, please contact the Healthy Schools team via email healthyschools@northyorks.gov.uk



Platinum Award

Schools do not have to do the Platinum Award but if a school chooses to apply for the award they must have achieved the Gold or Gold Renewal Healthy Schools Award. To achieve Platinum, your school needs to identify a health and wellbeing priority based on the needs of your school and develop actions to achieve these outcomes. We recommend the minimum of an academic year to achieve this award.

Please click into the Platinum section of the healthy school's website to obtain further information about the process. When you have logged into your healthy schools account via the healthy schools website and clicked on start award. This is the page you will come to. The Platinum Award information is on the left-hand side. Click on the Platinum Award and it will take you to the relevant page of the website.





Action on Poverty

A school may also consider completing the Action on Poverty certificate of recognition. This can be completed at any stage of achieving a Healthy Schools award.

There is an action on poverty guidance along with self- assessment tools to support schools consider every part of school life that may place barriers in the way of children's participation and learning and stigma or put pressure on low-income families. It also includes examples of practical actions that schools can take to mitigate the impact of poverty within their school environment and improve the school experience for all pupils.

[Download the guide along with the self-assessment tool to take action on poverty in your school](#). Upload your action plan to the Healthy Schools website through your school log in for one of the three [submission dates](#) (to show that you are working on at least 2 themes) to be awarded your 'Action on Poverty' certificate.

There is a [webinar available on the website](#) that takes you through the Action on Poverty guidance and self -assessment tools along with signposting to a range of supporting information and resources.

Please contact us if you have any questions at healthyschools@northyorks.gov.uk

The [Healthy Schools Website](#) provides a range of supporting information and resources to support your school with all the themes of the Healthy Schools Award alongside a wealth of health information that can be shared with your whole school community including families:

- features a [range of resources](#) to support each of the themes
- information about a [range of training](#) to support all the themes and free e-learning that is available from a range of partners e.g North Yorkshire Sport e-learning modules and national organisations e.g Winston Wish online training on bereavement
- **North Yorkshire and York information** about a range of services to support a [child's health needs](#) such as hearing tests and mental health guidance
- [Families information pages](#) such as the healthy pack lunch leaflet