



North Yorkshire & York Healthy Schools Award

The aim of this document is to guide you through making a submission for the Platinum award.

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 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 and develop actions to achieve these outcomes. We recommend this priority is part of your School Development Plan. Example priorities might include a focus on supporting pupils to develop their emotional resilience, encouraging active travel to and from school, putting in place new measures to encourage healthy packed lunches, reducing bullying and negative behaviours or ensuring that all pupils are learning effectively from the planned PSHE curriculum.

Healthy Schools Website

The Healthy Schools Website can be found at <https://healthyschoolsnorthyorks.org/> . As a school who has previously achieved a Gold/ Gold renewal award you school will already be registered with the Healthy Schools programme. The same account should be used for applying for the Gold Renewal and Platinum 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](#)

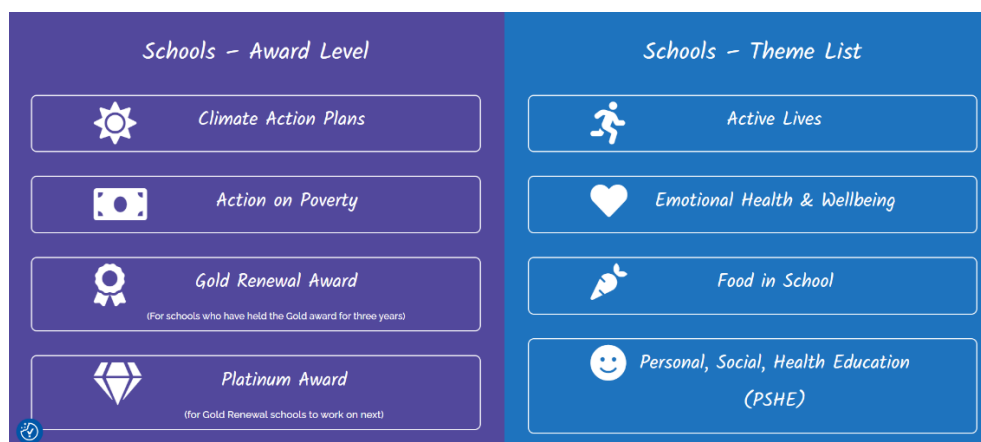
Log onto the Healthy Schools website using your schools account

Click on the 'Start An Award'

Start An Award

Platinum 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



Resources

Platinum Action Plan

Good practice examples and ideas from other schools.

Download the Platinum action plan to your school's technology and save it on there. It is a word document that needs to be completed to provide the information about your schools chosen Health and Wellbeing Priority. **The action plan is in two sections.**

1. The first section allows the school to set out the identified health and wellbeing priority.
2. The second section as for information and evidence to show what has been achieved to support the identified needs.

The process will consist of:

- **Undertake a needs analysis** of the unique health and wellbeing issues affecting your school. If your school participated in the Growing up in North Yorkshire Survey (GUNY) or York School Health and Wellbeing survey, we would expect this data to be used to support the needs analysis.
- **The identified priority could be for the whole school or more specific groups of pupils** e.g a year group, or targeted groups such as SEND or FSM eligible pupils.

- **Develop planned measurable outcomes** and complete the first section of platinum action plan to support achieving the health & wellbeing priority.
- **Monitor and evaluate the provision/ intervention** to measure success and demonstrate improvements which were identified in the first section of the platinum action plan
- It is envisaged working towards the Platinum Award will be a minimum of one academic year e.g start in September and make a submission the following June.
- Once improvements have been demonstrated on the outcomes of the identified health and wellbeing priority complete the second section of the Platinum action plan by one of the [three submission dates each academic year and make the submission.](#)

As with all the themes of the Healthy Schools award we do need the engagement of pupils in achieving some aspects of the identified health and wellbeing priority. Their involvement and outcomes need to be written into the Platinum action plan

Pupil Voice – This section must be completed when making a submission for the Platinum Award Pupil Healthy Schools team To make a submission for a healthy schools award <u>the school must have a Pupil Healthy Schools team</u>. This could be an existing group of pupils such as the school council, wellbeing champions, sport leaders or a newly formed group of pupils to support the school achieve the Healthy Schools award. Pupils must be an integral part of the process as the school works towards achieving each award. This should consist of sharing the criteria with the Pupil Healthy Schools team and actively engaging them in the process of achieving an award Please write in this section what the <u>pupil's healthy schools team</u> have developed, led and implemented to make improvements to the health and wellbeing priority and have pupils found the changes to be positive. This must be supported by a photograph that showcases the pupil's involvement and an outcome of their involvement.

These are some examples of some sections from a school that has successfully submitted for a platinum award

Health & Wellbeing Priority for Platinum Award Health and Wellbeing Priority: What is the identified priority? <i>Describe the issue you are trying to improve including the data / information used to identify this need. (There are some examples at the end of the document)</i> Detail: Our core focus is on instilling healthy habits from a young age, with a particular focus on active travel and breaking barriers for pupils to be active in and around school. We are mindful that children and their families are leading increasingly sedentary lifestyles, and fewer and fewer families are active in their spare time or within their daily commutes. We are also aware of poverty creating barriers to families accessing healthy activities and resources, and we want to reduce or remove these barriers for our community GROUP: Define your group/s and number of pupils who will benefit from the action (whole school or year group, plus any smaller targeted group). Detail: All pupils at Oatlands are targeted, as are their parents and carers, the staff, and other members of our community (e.g. pupils and parents at Oatlands Junior School)

Health and Wellbeing Priority Intended Outcomes	
To increase the number of pupils and parents taking part in active travel on a daily basis, and to raise awareness of how active travel can support us with building healthy lifestyles and healthy habits	Active travel tracker checks Bike shelter number checks
To facilitate a regular Bike Bus to promote and champion active travel within the community, to build community links, and to provide a safe space for younger children to cycle with trained marshals	Active travel tracker checks Bike shelter number checks Bike Bus video evidence Bike Bus headcounts
To offer a fee-to-use Bike Library for all members of the local community to remove barriers to active travel and active lifestyles	Bike Library booking forms and disclaimers
To offer partially and fully funded cycling lessons to children in school via Bikeability (Sports Premium funded) and to the wider community via Ready Steady Pedal (Opening School Facilities funded)	Booking forms Parent and pupil voice
To offer free after school and holiday clubs to support all children, regardless of their background or family financial position, to engage with active opportunities	Booking forms Parent and pupil voice
To develop a school garden to support children with their understanding of the natural world whilst spending time active and outdoors. This will open to the wider community in the new academic year	Planning and timetables Parent and pupil voice
To offer a fully-funded on-site gym for staff within school, with the potential of this being offered more widely across Yorkshire Causeway Schools Trust	Personal Trainer bookings Signed disclaimers

ACTION PLAN for Health and Wellbeing Priority		
ACTIVITIES AND INTERVENTIONS: List the specific activities that you have planned (for staff, pupils or families) to achieve your improvements, including any resources or partner services that will be providing support. <i>(see some examples at the end of the document)</i>	TIMESCALE: List the month & year when you expect each activity to take place.	LEAD: List the staff member responsible for each activity.
Health and Wellbeing Priority		
Details: Planning and prep for Bike Bus, including the training of marshals Weekly safety briefing with Bike Bus leads (CH, AM, HP, BM) Comms in advance to local businesses and local media + North Yorkshire Sport press coverage to boost engagement Funding for marshal training via Opening School Facilities (NO'B)	October 2024 marshal training October 2024 test rides October 2024 first full rides (monthly) February 2025 switch to fortnightly rides April 2025 marshal training	C. Harrison
Details: Engage with the Zero Carbon Walk to School days and achieve the Gold award again	Achieve award in July 2024 Achieve award in July 2025	C. Harrison

Below is an example of a school that has achieved the Platinum Award

Health and Wellbeing Priority Results and Impact

Increase from 20% of pupils accessing after school clubs to 30%-45% each term

Active Travel Tracker has reported a 25% increase in active travel on Bike Bus days, with bike shelter usage rising by 30%

Bike Library impact = 20 first-ever family bike rides, 18 new cyclists, an increase in active weekend outings and community engagement. Bikes have been borrowed over 50 times since implementation

12 staff have completed gym inductions (35% of whole school team)

Harrogate in Bloom School Gardens Award Bronze awarded summer 2024. [Yorkshire Wildlife garden](#) award received autumn 2024

Engagement with active play resources (den building, scooters, climbing wall etc) has resulted in a 75% reduction in first aid incidents and a 75% reduction in behavioural incidents at playtimes and lunchtimes

Pupil Voice – This section must be completed when making a submission for the Platinum Award

Pupil Healthy Schools team

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Please write in this section what the pupil's healthy schools team have developed, led and implemented to make improvements to the health and wellbeing priority and have pupils found the changes to be positive. This must be supported by a photograph that showcases the pupil's involvement and an outcome of their involvement.

Pupils have had a strong lead on several elements of the above projects, particularly the development of playtimes. The school council requested key resources, and the eco council have led on the development of the school's garden. Pupil and parent / carer voice has been collated throughout the process by both the school and North Yorkshire Sport as part of their annual impact reporting, some of which can be viewed here: [Oatlands Infant School Active Travel project - YouTube](#)

Platinum 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 Platinum Reporting Form submission.

You can also email us at healthyschools@northyorks.gov.uk if you have comments you would like to feedback to us or you have any questions or require further support.



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.

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

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