



North Yorkshire & York Healthy Schools Award- how to apply for an 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 can work on the themes in any order and is an excellent way to showcase the good practice the school is delivering to support the Personal Development and Wellbeing provision** with the specific themes of:

- Active Lives
- Emotional Health and Wellbeing
- Food in Schools
- Personal, Social, Health Education (PSHE)
- Alongside Staff Wellbeing for a silver submission

We are finding that schools who have achieved the Gold or Gold Renewal Award (having held Gold for three years) are achieving the Expected Standard or Strong Standard for their outcome in relation to Personal Development and Wellbeing.

The aim of this document is to guide you through the Healthy Schools Website and how to make a submission for an award. The themes can be worked through in any order.

Achieving the criteria for one theme is a Bronze award, two themes and staff wellbeing a Silver award and all four themes for the Gold award.



Training

We really recommend that schools attend the FREE 'Getting Started Training' to enable a successful submission for a Healthy Schools Award. This training is aimed at schools newly signed up to the programme or colleagues that have previously registered but need a re-fresh of how to achieve an award.

"I found the training very helpful, and it was nice to know that there are people to contact should we need further assistance. There were lots of useful links and ideas"

Getting Started on the Healthy Schools Programme	
All training runs online 3:45-5pm via TEAMS	
Thursday 15 th October 2026	Course code: SI-1026-T007
Tuesday 26 th January 2027	Course Code: SI-0127-T007
Monday 24 th May 2027	Course Code: SI-0527-T001

To apply for any of the training below please go to North Yorkshire Education Services (NYES) <https://nyes.info/>. If you have any questions or need help using the site call the NYES team on 01609 533 222 Or email nyes@northyorks.gov.uk

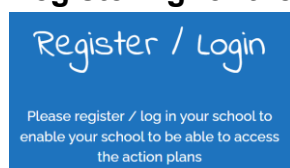
Healthy Schools Website

The Healthy Schools Website can be found at <https://healthyschoolsnorthyorks.org/> and this is where schools can register for the award, access all the key documents and make a submission for an 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](#)

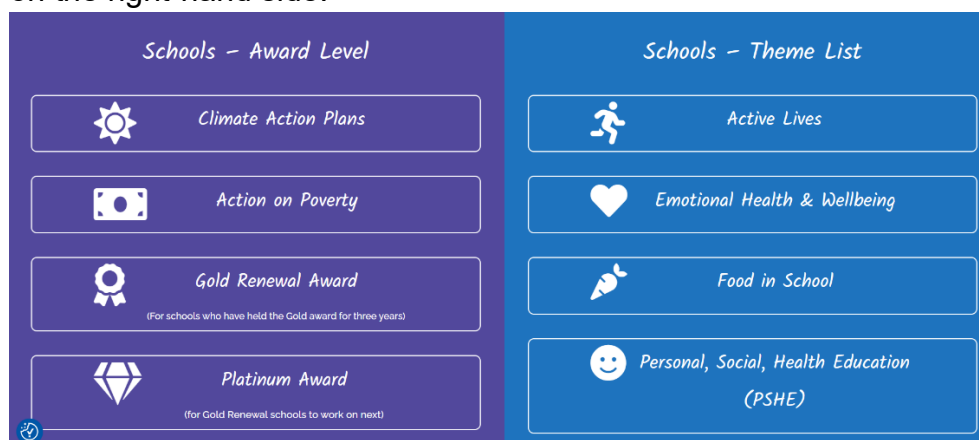
Registering for the Healthy Schools Award [click here](#)



Fill in the details requested. The registration comes through the Healthy Schools Team so we can approve it as we need to ensure it is a North Yorkshire & York School. Once registration and approval has taken place you will be able to access the paperwork required for each theme by clicking on 'Start An Award'

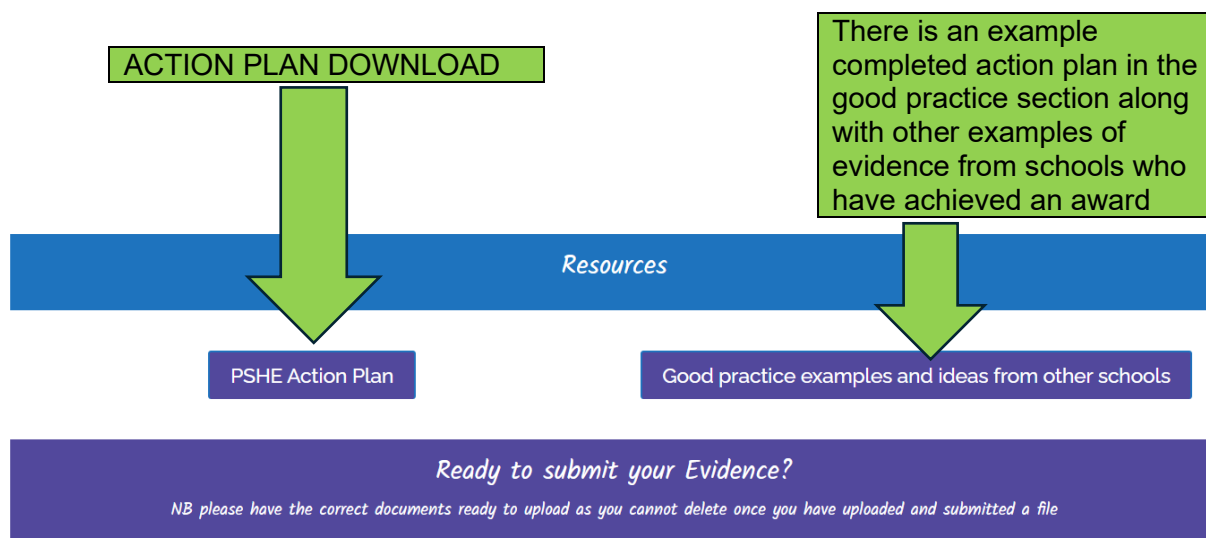
Start An Award

This is the page you will come to. Schools new to the award require the Schools Theme List on the right-hand side.



Healthy Schools Award how to achieve an award via the website. September 2026

Click on the theme you would like to get started on. Each theme is set out in the same way. Bronze is one theme, Silver is another theme along with staff wellbeing and Gold would be the final two themes. The themes can be worked on in any order. Once a school has achieved an award for a theme that theme does not have to be re-done.



Download the action plan to your school's technology and save it on there. It is a word document that contains the criteria for that theme and needs to be completed to provide the evidence for your school for that theme. This is the same process for all the themes.

Criteria to be achieved for the PSHE theme of the Healthy Schools Award	Outline what you already have in place in your school to meet these criteria and how you know it is working.	ACTIONS – outline what you have put in place since working on the Healthy Schools scheme to meet these criteria.
PLEASE provide information to show that all aspects of the criteria are in place in your school. Overview of the planned PSHE curriculum on the school website A well taught and planned PSHE curriculum is in place for all pupils and information is available on the school website: • Intent, implementation and impact for the PSHE curriculum • Overview of the planned PSHE curriculum for all year groups • Relationships and Sex Education policy EVIDENCE: please provide a link in the action plan to the school website where there is information about the planned PSHE curriculum UPLOAD EVIDENCE: Relationships and Sex Education policy		

The criteria for the theme is in the left hand column. Evidence that is already in place for the criteria is written into the middle column by the school. If a criteria has not yet been met information is written into the right hand column with an identified action and timeframe but all aspects need to be in place when submitting for an award.

Please only provide the evidence for the theme you are submitting for as part of the theme action plan. We are only requiring short description, impact and photographs to support the submission.

Please do look at the example completed action plan that can be found in the Good Practice section for each theme.

This is an example from a Gold Setting for the PSHE Theme

Criteria to be achieved for the PSHE theme of the Healthy Schools Award	Outline what you already have in place in your school to meet these criteria and how you know it is working.	ACTIONS – outline what you have put in place since working on the Healthy Schools scheme to meet these criteria.
PLEASE provide information to show that all aspects of the criteria are in place in your school.		
Curriculum: including assessment of pupils progress There is a taught planned programme for all year groups (including links to the EYFS) which is inclusive of the requirements of the statutory relationships, relationships and sex education and health education curriculum; and focuses on the needs of the pupils in that	The PSHE Action Plan for 2024-5 outlines how assessment of Pupil Progress is robust with use of assessment grids, teacher voice, O-track analysis, lesson observations, pupil voice and book scrutiny. Monitoring takes place in Nov, Mar and June. Monitoring the	PUPIL VOICE to explore with current Pupils' Healthy School team what they have learnt in PSHE/found useful and what they would like more of. To be shared with Headteacher – done Dec 2024 Based on the GUNY findings, Diversity Role Models' 'Upstander' video to be shown to
school community including contextual safeguarding concerns. The planned PSHE curriculum is fully inclusive of the protected characteristics in the Equality Act 2010 supported by an inclusive whole school culture. The planned curriculum has adequate curriculum time.	implementation of assessment is underway. Inclusivity is demonstrated through theme days and weeks eg Black History Month (Oct), Anti-bullying week (November), Neurodiversity celebration week (March), Children in Need (November), Safer Internet day (Feb), Children's Mental Health Week (Feb) World Health Day	School Council and Wellbeing Champions to feed into our theme and display. Teachers also to be made aware of this video and books purchased by Learning Mentor in connection with our theme of equality and diversity – done Mar 2025

The majority of evidence is written into the action plan along with supporting photographs to further support the submission which can be inserted into the word action plan. Below are some examples that schools have submitted as part of their completed action plans.





5 ways to well-being



An increase in the number of children cycling and scooting to school – getting good use of our cycle racks!



At the top of each themes action plan there is further information about leading the Healthy Schools award in your school, that each submission must be supported by examples of pupils voice and use of data such as the Growing up in North Yorkshire Survey, Yorks School Survey or data your school collates and uses.

Getting started in school		
Lead Staff Member	Pupils Healthy Schools Team	North Yorkshire: Growing up in North Yorkshire survey (GUNY) York: School Health and Wellbeing Survey (SHWS)
Identify a named lead for the Healthy Schools Award but we do recommend a wider team work together on the award due to the different themes of the programme. Share the PSHE action plan with the staff healthy schools team/ whole staff team and record what is already in place and is	To make a submission for a healthy schools award the school must have a Pupil Healthy Schools team. 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.	If your school took part in the GUNY / SHWS we would like data from the survey to be used to support your <u>schools</u> submission for a Healthy Schools award. The data could be used to show:

When making the submission for that theme we do ask for **evidence to be provided in relation to pupil voice and data to support the theme the school is submitting for.**

The following is the action plan that needs to be completed when making a submission for the PSHE theme of the Healthy Schools Award

PSHE action plan criteria- this needs to be fully completed before applying for the PSHE theme
Pupil Voice Please write in this section what the pupil's healthy schools team identified as the area for development in relation to the PSHE theme and what changes have been implemented to make improvements. This should be supported by a photograph of a PSHE noticeboard or an aspect that supports the PSHE theme in school.
Growing up in North Yorkshire Survey or for York schools the School Health and Wellbeing Survey (or other school data if the survey was not accessed by the school) Please write in this section to showcase some data from your schools survey that relates to the PSHE theme to either show how an area was identified for development or evidence to show an improvement in provision.

School Examples for Pupil Voice and Use of Data

Primary school combining using data from their Growing up in North Yorkshire Survey (GUNY) 2024 and pupils leading on some of the learning

The GUNY survey showed:

- Sometimes it's hard to say 'no' to friends
- Some boys had worries about being bullied
- Some girls had worries about being picked on because of how they looked

(even though at the time of the survey, there were no accounts of experiencing bullying, racism or online abusive messages)

The school did:

- 'Upstander' training delivered by Diversity Role Models for School Council and Wellbeing Champions, so that they can model this behaviour – we pledged to be Upstanders
- Poster campaign about being an 'Upstander' by children for children
- Equalities and diversity display made alongside children
- Bought books for school that explore difference and made staff aware of them
- Wellbeing Champions taught about positive body image, using Compass Phoenix materials
- Wellbeing Champions came up with some ideas to share this learning about being an Upstander with their Key Stage 2 peers

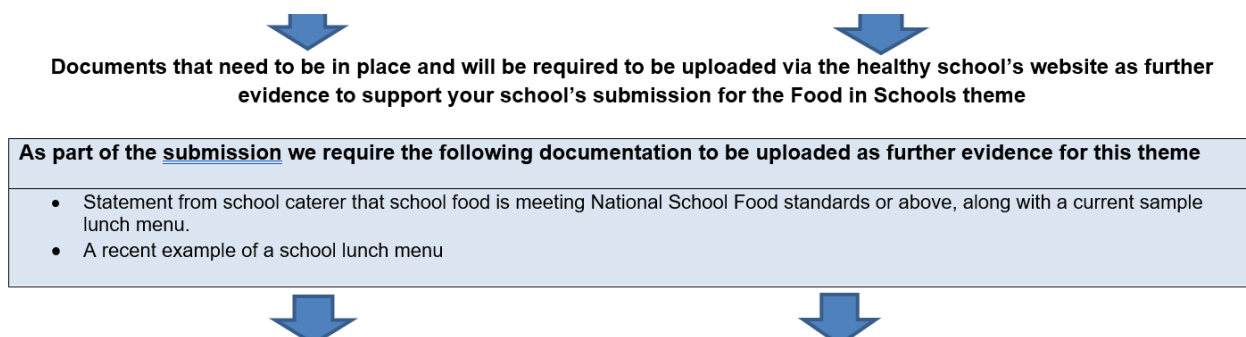
Secondary school using their Growing up in North Yorkshire data

- Identified that 25% of pupils receive negative comments outside of lesson – as a response to this the school have added additional staff to duties and key areas.
- 55% said they did not report sexual harassment to adults – in response to this the school have introduced a QR online form for students to scan around the school and report without others knowing through their IPAD.
- 64% of pupils said they worried about issues – the school has a section on smooth wall pulse which directs students to resources available on line, in person and to external agencies

For some criteria we ask if you have **engagement with other services and / or achieved awards with other organisations linked to that theme**. Schools do not have to have any of these aspects in place to achieve a North Yorkshire & York Healthy Schools award. The right hand column is where schools complete the information if they have engaged with any of the organisations / awards.

Schools do not have to have any of these aspects in place to achieve a North Yorkshire & York Healthy Schools award Please provide information in this table if your school has engaged with any of these teams, training or awards	
YES our school actively works with the Wellbeing in Mind Team.	Please state how long the school has been working with this team:
For North Yorkshire schools YES we access Emotional Health and Wellbeing training from Compass Phoenix and / or the Professional Consultation and / or make referrals into Compass Phoenix	Please state what training has been accessed from Compass Phoenix:
For York schools YES we access the School Wellbeing Service (SWS) School Wellbeing Service – Raise York	Please state how you have worked with the School Wellbeing Service:
YES our school actively works with MyHappyMind	Please state how long the school has been working with this team and if you have achieved the Bronze, Silver or Gold:
YES our school has achieved a Carnegie Centre of Excellence Mental Health in Schools Award from Leeds Beckett University	Please state what level your school is at: Bronze, Silver or Gold and the date this was achieved:
YES our school has achieved a National Nurturing Schools Award	Please provide the date when your school achieved this award:
Please add in any information about any further awards or organisations that your school actively works with to support a whole school approach to emotional health and wellbeing, inclusion and diversity:	

For some criteria it may state: **EVIDENCE UPLOAD**. The majority of evidence is written into the action plan (supported by photos) but for some themes we may require some additional evidence. An overview of the additional documents required for a theme are set out at the start of the theme paperwork.



These documents would be uploaded along with the completed action plan when making the submission for the award. **We do not need any further evidence than what is asked for within the action plan and as an evidence upload.**

Making a submission once your schools theme paperwork is complete

Once your action plan is completed along with having ready all the supporting evidence return to the Healthy Schools Website and log in using your log in details. Return to Start Award and the theme you have been working on and scroll down to the 'ready to submit

your evidence' section. 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

☒ Please upload your Relationships and Sex Education policy

☒ Please upload your PSHE long term curriculum plan

☒ Please upload an image in a word document of a PSHE noticeboard or an aspect that supports the PSHE theme in school

☒ Please upload your completed Healthy Schools PSHE Action plan

☐ Online Survey (please complete in order to finish your Personal, Social, Health Education (PSHE) submission.)

☐ Thank you for completing PHSE

When a document is required to be uploaded. Click on the relevant section e.g recent school lunch 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'.

For the uploaded evidence please can you ensure that the document has your school name on it and the file name clearly states what the document is e.g X school X policy

Evidence0/0 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.

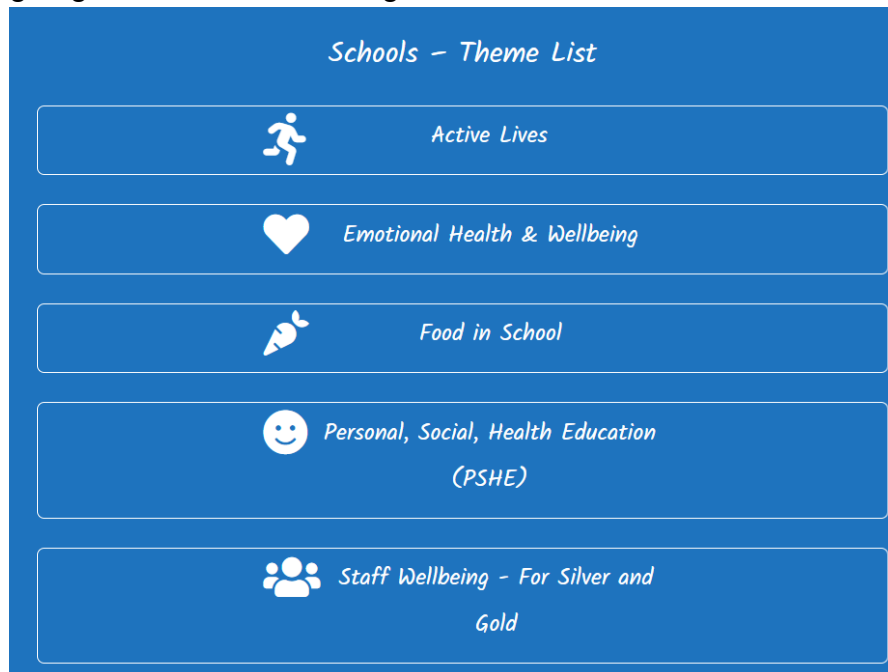
Award Content

☒ Please upload the statement from your caterer that the food is meeting National School Food Standards or above

☒ Please upload a recent school lunch menu

There is a survey to complete to feedback your experience of the Healthy Schools award. We do appreciate feedback so we know we are getting it right or what improvements could be made.

The staff wellbeing theme is required for making a silver submission (or if going straight for Gold). The staff wellbeing action plan can be downloaded by going to the theme list and going to the Staff Wellbeing tab



Please make sure you download the school staff wellbeing action plan. No further evidence is required just completion and uploading of the staff wellbeing action plan

Staff Wellbeing - Schools Download Action Plan

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.

The school's submissions will go through the Healthy Schools Quality Assurance Process three times a year. The submission dates can be found [here](#)
A member of the healthy school's team will be in touch to confirm the outcome of your schools submission.

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

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



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