



# Healthy Schools Training and Pupil events

## Spring and Summer Term 2024

More information about the Healthy Schools Award is available via the website <https://healthyschoolsnorthyorks.org> / and this is where new schools can register for the award.

If you have any questions, would like to discuss any aspects or seeking support please email the Healthy Schools Programme [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

To apply for any of the training below please go to North Yorkshire Education Services (NYES) <http://www.nyestraining.co.uk/> If you are a school or educational setting your school will have been issued with a username and password, which will enable your school to log in and apply for training. 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](mailto:nyes@northyorks.gov.uk)

### The North Yorkshire & York Healthy Schools Programme

The North Yorkshire & York Healthy Schools Programme goes from strength to strength each academic year. 80% of schools in North Yorkshire have registered with the programme and 120 schools have achieved an award. We welcome York schools some of whom started the award at the end of the summer term. **The Programme is free for all maintained and academy schools in North Yorkshire & York**

Recent evaluation of the programme with schools showed:

- 98% of schools were either very satisfied or satisfied with the Healthy Schools Programme "We enjoyed engaging with the programme - it helped us to look at the gaps in our approach to health and wellbeing and celebrate our achievements"

We would like all North Yorkshire & York schools to engage in the programme and achieve the recognition for the good work schools are doing in relation to the themes for the award:

- Active Lives
- Food in Schools

- PSHE
- Emotional Health and Wellbeing
- Staff Wellbeing

**We really recommend that schools attend some '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 schools that have previously registered but need a re-refresh of how to achieve an award. Schools can get in touch at any time to ask for support at [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

<b>Getting Started on the Healthy Schools Programme</b>	
All training runs online	
Thursday 13th June 2024, 1:30 -3pm	Course Code: SI-0624-T023



<b>Online Healthy Schools Network meeting- sharing good practice</b>
Thursday 11 <sup>th</sup> April 2024
1:30-3pm
Course Code: SI-0424-T016
<p><b><i>Schools are always asking 'what is working in other schools?'</i></b> This is an opportunity to come along and learn what other schools have implemented around health and wellbeing with a focus on the four themes of the Healthy Schools Award along with staff wellbeing.</p> <ul style="list-style-type: none"><li>• Opportunity for schools to learn about different schools practice and approaches in relation to the four themes of the North Yorkshire &amp; York Healthy Schools Award</li><li>• Opportunity for schools to learn how schools are implementing effective pupil voice and support through aspects such as pupil wellbeing champions, student council etc</li><li>• Refresh of criteria and requirements around applying for a Healthy Schools award</li><li>• Opportunity to share good practice and discuss what support and further information is needed around health and wellbeing</li></ul> <p><b>Free to all North Yorkshire &amp; York schools Please book all training via</b></p> <p><a href="http://www.nyestraining.co.uk/">http://www.nyestraining.co.uk/</a></p>



### **Growing & outdoor learning training**

**Thursday 21<sup>st</sup> March; Ripon Walled Garden; with Grow 2 School and the Healthy Schools team.**

**FREE to schools and providers signed up to Healthy Schools & Healthy Early Years**

Explore ideas and resources for teaching growing & outdoor learning. Find out what's good to plant for a successful harvest. Discover funding opportunities to help get you growing. Discuss ways to work outside safely and confidently in your own setting's grounds to grow and play outdoors. Hot drinks provided.

**AM session: for Early years/EYFS and nursery schools** along with a free resource pack to take away 9.30am-12.00 Course Code: SI-0324-T032

**PM session: for primary and special schools** 1-3.30pm Course Code: SI-0324-T003

Please book all training via <http://www.nyestraining.co.uk/>



### **Healthy Schools Pupil Events- Dates for the Diary with more information coming soon**

- **Tuesday 5<sup>th</sup> March 2024 an online pupil event** from 1-3pm for pupils in key stage 2 to engage in a range of online workshops to support all the themes of the North Yorkshire Healthy Schools Award
- **Wednesday 19<sup>th</sup> June 2024** Healthy Schools Pupils Celebration Event at Harlow Carr, Harrogate from 10-2pm



**Healthy Schools Website – Have you checked it out yet? The following pages are open access for any school in North Yorkshire & York**

- There is a **RESOURCE section** for each of the themes and signposts to a wealth of curriculum resources and supporting resources for staff
- **TRAINING & EVENTS section** signposts to a range of e-learning to support the healthy schools themes as well as North Yorkshire & York specific training from a range of organisations
- **CHILD HEALTH Support pages** signpost to a wide range of supporting information for all professionals (and parents/carers) to support with children and young people's health e.g. sleep clinic information
- **PARENT PAGES** signpost to a range of supporting information to support parents e.g. the healthy pack lunch leaflet

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