

# Health Promotion in Education Settings: FAQs

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## List of acronyms:

HPES	Health Promotion in Education Settings	OPS	Online Pupil Survey
HiSA	Health in Schools Award	SGCEM	South Gloucestershire Council Equality Mark
HiSP	Health in Schools Programme	BNSSG	Bristol, North Somerset and South Gloucestershire
MHWBA	Mental Health and Wellbeing Award	ICS	Integrated Care System

## Introduction:

This document helps you better understand the new **Health Promotion in Education Settings (HPES)** programme, including the new Award component. It answers the following:

1. Is the HPES programme different to the **Health in Schools Programme (HiSP)**, and does the HiSP still exist?
2. What is the HPES programme trying to achieve, why should we get involved?
3. What is the HPES programme offering in terms of help and support?
4. We are not a 'mainstream' school, is the HPES Award programme still open to us? How will that work?
5. Why will you be having this new HPES Award programme? How will it work? What is the 'end goal'?
6. Is the **Health in Schools Award (HiSA)** programme part of this, or will it be replaced?
7. Our setting has previously achieved the Bronze / Silver / Gold HiSA, is that still valid? Can we use it towards this new HPES Award programme?
8. How long will it take us to complete these Award or Quality Mark processes?
9. Is the Healthy Roots Quality Mark assessment tool like the old Bronze HiSA self-assessment audit? And, once we've completed it, do we still have a choice about progressing further?
10. Do we have to do the Healthy Roots Quality Mark first, or can we do other quality mark or award processes before, or at the same time?
11. We've expressed an interest in undertaking the Mental Health and Wellbeing Award (MHWBA) and / or the South Gloucestershire Council Equality Mark (SGCQM), is this different to, or part of, the HPES Award programme?
12. Can we use information / evidence we've provided for the MHWBA, SGCQM or other awards / quality marks towards the HPES Healthy Roots Quality Mark, or vice-versa?
13. If our setting wants to pay to undertake an award or quality mark process that is not listed as part of your scheme, can we do so and use this towards your Award programme?
14. Who will be assessing or validating the award / quality mark evidence I submit? How long can I expect to wait? What will happen if I haven't provided all the evidence that is required?
15. How will re-validation of the various awards or quality marks work?

**Q1: Is the HPES programme different to the *Health in Schools Programme (HiSP)*, and does the HiSP still exist?**

A1: The HiSP, including its bronze, silver, and gold awards, has ceased, and is superseded by the HPES programme.

Existing HiSP awards remain valid until January 2023. Any certification displayed or references to awards achieved should be removed from your premises, literature, or web pages by 31/1/2023.

The HPES will comprise two 'strands' of work.

Strand 1: Support and guidance encouraging and enabling settings to promote the health and wellbeing of children and young people in the widest sense

Strand 2: Award programme (not a continuation of the old HiSP Award)

The new HPES programme has a Core Offer of support and guidance, available without cost to all education settings. To access the Core Offer, please contact us using the email address at the end of this document.

To support strands 1 and 2, we will strengthen the role of the ***Health and Wellbeing Online Pupil Survey (OPS)***.

Increasing OPS participation rates is central to providing settings with better data about the health and wellbeing needs of children and young people. This enables settings to incorporate health promotion activity and intervention more effectively into their whole-setting planning processes.

The work programme will seek to extend its reach, engaging with any education setting that sees benefit in the support and guidance on offer – hence the dropping of the word school from the work programme title.

The work programme has also deliberately exchanged 'health' for 'health promotion'. The purpose being to add greater emphasis to the proactive, sustained and 'setting-wide' interventions and developments we will be encouraging you to make, over and above those which were previously undertaken as part of achieving an award.

**Q2: What is the HPES work programme trying to achieve, why should we get involved?**

A2: The HPES work programme has two inter-related goals:

1. Improve access to; information, advice, support, training, and resources for education settings that are designed to improve health promoting education, behaviours and interventions
2. Improve the overall effectiveness of the OPS ensuring the availability of data needed to identify need and underpin change and development

Achieving progress towards these goals allows us to make our contribution to the following three, high-level and overarching Council-wide outcomes:

1. Improve educational attainment of children and young people and promote their wellbeing and aspirations ([SGC Joint Health and Wellbeing Strategy](#))

2. Creating the best start in life for our children and young people ([SGC Council Plan](#))
3. We will increase the proportion of children who achieve a good level of education attainment ([BNSSG ICS Outcomes Framework](#))

Public Health England's 2014 publication [The link between pupil health and wellbeing and attainment A briefing for head teachers, governors and staff in education settings](#) and a later paper by Smith and Marshall (2020) entitled [The influence of mental health on educational attainment in adolescence](#) should be seen as a snapshot of the strong evidence base connecting effective health promoting activity and intervention in education settings with levels of educational attainment and improved attendance and behaviour.

The HPES work programme supports education settings to translate this academic evidence-base into an achievable reality.

Involvement in the Award programme component represents the evidencing and celebration of the work, activities and interventions undertaken in pursuit of the above outcomes.

**Q3: What is the HPES work programme offering in terms of help and support?**

A3: The HPES work programme is making a Core Offer of support available to any education setting in South Glos. Access to training and CPD opportunities is an important part of this offer. Details of upcoming events can be found [here](#).

Termly, we produce the [Public Health Bulletin for Education Settings](#), a comprehensive round up of resources, guidance, training opportunities and announcements that are of value to anyone involved in delivering PSHE, RSHE, pastoral support or providing wider support for children and young people's health and wellbeing.

We encourage all education settings to consider participation in the bi-annual [Health and Wellbeing Online Pupil Survey \(OPS\)](#). The next survey will run between the beginning of February and end of March 2023. The OPS is the 'voice of the child / young person' and provides important insights that can inform and influence the planning and delivery of health promoting interventions across a breadth of settings and situations.

**Q4: We are not a 'mainstream' Primary or Secondary school, is the HPES Award programme still open to us? How will that work?**

A4: The HPES Award programme will launch for the first time in January 2023, primarily, but not exclusively, to mainstream Primary and Secondary settings. Between January and August 2023, we will work through our HPES Steering Group to understand and make the necessary adaptations that allow, from September 2023, our 'non-mainstream' settings, Early Years and Post-16 settings to participate in greater numbers.

**Q5: Why will you be having this new HPES Award programme? How will it work? What is the 'end goal'?**

A5: We use a tree analogy. To flourish, the tree needs strong roots, good soil, regular nourishment, sunlight, protection etc. Simply, 'healthy' trees need a combination of inter-related elements to thrive.

The old HiSA programme had a baseline audit, followed by a silver and gold award stage that usually focussed on the development of a single 'health topic'.

The new Award programme comprises a strengthened, robust baseline assessment, successful completion of which will result in settings being awarded their Healthy Roots Quality Mark

Should they choose to proceed, the next stage sees settings pick from a 'menu' of topic-specific Awards or Quality Marks, e.g. the Mental Wellbeing Award, Period Positive Schools, The Equality Mark. Their choice of focus is likely to be shaped by a combination of; available OPS data, internal pupil survey or feedback, their whole-school plan, and whole-staff insights.

There are currently 7 FREE Awards / Quality Marks in the menu:

- 1, South Gloucestershire Council Mental Health and Wellbeing Award (MHWBA)
- 2, South Gloucestershire Council Equality Mark (SGCEM)
- 3, The Youth Sport Trust Schools Games Mark
- 4, Modeshift Stars
- 5, Period Positive Schools
- 6, United Against Bullying Programme (new applications open from September 2023)
- 7, RHS School Gardening Award

NB: it is highly likely that additional local free awards or quality marks will be developed in 2023. Possible areas of focus may include, but not be limited to, food and nutrition and preventing violence against women and girls

Once a setting has completed 3+ of those (in addition to the Health Roots Quality Mark), they will be awarded HPES Beacon Setting status. Beacon Setting status confirms sustained and proactive work to promote the health and wellbeing of all children and young people across a greater breadth and depth of areas

Settings completing 6+ Awards / Quality Marks on the menu will be awarded Beacon+ Exemplar status. This confirms the setting has demonstrated, over time, an approach to children and young people's health and wellbeing that goes beyond 'the gold standard'. It is likely that these settings will have generated strong evidence of measurable outcomes associated with their sustained commitment to improving children and young people's health and wellbeing.

**Q6: Is the existing Health in Schools Award (HiSA) programme part of this, or will it be replaced?**

A6: No. The old Bronze, Silver and Gold HiSA system is being replaced in January 2023 by the new HPES Award programme. The main difference being that the new HPES Award programme will actively promote and encourage a focus on evidencing health promoting interventions across a greater range and breadth of 'health' topics and / or areas. These are likely to include, but not be limited to: equality and inclusion, tackling gender-based

violence, harassment and abuse, food and nutrition, physical activity, mental wellbeing and developing period-friendly settings.

**Q7: Our setting has previously achieved the Bronze / Silver / Gold HiSA, is that still valid? Can we use it towards this new HPES Award programme?**

A7: The new HPES Award programme will launch in January 2023.

A setting who completed their Bronze self-assessment in the 2021/22 academic year can use the evidence previously submitted towards their chosen Award / Quality Mark. Settings that achieved a Silver or Gold Award in the last two academic years, or settings that were working towards one of these Awards can use the evidence towards their chosen Award / Quality Mark provided the interventions or initiatives previously described or evidenced remain ongoing or are planned for the academic year 2022/23 and / or beyond.

**Q8: How long will it take us to complete these Award or Quality Mark processes?**

A8: It is difficult to put an accurate timescale on completion of Awards / Quality Marks as everyone's circumstances will be different. - but it's best to be honest and say this will not be a 'quick win'.

However, the evidence linking children and young people's health and wellbeing and education attainment means settings will hopefully see their participation as a worthwhile time investment.

Achieving positive health and wellbeing outcomes for children and young people is recognised to require a 'whole-setting' approach. From the outset we encourage you to compile a 'team' to undertake the work required.

We are also minded to stress that, in our experience, settings are very often already delivering positive and innovative interventions and have multiple sources of evidence to showcase impact or value. As such, award programmes like these are often about giving external recognition to something that already exists.

**Q9: We understand that the HPES Award programme can begin with the Healthy Roots Quality Mark, Is this like the old Bronze HiSA self-assessment audit? And, once we've done the Healthy Roots Quality Mark do we still have a choice about progressing further?**

A9: Those who previously completed a Bronze self-assessment will remember the process being part tick-box audit and part written evidence with illustrative examples. Colleagues will also remember it being a process that was completed online, and that there was then no compulsion to progress from a Bronze to a Silver or indeed Gold.

In essence, those features remain. The new Healthy Roots Quality Mark will be completed online and will blend tick box areas with areas requiring more detailed evidence.

As with the previous HiSA award programme, there will be no compulsion to move on past the first stage (i.e., Healthy Roots Quality Mark).

However, because many settings have already expressed an interest in the Mental Wellbeing Award, and as your existing health promotion work can be recognised, we are likely to encourage onward progression after achieving the initial Healthy Roots Quality Mark.



**Q10: Do we have to do the Healthy Roots Quality Mark first, or can we do other quality mark or award processes before, or at the same time?**

A10: Our interest and motivation lie in your setting improving the overall health and wellbeing of children and young people. If you have previously identified a priority need that fits with the requirements of, for example, the MHWBA, SGCEM, School Games Mark or Period Friendly Schools, then we would encourage completion of those first and consider the Healthy Roots Quality Mark later. It is likely that evidence provided for other awards or quality marks, will be transferrable to the Healthy Roots Quality Mark assessment process. As such, you'll already have evidence for some sections before you've even begun.

**Q11: We've expressed an interest in undertaking the Mental Health and Wellbeing Award (MHWBA) and / or the South Gloucestershire Council Equality Mark (SGCEM), is this different to, or part of, the HPES Award programme?**

A11: The MHWBA and SGCEM is an integral part of the HPES Award Programme. It sits prominently on the 'menu' of Awards and Quality Marks that combine to make up the HPES Award Programme. Colleagues from the MHWBA, SGCEM and HPES Award Programme have collaborated throughout their development phases.

**Q12: Can we use information / evidence we've provided for the MHWBA, SGCEM or other awards / quality marks towards the HPES Healthy Roots Quality Mark, or vice-versa?**

Yes! Whenever possible we want to avoid unnecessary duplication, making the completion process efficient by taking a pragmatic, common-sense approach.

Settings will notice that, where appropriate, sections 2, 4, 6, 7, 8 and 9 of the Healthy Roots Quality Mark self-assessment tool refer to questions / sections that can be left blank if this evidence has already been generated for either the MHWBA or SGCEM. Likewise, they'll see where we intend to share evidence with the MHWBA and SGCEM leaders to avoid duplication if settings subsequently intend to complete these awards / quality marks.

Settings that already have relevant evidence from other external award / quality mark processes / submissions may use this wherever appropriate – provided it:

- a) Is of a comparable level of detail and breadth
- b) Is from an award or quality mark that is in date / valid
- c) Refers to activity / interventions that are current / remain ongoing

**Q13: If our education setting wants to pay to undertake an award or quality mark process that is not listed as part of your scheme, can we do so and use this towards your Award programme?**

A13: Yes. We are aware of numerous Award / Quality Mark processes covering many topics incl. gender equality, LGBTQ inclusion, safeguarding, forest school etc. For illustration, the [Anti-Bullying Alliance](#) and the [Soil Association's Food for Life Award](#) are just two examples.

These type of Award / Quality Mark programmes have fees ranging from approximately £200 to £1000+, often requiring recertification every 2 or 3 years, with an associated cost.

As these costs are likely to be a barrier, we chose not to include details in this document. Should your setting be able to fund such Awards or Quality Marks, we would be happy to

provide details of available options and support you, for example through our Core Offer, to use things like locally available data to meet evidence requirements.

We will also be supportive of you using these Awards / Quality Marks towards the number needed to achieve Beacon or Beacon+ Exemplar status, and / or as evidence towards one or more of our local Awards or Quality Marks.

**Q14: Who will be assessing or validating the award / quality mark evidence I submit? How long can I expect to wait? What will happen if I haven't provided all the evidence that is required?**

A14: There are different answers depending on which award or quality mark you are undertaking. These are set out below:

#### **Healthy Roots Quality Mark:**

Once submitted, your Healthy Roots Quality Mark assessment tool will be reviewed by the HPES Quality Assurance Panel. Your evidence submitted in each section will be assessed against the following criteria:

**Level 4: Outstanding:** the quality of evidence submitted is consistently high, demonstrating significant strength in this area, nothing additional is required

**Level 3: Good:** the quality of evidence submitted is mainly high. A small number of areas could be further strengthened. These will be detailed in an advisory action plan

**Level 2: Satisfactory:** some good quality evidence has been submitted. There are several areas where development will be very strongly encouraged. These will be detailed in an advisory action plan

**Level 1: Additional evidence is required:** the evidence submitted is not sufficient. Many areas require strengthening and development. These will be detailed in an action plan requiring completion before the Quality Mark can be awarded

For the **Quality Mark** to be awarded, a submission must have been assessed by the majority of the Quality Assurance Panel as having provided evidence at level 2 or above in each of the 9 sections.

A setting whose submission does not meet these criteria will be provided with detailed feedback, an action plan and an offer of support to provide the required evidence.

Settings who are deemed by the majority of the Quality Assurance Panel to have submitted evidence at level four in each of the 9 sections will have their outstanding achievement referenced in their Quality Mark certification.

You will receive a decision on your submission with 4 weeks.

## HPES Beacon Setting Status and Beacon+ Exemplar Setting Status:

Once a setting has completed the requisite number of Awards / Quality Marks to apply for Beacon Setting or Beacon Setting+ Exemplar status the Quality Assurance Panel will convene to ratify that the evidence submitted via the online application process is in date and valid. Certification will then be issued within 2 weeks of the Beacon Setting or Beacon Setting+ Exemplar status online application being received.

### Q15: How will re-validation of the various awards or quality marks work?

A15: Awards or Quality Mark's from providers outside the Council or HPES programme will have their own re-validation processes and timescales. For the Healthy Roots Quality Mark and Mental Health and Wellbeing Award, re-validation will occur every 3 years and take the form of a self-review and action plan. For the South Gloucestershire Council Equality Mark, re-validation will take place every year, with the process commencing toward the end of the spring term.

If you have further questions, or require additional support, please ring: **01454 864 606** or email: [healthpromotionineducation@southglos.gov.uk](mailto:healthpromotionineducation@southglos.gov.uk)