

Health Promotion in Education Settings: Core Offer of support

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Introduction

This document will be relevant for:

- Leads for Mental Health, Personal, Social, Health and Economic education (PSHE), Relationships, Sex and Health Education (RSHE)
- Designated Safeguarding Leads
- Senior leadership positions relating to health, wellbeing, and staff CPD
- Pastoral / family support roles

The document sets out the **Health Promotion in Education Settings** work programme's **Core Offer** of support available to all education settings in South Gloucestershire; to ensure they can effectively promote and improve the health and wellbeing of all pupils and staff.

In 2012, the Chief Medical Officer's Annual Report on our children's health, stated that:

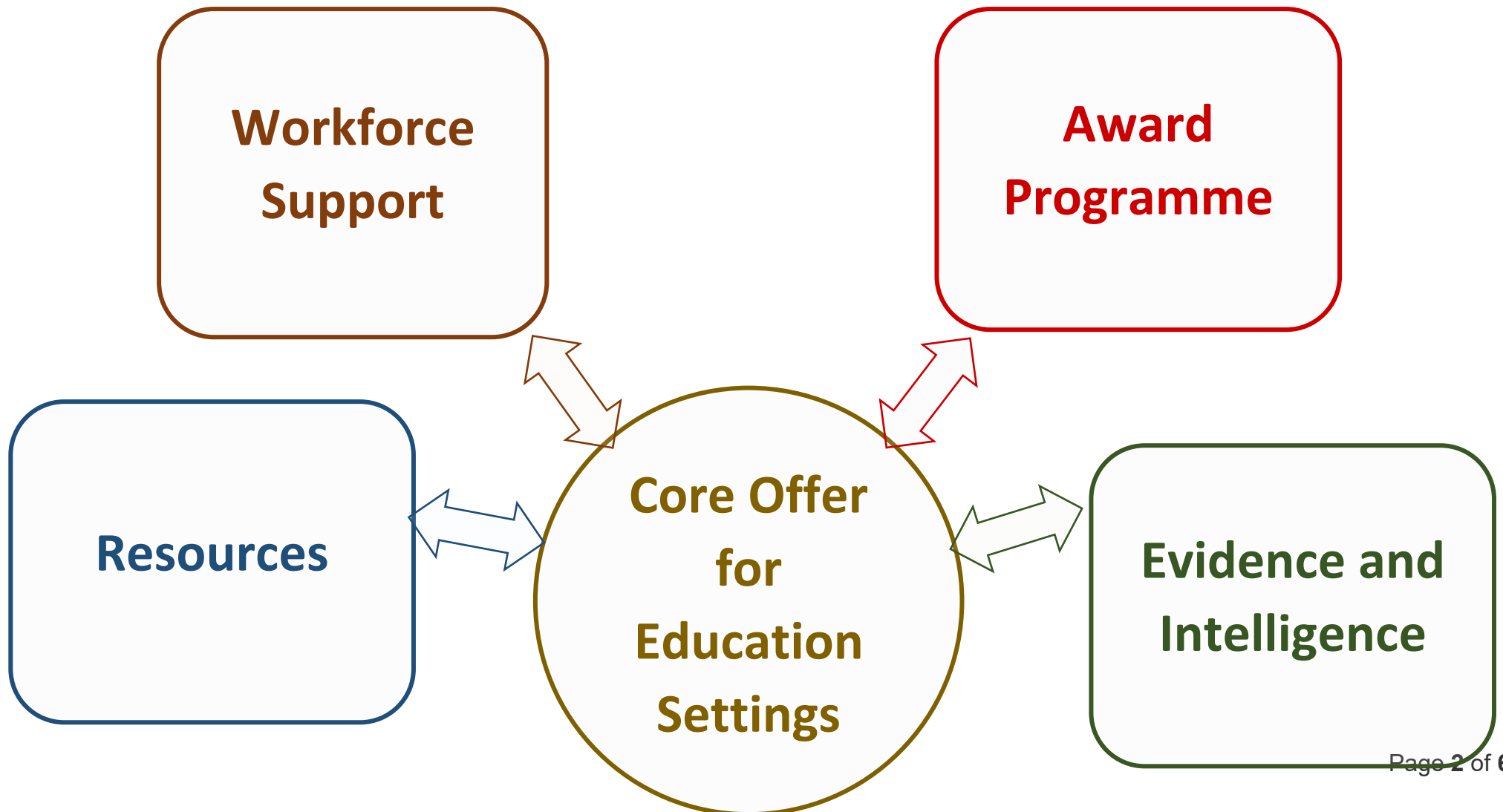
"promoting physical and mental health in schools creates a virtuous circle reinforcing children's attainment and achievement that in turn improves their wellbeing, enabling children to thrive and achieve their full potential."

Brooks F (2013). Chapter 7: Life stage: School Years, in Chief Medical Officer's annual report 2012: Our Children Deserve Better: Prevention Pays, ed. Professor Dame Sally C Davies. London: DH

There is no cost to education settings associated with accessing the Core Offer, and wherever and whenever possible, we only promote offers of training or delivery support from external organisations / partners that are providing their offer without cost.

To access any aspect of the Core Offer, or to explore with us how we might be able to support you in developing interventions that improve the health and wellbeing of pupils and staff, please ring: email: healthpromotionineducation@southglos.gov.uk

The Core Offer model



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Resources:

- Free Personal, Social, Health and Economic education (PSHE) / Relationships, Sex and Health Education (RSHE) Resource and Information Platform.
- Service Directories for Personal, Social, Health and Economic education (PSHE) and [Mental Health](#)

Workforce support:

- [Promotion of free training covering a range of health and wellbeing topics](#), including the [Mental Health and Wellbeing training programme](#).
- Provision of free, bespoke Personal, Social, Health and Economic education (PSHE) / Relationships, Sex and Health Education (RSHE) advice and support sessions
- Primary and Secondary stage PSHE / RSHE Leads Network events
- Question / advice space via Teams for users of the PSHE / RSHE Resource and Information Platform.

Award programme:

All awards give settings the opportunity to celebrate and further develop their whole school approaches, with support from the Public Health team.

For a menu of local and national award programmes see the following the [Menu of awards](#) these can be used by settings wanting to work towards achieving their Healthy Roots Quality Mark (stage 1), Beacon Setting Status (stage 2) or Beacon+ Exemplar Setting Status (stage 3). Or taken up as individual awards to celebrate or further develop a health and wellbeing area in your setting.

For more information about award programmes contact: healthpromotionineducation@southglos.gov.uk

Healthy Roots Quality Mark

The Healthy Roots Quality Mark represents a form of baseline assessment, allowing education settings to evidence the foundation they have built for the promotion of staff and pupil health and wellbeing. The Quality Mark is undertaken via completion of the [online assessment tool](#). Before completing this online tool, please see the [Healthy Routes Mark online assessment tool guidance document](#). Complete the tool above to be reviewed by the public health team or contact: healthpromotionineducation@southglos.gov.uk for further information and support.

Mental Health and Wellbeing Award

This free programme for South Gloucestershire schools and colleges is based on the ['Promoting children and young people's mental health and wellbeing - A whole school or college approach' paper 2015/2021' guidance for education settings.](#)

This award both celebrates good practice in schools and offers the opportunity to further develop your whole school approach to mental health and wellbeing.

Option 1:

Get started now and complete a [Self-Review and Action Planning tool](#) to be reviewed by the public health team. Also see our [Mental Health and Wellbeing Award resource and guidance toolkit](#) for local and national information and support linked to the whole school approach.

Option 2:

If you have recently completed a review of your whole school approach to mental health and wellbeing e.g. through the Senior Mental Health Leads training or with your Mental Health Support Team. Contact mentalhealth@southglos.gov.uk to arrange a team's call, as this may be able to be used as the basis for the award.

Food and Nutrition Award

This free programme for South Gloucestershire education settings brings together DFE guidance and evidence based practice around food and nutrition, to support a whole school approach to food and nutrition. [The Food and Nutrition Self-Assessment Tool](#) supports settings to review current practice and identify areas for development.

Complete the tool above to be reviewed by the public health team or contact healthpromotionineducation@southglos.gov.uk for further information and support.

Evidence and intelligence:

Education settings can make bespoke analysis requests of online pupil survey data to identify need, support intervention planning and develop whole school wellbeing priorities. Support is also available to help education settings identify how they might best use other sources of local and national data to address pupil health and wellbeing need.

Using local and national sources such as:

- [South Gloucestershire- Public Health Intelligence Portal](#) - Access a broad range of health and wellbeing data to support school improvement planning.
- **National Child Measurement Programme (NCMP)** - Understand trends in physical health and healthy weight. School level Information comes direct to individual schools' alternate years. There is also national and ward level data available.
 - **National Active Lives Survey** Explore physical activity levels among pupils.

- **National Oral Health Survey** - Assess oral health outcomes to support targeted action.

These insights can help your school:

- Identify priority areas
- Design targeted interventions
- Demonstrate impact to governors and Ofsted
- Strengthen your whole-school approach to health and wellbeing

Any Questions?

To request support with evidence, contact healthpromotionineducation@southglos.gov.uk

The Health and Wellbeing Online Pupil Survey (OPS):

The Health and Wellbeing Online Pupil Survey (OPS) is:

- Free for all primary, secondary, post-16, special, and non-mainstream settings
- Age and stage-appropriate, with tailored versions for year 4, year 5 & 6, year 7, years 8 to 11, and years 12 & 13
- Well-established, with over 50,000 pupils from 115 settings taking part since 2015 — including 12,500 pupils in 2023

Survey design:

Questions asked by the OPS are grouped into the following survey domains:

1. Physical health
2. Mental health and wellbeing
3. Learning and school experience
4. Relationships, safety, and support

Purpose:

The OPS is a snapshot in time of children and young people's health and wellbeing needs. It ensures 'pupil voice' influences how education settings: construct their development plans; update their policies, procedures, and practices; and plan, deliver, and evaluate targeted interventions and support.

Benefits for school leaders:

- Supporting you to complete your Self-Evaluation Framework form in the context of the Education Inspection Framework by providing evidence of the strength of your practice in relation to; "quality of education", "behaviour and attitudes" and "personal development".
- Supporting you to effectively evidence many of your key safeguarding responsibilities as detailed in Keeping Children Safe in Education, and in addition, the content specified in relation to contextual safeguarding.

Benefits for pupils and staff:

- Gain detailed insight into pupils' health, wellbeing, and school experience
- Support pupil voice in shaping wellbeing priorities
- Inform targeted support and whole-school planning
- Enable human and financial resources to be more efficiently and effectively allocated

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