

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:

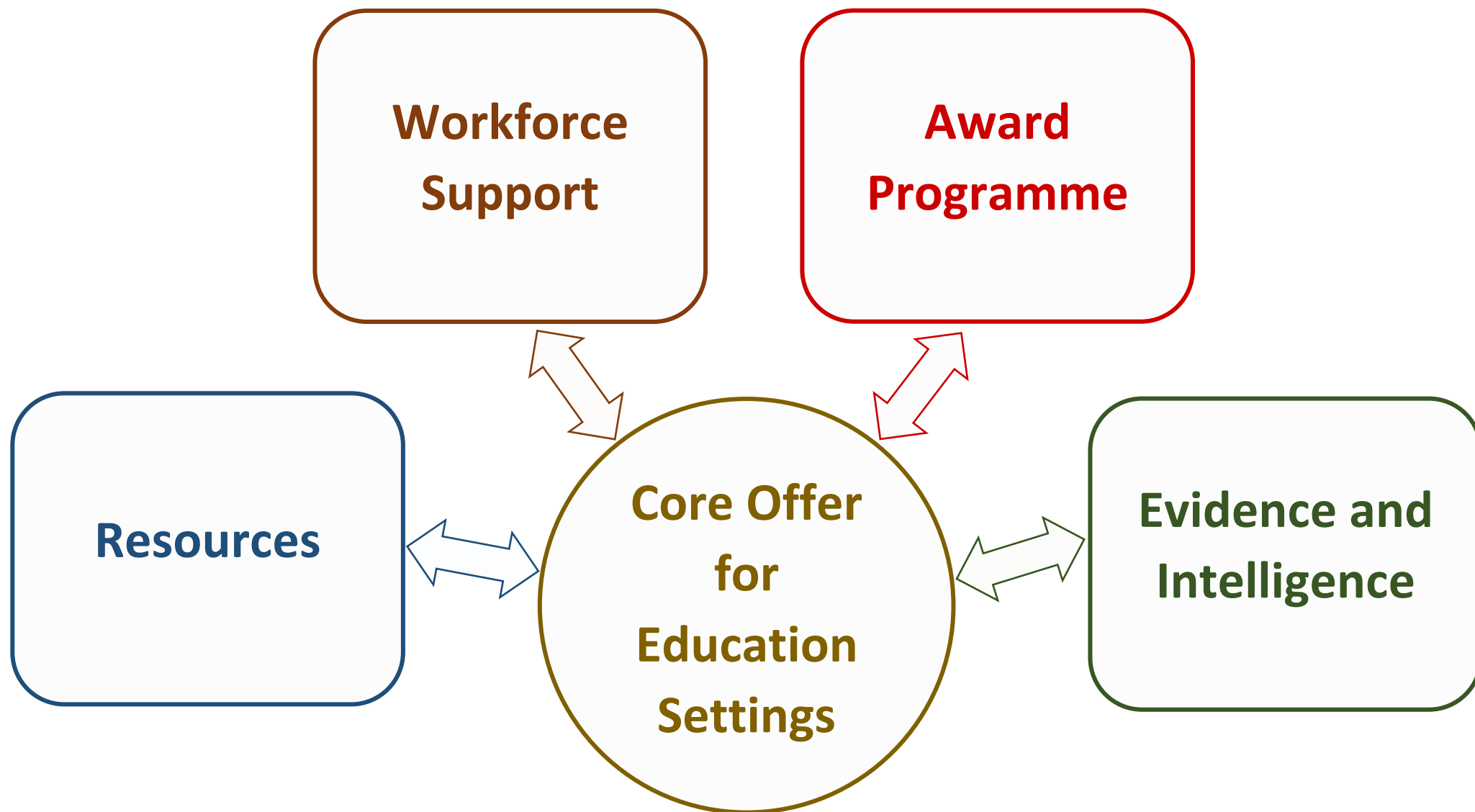
“promoting physical and mental health in schools creates a virtuous circle reinforcing children's attainment and achievement that in turn improves their wellbeing, enabling children to thrive and achieve their full potential.”

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: **01454 864 606** or 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 (NB: for access to the Resource and Information Platform email the words 'I WANT ACCESS' to: healthpromotionineducation@southglos.gov.uk) (incl. links to free lesson resources like: [NSPCC Talk Relationships](#), [CEOP Respecting Me, You, Us](#), [City of Wolverhampton Council KS2 Wellbeing Toolkit](#))
- Termly Public Health Bulletin for Education Settings
- Dare, 5-lesson teaching pack covering consent, health relationships and gender-based inequality
- 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
- Signposting to [NSPCC Talk Relationships teacher helpline / advice line](#)
- Provision of free, bespoke Personal, Social, Health and Economic education (PSHE) / Relationships, Sex and Health Education (RSHE) advice and support sessions
- Quarterly Primary and Secondary stage PSHE / RSHE Leads Network meetings
- Question / advice space via Teams for users of the PSHE / RSHE Resource and Information Platform

Award programme:

- 3-level, Health Promotion in Education Settings (HPES) Award programme: 1) Healthy Roots Quality Mark, 2) HPES Beacon Setting, 3) HPES Beacon+ Exemplar Setting
- Beacon / Beacon+ Exemplar setting status achieved by completing awards / quality mark processes from a 'menu' of local and national options
- Healthy Roots Quality Mark achieved via completion of an online self-assessment tool

Evidence and intelligence:

- All primary / secondary / post-16 settings encouraged / supported to participate in the Health and Wellbeing Online Pupil Survey (OPS)
- Suite of infographics, presentations, and summary reports available on a variety of Online Pupil Survey (OPS) topics
- Education settings can request bespoke data / evidence analyses or insight to support intervention planning
- Ensuring settings are benefitting from accessing or using data available through the National Child Measurement Programme (NCMP), Active Lives Survey, National Oral Health Survey and Public Health Intelligence Portal to better identify children and young people's health and wellbeing needs

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