

# Health Promotion in Education Settings:

## Menu of Awards

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This guide outlines the health and wellbeing-related Awards and Quality Marks that can support schools in achieve award and quality marks accreditation process under the Health Promotion in Education Settings Award Programme. The following Awards and Quality Marks are available without charge as part of the Health Promotion in Education Settings Award programme.

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.**

**Stage 1:** Completion of the **Healthy Roots Quality Mark** (HRQM). Details for the HRQM, including a link to the Online Assessment Tool can be found on page 2 below. **This is recommended as the first step as it supports settings to review whole school health but is not compulsory.**

**Stage 2:** Achievement of the **Beacon Setting Status**. This is awarded to settings having completed between 4 and 6 valid and in-date health and wellbeing related Awards or Quality marks.

**Stage 3:** Achievement of the **Beacon+ Exemplar Setting Status**. This is awarded to settings having completed 7 or more valid and in-date health and wellbeing related Awards or Quality marks.

Settings may submit evidence of health-related Awards or Quality Marks not listed in this menu. These will be reviewed by the Quality Assurance Panel to determine whether they meet the criteria for health promotion and can count toward Beacon or Beacon+ Status

Any general questions about these Awards or Quality Marks should be addressed to: [healthpromotionineducation@southglos.gov.uk](mailto:healthpromotionineducation@southglos.gov.uk). For specific enquiries, please contact the Award / Quality Mark providers directly.

## Healthy Roots Quality Mark:

Name	Topic area	Provided by	Synopsis	Web / information link
Healthy Roots Quality Mark	Promoting Health and Wellbeing in Education Settings	South Glos Council Public Health and Wellbeing	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 an online assessment tool	The online assessment tool can be accessed <a href="#">here</a> Contact: <a href="mailto:healthpromotionineducation@southglos.gov.uk">healthpromotionineducation@southglos.gov.uk</a>

## Mental Health and Wellbeing-related Awards / Quality Marks:

Name	Topic area	Provided by	Synopsis	Web / information link
Mental Health and Wellbeing Award	Mental Health and Wellbeing	South Glos Council ELS	The Mental Health and Wellbeing Award, supports schools to implement a whole school approach to mental health and well-being. It provides support to identify strengths and areas for development through an online self-assessment and action planning tool. There is also support available from our community engagement team to implement changes and improvements in your setting.	The online self-review tool can be found <a href="#">here</a> . Contact: <a href="mailto:mentalhealth@southglos.gov.uk">mentalhealth@southglos.gov.uk</a>
RHS School Gardening Awards	Mental Health and Wellbeing	Royal Horticultural Society	The RHS School Gardening Awards is a five-level rewards scheme providing achievable goals that help you turn your garden into a valuable learning resource. <b>(You must reach Level 4 to include as evidence for Beacon Setting or Beacon+ exemplar Setting Status)</b>	<a href="#">RHS School Gardening Awards / RHS Campaign for School Gardening</a>
The Green Tree Schools Award	Mental Health and Wellbeing	The Woodland Trust	The Green Tree Schools Award encourages outdoor learning, inspiring pupils about trees, woods, wildlife, and the environment. <b>(You must reach 'Silver' level to include as evidence for Beacon Setting or Beacon+ exemplar Setting Status)</b>	<a href="#">Take part in the Green Tree Schools Award - Woodland Trust</a>

## Physical Health-related Awards / Quality Marks:

Name	Topic area	Provided by	Synopsis	Web / information link
School Games Mark	Physical health	Youth Sport Trust / Sport England	The School Games Mark rewards schools for their commitment to the development of competition across their school and into the community. Participating in this process allows schools to evaluate their PE provision and assists them in developing an action plan for future progress. <b>(You must reach 'Silver' level to include as evidence for Beacon Setting or Beacon+ exemplar Setting Status)</b>	<a href="#">Your School Games - School Games Mark</a>  Contact: <a href="mailto:naomi.clipston@cset.co.uk">naomi.clipston@cset.co.uk</a>
Modeshift Stars Accreditation	Physical health	Department for Transport	Modeshift STARS is the Centre of Excellence for the delivery of effective travel plans in Education. It recognises schools demonstrating excellence in supporting cycling, walking and other forms of sustainable / active travel. <b>(You must reach 'Good' level to include as evidence for Beacon Setting or Beacon+ exemplar Setting Status)</b>	<a href="#">Active travel to school   BETA - South Gloucestershire Council (southglos.gov.uk)</a>  <a href="mailto:sustravel4schools@southglos.gov.uk">sustravel4schools@southglos.gov.uk</a>
South Glos Food and Nutrition Award	Physical health	South Glos Council Public Health and Wellbeing Division	This award supports places of education to implement a whole-setting approach to food and nutrition. A whole-setting approach means adopting policies and practices across the whole day and across all events, trips, and extra curricula activities that support pupils to make healthy food and nutrition choices. It includes the quality of food provided, using food to learn, creating a healthy and inclusive food and hydration culture and considering food sustainability.	The online assessment tool can be accessed <a href="#">here</a>  Contact: <a href="mailto:healthpromotionineducation@southglos.gov.uk">healthpromotionineducation@southglos.gov.uk</a>

## Equality and Inclusion-related Awards / Quality Marks:

Name	Topic area	Provided by	Synopsis	Web / information link
Gender Action Awards	Equality and Inclusion	Gender Action	Gender Action is an national award programme which promotes and supports a whole-school approach to challenging stereotypes. Demonstrate your commitment to ensuring all young people can reach their full potential. <b>(You must reach 'Initiator' level to include as evidence for Beacon Setting or Beacon+ exemplar Setting Status)</b>	<a href="https://genderaction.co.uk/supporter/">https://genderaction.co.uk/supporter/</a>  Contact: <a href="mailto:info@genderaction.co.uk">info@genderaction.co.uk</a>
UK Feminista Action Award	Equality and Inclusion	UK Feminista	UK Feminista's Award Scheme is a national awards programme recognising and rewarding schools and colleges for taking action to combat sexism and sexual harassment.	<a href="#">Award Scheme – UK Feminista</a> <a href="#">UK Feminista: Action Pledge application form – UK Feminista</a>
Young Carers in Schools (YCiS) programme and Award	Equality and Inclusion	The Children's Society and Carers Trust	YCiS is an evidence-based programme, identifying hidden young carers and seeking to raise their attendance, attainment, and wellbeing. The Award is gained through evidencing effective practice. Bristol & South Gloucestershire Young Carers Service work in partnership with the Children's Society and Carers Trust, supporting schools to implement the programme and work towards the award. They also run a Young Carers School Leads Network to promote and share good practice.	<a href="#">Young Carers in Schools   Carers Support Centre</a>
Period Positive Schools Award	Equality and Inclusion	Period Positive	The Period Positive Schools Award is a scalable process designed to help schools and colleges across all sectors to address what's often considered 'the last taboo'. Period shame can be difficult to recognise as a class teacher, manager, or leader. Many of the consequences of internalised fear or stigma are hard to spot, and even harder to articulate, especially for young people.	<a href="#">Period Positive Schools: An award for educational organisations, education departments, and councils. – #periodpositive</a>