Health Promoting Educational Settings in Wales

Llywodraeth Cymru
Welsh Government

www.cymru.gov.uk

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History of development

- 1995-97 - Involvement in ENHPS
- 1998 - ENHPS Summary conference
- **1998-99 - Task group considered way forward**
- 1999 - Welsh Network of Healthy School Schemes (WNHSS) launched
- 2010 - Over 99.6% schools actively involved

WNHSS National Quality Award

- Developed jointly by Welsh Government and local healthy school practitioners
- To ensure consistency of approach in schools
- To provide independent assessment

National Quality Award

http://wales.gov.uk/topics/
health/improvement/ind
ex/quality/?lang=en
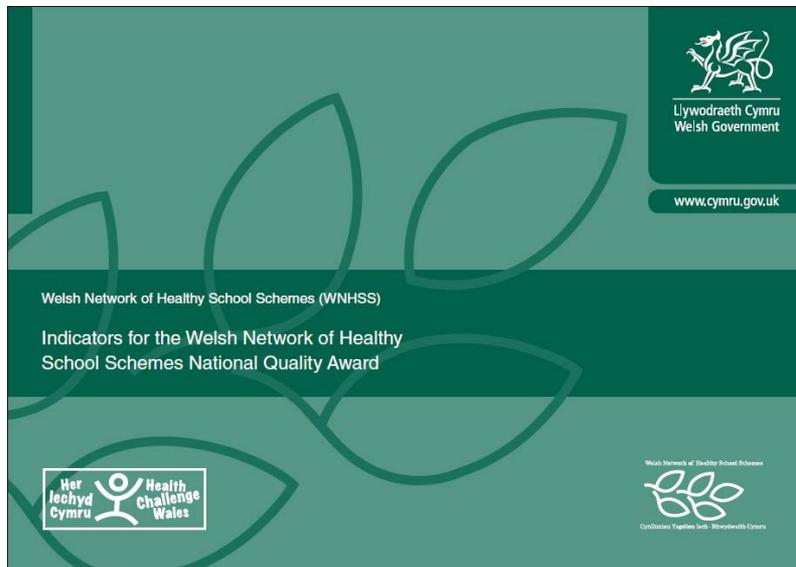
National Quality Award

- **7 health aspects:**
  - Food & Fitness
  - Environment
  - Personal Development & Relationships
  - Safety
  - Mental & Emotional Health & Well Being
  - Hygiene
  - Substance Use & Misuse

- 3 aspects have specific requirements that <u>must</u> be evidenced –food, hygiene and substance misuse (tobacco).

NQA continued

- **Each aspect has indicators under 4 headings:**
  - Leadership and Communication,
  - Curriculum,
  - Ethos and Environment,
  - Family and Community Involvement.

  - Evidence for all indicators **<u>must</u>** be provided.

- Examples are given of activities, these lists are neither exhaustive nor prescriptive

WNHSS Reasons for success

- Strong national and local leadership;
- Clear national, local and school roles identified at the outset;
- Local flexibility;
- Evolution of expectations and implementation over time, and joint working to agree this;
- A close-knit group of local practitioners willing to share with, and learn from, each other;
- Inclusion in national strategies and plans;
- Links, and joint priorities, with other initiatives;

Healthy and Sustainable Pre-School Scheme

- Task and Finish Group, first meeting October 2010
- Building on WNHSS, and pilot programmes
- Wide representation
- 3 meetings
- Consultation
- Training
- Roll out from September 2011
- Over 350 settings involved

Healthy and Sustainable Pre-School Scheme

Aspects

Preliminary Phase

Nutrition and Oral Health

Physical Activity/Active Play

Mental and Emotional Health, Wellbeing and Relationships

Environment

Safety

Hygiene

Workplace Health and Wellbeing

Process

- **Phase 1**: Setting develops an action plan to address one or two of the health aspect areas. It will take at least a year to complete this first phase.

- **Phases 2 and 3**: As above

- Assessed locally

H&SPSS Reasons for success

- Built on good working practices of school scheme;
- National and local involvement in development;
- Links to other programmes with similar priorities;
- Settings can see benefits.
- More sustainable?

Healthy and Sustainable Further Education and Higher Education

- Task and Finish Group met for first time July 2012
- Building on success of school and pre-school schemes
- Representation from sectors
- Informal consultation
- Will be web based
- Links to UK Healthy Universities work

Health topics

- Healthy and sustainable food
- Physical activity
- Mental and emotional health and well-being
- Personal and sexual health and relationships
- Substance use and misuse
- Sustainable environment
- Refer to Corporate Health Standard

Aspects of Setting Life

- Governance, leadership and management
- Academic, personal, social and professional development
- Environment, facilities, and service provision
- Community and communication

Framework for Healthy and Sustainable FE and HE

	Governance, Leadership & Management	Academic, Personal, Social & Professional Development	Environment, Facilities, and Service Provision (etc)
Healthy and Sustainable Food	Criteria A1	Criteria A2	Criteria A3
Physical Activity	Criteria B1	Criteria B2	Criteria B3
Mental and Emotional Health and Wellbeing (etc)	Criteria C1	Criteria C2	Criteria C3 (etc)

Core principles

- Equality and diversity
- Participation and empowerment
- Partnership
- Whole system approach
- Applies to students, staff and wider community
- Use of evidence, learning, and sharing

Governance, Leadership and Management – Mental and Emotional health and well-being

- Concern for the mental and emotional health and wellbeing of staff and students informs strategic planning and policy development at the highest level and is included in published strategy documents.

- There is a cross-setting working group, which includes representation from staff, students and external stakeholders, which coordinates health and wellbeing strategic planning and delivery, within the setting.

- There is management support for active engagement between the setting and the wider community in planning and consultation to support the mental and emotional health and wellbeing of staff, students and the wider community.

- Staff are provided with access to training on recognising the early signs of mental and emotional health issues and methods of dealing with these issues.

- Measures are in place to identify needs, develop evidence based approaches and monitor effectiveness of initiatives

Academic, personal, social and professional development – Mental and emotional health and well-being

- The setting has mechanisms for disseminating learning from mental and emotional health and wellbeing-related research so that it informs policy, practice and service delivery.

- Mental and emotional health and wellbeing are embedded within courses and modules.

- The setting has systems and structures in place to actively support the mental and emotional health and wellbeing of staff and students by providing opportunities for their academic and professional development.

- The setting provides opportunities for staff and students to be involved in activities which enhance their personal and social lives and development e.g. volunteering.

- The setting engages with a variety of stakeholders to identify and create opportunities for the academic, personal, social and professional development of its staff and students.

Environment, facilities, and service provision – Mental and emotional health and well-being

- The management team is committed to supporting the development of service provision which supports the positive mental and emotional health and wellbeing of staff and students.

- The setting is actively engaged with staff, student bodies and external partners to ensure access to a range of mental and emotional health and wellbeing services within the setting and in the wider community.

- Measures are in place to facilitate early access to a range of health and wellbeing support .

- The setting has a strategy for facilities and the environment which supports positive mental and emotional health and wellbeing of staff and students.

- The development of facilities and the environment supports the positive mental and emotional health and wellbeing of all users.

- The setting, in collaboration with staff, students and external partners, provides social and recreational facilities that are accessible and inclusive and address the diverse needs of users.

Community and communication – Mental and emotional health and well-being

- The setting has systems in place for seeking the views of students and staff in developing and delivering information and campaigns.

- The setting uses a variety of easily accessible communication routes through which policy, decisions, good practice and opportunities relating to mental and emotional health and wellbeing can be disseminated to students and staff.

- The setting engages with a variety of stakeholders, to support staff and students with a range of mental and emotional health and wellbeing issues e.g. bullying, bereavement, stress management.

- Services ensure their mental and emotional health and wellbeing messaging, information and campaigns are drawn from reliable evidence-informed sources.

Aspects of setting life

Healthy and sustainable pre-school	Healthy school	Healthy Further and Higher Education
Leadership and communication	Leadership and communication	Governance, leadership and management
Planning and Delivery	Curriculum	Academic, personal, social and professional development
Ethos and environment	Ethos and environment	Environment, facilities, and service provision
Family and community involvement	Family and community involvement	Community and communication

Health topics

* indicates minimum requirements

Healthy and sustainable pre-school	Healthy school	Healthy Further and Higher Education
Nutrition and oral health	Food and fitness	Healthy and sustainable food
Physical activity/active play		Physical activity
Mental and emotional health, well-being and relationships	Mental and emotional health and well-being (including workplace health)	Mental and emotional health and well-being
	Personal development and relationships	Personal and sexual health and relationships

Health topics (continued)

Healthy and sustainable pre-school	Healthy school	Healthy Further and Higher Education
Safety, including substances	Substance use and misuse	Substance use and misuse
	Safety	
Environment	Environment (including link to Eco-schools)	Sustainable environment
Hygiene	Hygiene	
Workplace health and well-being		Refer to Corporate Health Standard

Summary

- All educational settings in Wales will have access to common frameworks to develop as healthy and sustainable settings.

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