



One Life Suffolk

Healthy Schools Package

Using a whole school approach to support Suffolk schools in raising attainment and achievement by improving the health and wellbeing of pupils and staff

About us

OneLife Suffolk is the county's FREE integrated healthy lifestyle service and is a partnership between Leeds Beckett University, MoreLife and Suffolk Sport, commissioned by Suffolk County Council. The service brings a wealth of experience in delivering health improvement and influencing positive behaviour change, underpinned by an emphasis on evidence-based research.

As part of this service, OneLife Suffolk will be working with schools across the county to support raising attainment and achievement by improving the health and wellbeing of pupils, as well as the staff, parents/caregivers and the community.

See below for the variety of services what we can offer schools. These are outlined in more detail later in the booklet.

- Healthy Lifestyle PSHE Educational Programme
- Assemblies & workshops on one of our healthy lifestyle topics
- Termly healthy school campaigns & resources
- Deliver NHS Health Checks for eligible staff, parents/carers and the community
- Bespoke training for all school staff to help promote a healthy school environment
- Support when making changes to school policies to help encourage a healthier school environment.

The package includes the OneLife Suffolk Healthy School Scheme, which incorporates a staged approach of bronze, silver and gold accreditation, to help schools achieve a healthier and happier school environment in a realistic and effective way.

The Evidence

Children in Suffolk

1. 9.1% of reception age children and 17.6% of children in Year 6 in Suffolk are obese.
2. 70.3% of children in the county spent at least 7 of their waking hours sitting down.
3. An obese child is more likely to become an obese adult, meaning a higher risk of health problems in the future such as Type 2 diabetes, raised blood pressure, high cholesterol and poor psychological and emotional wellbeing.
4. Healthy weight children are more likely to be fitter, healthier, better able to learn and more self-confident.

The research shows:

Pupils with better health and wellbeing are likely to achieve better academically

Effective social and emotional competencies are associated with greater health and wellbeing, and better achievement

The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn

A positive association exists between academic attainment and physical activity levels in pupils

The Scheme

What is the Healthy School Scheme?

The Healthy School Scheme is an awards scheme, launched by OneLife Suffolk, to recognise those schools that are working towards improving the health and wellbeing of pupils, staff and parents/carers and creating a healthier school environment.

The level of award received will be dependent on the OneLife Suffolk services that are embedded into the school environment.

There will always be an opportunity for schools to work through the hierarchy of awards, allowing them to work from the bronze to the gold award.

Schools will be assessed on an annual basis.

The Bronze Award

- Promote the healthy school campaign
- Hold at least 1 OneLife Suffolk assembly or workshop
- OneLife Suffolk service has been promoted to pupils, staff and parents

The Silver Award

- 2 or more year groups/classes have received the OneLife Suffolk Educational Programme
- NHS Health Checks have been provided for staff and parents
- School staff have been MECC Trained by OneLife Suffolk

The Gold Award

- 4 or more year groups/classes have received the OneLife Suffolk Educational Programme (incl. smoking)
- School staff have been MECC trained by OneLife Suffolk
- Healthy School Policies have been put in place
- School lunch menus have been certified as healthy

Healthy Lifestyle PSHE Educational Programme

In our first year alone, the OneLife Suffolk team successfully delivered 83 Healthy Lifestyle PSHE Educational Programmes to over 2000 children at 33 schools across Suffolk with the feedback being overwhelmingly positive.

The 6-week programme has been designed to support the delivery of PSHE according to section 2.5 of the National Curriculum Framework. This covers one of the core themes of study; health and wellbeing. The programme identifies the key concepts and skills that underpin PSHE education. This helps schools to fulfil their statutory responsibility to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life as set out in Section 78 of the Education Act 2002.

Programme Content

Session	KS 1&2	KS 3&4 and Post 16
1	Healthy Lifestyle, Healthy Body	Healthy Lifestyle, Healthy Body
2	Eatwell Guide & Portion Sizes	Healthy Balanced Diet & Portion Sizes
3	Regular Eating & Healthy Snacks	Understanding Food Labels & Sugary Drinks
4	Importance of Physical Activity	Importance of Physical Activity & Sleep
5	Understanding Food Labels & Sugary Drinks	Eat Out, Eat Healthy
6	Importance of Sleep & a Healthy Breakfast	Positive Body Image
Additional	The Harmful Effects of Smoking	The Harmful Effects of Smoking

Every child in the class will receive an information booklet to take home to share with parents/carers. Each week, pupils will set healthy lifestyle challenges, for themselves or as a class, and we will provide resources such as posters to help the school to embed these healthier choices.

Assemblies & Workshops

The OneLife Suffolk team can provide informative and interactive assemblies and workshops on a variety of topics.

Topics Include

Sugary Drinks
Healthy Balanced Diet
Healthy Snacks
Portion Sizes
Healthy Breakfast
Importance of Activity

Healthy Packed Lunches
Positive Body Image
Understanding Food Labels
Eating Out

Plus lots more!

Throughout the year, OneLife Suffolk will be delivering campaigns to schools across the county to support you in promoting health messages amongst the staff, children, parents and wider community.

Three healthy lifestyle campaign topics will be decided each year, to be rolled out each term. As a result, your school will be sent resources, including posters, which can be displayed throughout the school. The campaigns will be influenced by our own curriculum which we would deliver as part of our in school or family programmes in the community.

Aside from the campaign materials that schools will be receiving, OneLife Suffolk also have a large stock of resources available to promote the variety of services available to local people. Depending on which services are planned in the school, accompanying resources will be provided e.g. posters and flyers to promote the NHS Health Checks.

Should your school have any other specific requests for promotional material from OneLife Suffolk, please send it to: info@onelifesuffolk.co.uk or directly to your key contact within the Children's Services team.

Health Checks & MECC

The **NHS Health Check** is a national screening programme, that checks people's risk of developing cardiovascular disease. The 30 minute check is a bit like a mid-life MOT and assesses the risk of developing potential health problems and highlight health concerns before they impact on the quality of life.

OneLife Suffolk offer these NHS Health Checks as part of an outreach service which means our practitioners can come to you and offer appointments for your staff, as well as your pupils' parents and carers.

Making Every Contact Count training, otherwise known as MECC, is a 90-minute workshop that can be arranged to suit the needs of your school. Every member of staff will receive a certificate and some useful resources to help them in the future.

The training provides individuals with the knowledge, skills and tools to have a positive and effective conversation about health and behaviour change. At OneLife Suffolk, we understand that raising some of these issues can be difficult, especially when children and young people are involved. This training will provide you with practical advice to support you in feeling more confident in identifying when an intervention may be needed and knowing how to effectively address these concerns with parents. The training will also help you and your staff identify obesity amongst children and understand what that means for the individual and the school.

Next Steps

"The OneLife programme is a great way for schools to deliver a coherent message on the importance of living a healthy lifestyle. We have used the OneLife programme as a platform to broaden our PE offering, offer parents the chance to come in and exercise alongside their child and educate parents at various events about the importance of healthy eating."

Ben Hemmings, Headteacher, Chilton Community Primary School

To register your school for the OneLife Suffolk Healthy Schools Package, or to find out more, please email info@onelifesuffolk.co.uk or call 01473 718193.

Other services provided by OneLife Suffolk...

STOP
Smoking

' L O S E '
WEIGHT

Adults

**Get Help
To Get
ACTIVE**

Health
WALKS

♥ *health*
checks ♥

**One
Life
Suffolk**
CLUB

And more...

Call us on 01473 718193 to find out more
or email info@onelifesuffolk.co.uk
www.onelifesuffolk.co.uk

 OneLifeSuffolk  @onelifesuffolk