

## **HEALTHY SCHOOLS LONDON – IMPLEMENTING A WHOLE SCHOOL APPROACH**

Healthy Schools London (HSL) is funded by the Mayor of London. It is a voluntary Awards Programme that stimulates and recognises schools' achievements in improving pupil health and wellbeing particularly around reducing childhood obesity through healthy eating and physical activity.

HSL builds on the success of the National Healthy Schools Programme (NHSP). 97% of all London schools were involved in NHSP, however since its demise, in 2011, many local Boroughs ended their investment despite their popularity. HSL has stimulated re-investment and at the time of publication 886 schools have signed up to the programme and are using a whole school approach; 258 schools have achieved the HSL BRONZE Award; and 6 have achieved the HSL SILVER Award.

### **Why do we need a Healthy Schools London Programme?**

A healthy future workforce is one without cardiovascular disease (the leading cause of premature death in London), diabetes, mental health problems and other long-term health conditions, including cancer. Prevention begins in childhood where it is proven that schools have a fundamental influence. Healthy Schools London rewards schools that are creating environments conducive to the health and wellbeing of pupils.

### **The HSL Awards**

The approach is holistic and covers all aspects of promoting health and wellbeing, including emotional wellbeing. Schools in London can enter the programme by applying for an award. Healthy Schools London award has 3 levels – Bronze, Silver and Gold. Schools start by registering and then applying for a Bronze award once they have completed a health and wellbeing review and have met the minimum requirements of the 7 criteria. These 7 criteria are based on the original National Healthy Schools Programme's 10 key principles of a whole school approach. The Bronze audit tool helps schools think about what they need to be doing in their schools and how to evidence this work.

The Bronze audit tool is for use with all schools including Academies, Free Schools, and Independent schools. Once they have received this award, they can progress to the Silver and Gold awards, which are more outcomes focused and based upon schools choosing their own health priorities to improve pupil health and wellbeing.

Schools who have received a Bronze award have to review their provision biannually using the Bronze review tool (or equivalent local healthy schools review tool) to maintain their Bronze status.

The Bronze audit tool along with lots of other useful information is available on <http://www.healthyschoolslondon.org.uk/>

### **Contact**

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