

Health and Wellbeing Award

Guidance booklet for settings



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Introduction

The Milton Keynes (MK) Health and Wellbeing Award (H&Wb Award) is for all settings that provide a service for children and young people (0-19 +SEND): voluntary, private, independent and maintained providers including children's centres, nurseries, schools, after schools clubs and childminders.

The aim of the HWb Award is to create healthy environments which enable children, young people and their families to live healthier and happier lives.

The HWb Award has been developed by MK Council and various partners including the NHS and Youth Services to ensure that children and families can access settings that provide a consistent and coherent approach to health and wellbeing. The HWb Award also supports the health and wellbeing of staff working in settings, and promotes the development of healthy workplaces.

Benefits of the Award

Holding the H&Wb Award with the supporting evidence provides a setting with a framework under which key policies and agendas can be created, accessed, utilised and developed as required.

The Award demonstrates a setting's commitment to the Healthy Child Programme by working in partnership with a wide range of health professionals to implement evidence-based prevention and early interventions.

The MK H&Wb award has four themes (page 6-7):

- Healthy Eating
- Physical Activity
- Lifestyle
- Mental Health and Emotional Wellbeing

We also encourage settings to complete ongoing self-reviews every 6 months to be used to help reaccreditation. We are introducing a shorter reaccreditation process which will occur every 2 years from the first completion of the award. This will support your setting in planning a whole setting approach to improving the Health and Wellbeing of the children and young people in your community.

For Schools only:

The award also supports schools with their development planning which includes:

- Implementing the government's new healthy schools rating scheme
- Delivery of Statutory Relationships Education, Relationships & Sex Education (RSE) and Health Education and complements the DfE whole school or college approach to mental health and wellbeing.

Healthy Schools Rating Scheme

¹ The healthy schools rating scheme has been designed to recognise and encourage schools' contributions to pupils' health and wellbeing. It celebrates the positive actions that schools are delivering in terms of healthy eating and physical activity and aims to help schools to identify useful next steps in their provision. The scheme is part of a wider series of government actions to support pupils' health and wellbeing and is a commitment from the government's Childhood Obesity Plan.

This is a voluntary scheme and is available for both primary and secondary schools. Schools complete a self-assessment and then receive a rating based on their responses around food education, compliance with the school food standards, time spent on physical education and the promotion of active travel. Completion of the online Healthy Schools Rating Self-Assessment will support and provide further evidence for this Health and Wellbeing Self Review.

Relationships Education, Relationships & Sex Education (RSE) Health Education and promoting Mental health & Wellbeing

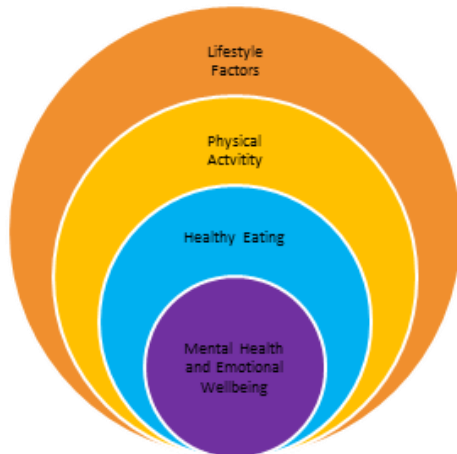
² The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. They also make Health Education compulsory in all schools. For more advice and guidance regarding the PSHE Association, visit: <https://www.pshe-association.org.uk/> on policies, programmes, resources and planning for Key Stages 1-5. Guidance for Promoting children and young people's mental health and wellbeing has 8 principles of a whole school or college approach to promoting mental health and wellbeing, this award has embedded these.

¹ <https://www.gov.uk/government/publications/healthy-schools-rating-scheme>, DfE July 2021

² <https://www.gov.uk/government/consultations/relationships-and-sex-education-and-health-education>

The Health and Wellbeing Award

The H&Wb Award is made up of three themes; for each theme there are 4 standards that settings must demonstrate they achieve. Below is an example of a standard from the physical activity theme.



Parents and children are encouraged to engage with active travel.

Minimum evidence:

- The school has comprehensive road safety education across all key stages, including cycle training.
- The school, in partnership with the wider community, provides a range of options for families to travel actively to school.

The award is underpinned by a whole setting approach which covers the following 4 elements;

- Developing a supportive culture, ethos and environment
- Learning and teaching
- Proactive engagement with families, outside agencies, and the wider community

Settings will need to demonstrate, in their evidence, how they achieve a whole setting approach.

The voice of the child should also be considered with evidence to show how children's opinions, views and suggestions are obtained and responded to across the three themes.

Settings need to complete an audit and build a portfolio of evidence, much of which will already be in existence e.g. policies, session plans, planning documents etc. The portfolio can be electronic or in paper format. It should capture and summarise how your setting is implementing the HWb Award standards.

Steps to achieving the Health and Wellbeing Award

1. Self Assessment

- Identify a lead person to take responsibility for the Award.
- Collect the evidence for standards you currently achieve.
- Identify actions to address the standards not currently being met.
- Identify the partners and resources that can help support you achieve outstanding standards.

2. Working towards

- Implement the actions identified in the self-assessment stage.
- Assess and identify the impact of your practice, have you seen positive changes?
- Collect evidence throughout the implementation process for your portfolio.
- Record future plans to enhance your practice, indicating when these will occur.

3. Achieve the award

- Once all standards have been achieved submit the audit forms for review.
- You will be awarded the Award certificate. The award lasts 2 years. If you complete the monitoring form of your future actions and plans of development every six months this will trigger an automatic renewal.
- During these 2 years you will be expected to look for areas to improve or develop and to have maintained your evidence for reaccreditation. Completing the 6 monthly self-reviews will provide support for this process and activate auto renewal at the end of the 2 years.

When completing your audit, you must show your practice, any impact and future plans.

See the accompanying example audit for some ideas and guidance.

Resources to support the Health and Wellbeing Award

The following section provides information on the three themes (healthy eating, physical activity and lifestyle influences) and where further information can be found. For a more comprehensive list of resources please visit the Healthy Young Peoples Network pages on [Healthy Young People's Network](#)

'The Healthy Eating' theme covers:

1. The setting has a healthy eating policy which supports breastfeeding.

[Early Years healthy eating information](#) for early years.

[School food plan](#) information for all ages.

[Breastfeeding](#) for further information

[Start 4 Life](#) information for breastfeeding

2. The setting provides positive healthy eating messages across the whole school day. (curriculum and non-curriculum teaching)

[Change 4 Life](#) information for all ages.

[Start 4 Life](#) information for early years.

[Change 4 Life Schools](#) information for primary schools.

[Learning resources](#) teaching resources for all ages and teachers.

[More Life](#) free weight management services.

3. Children are provided with positive food experiences at every opportunity. (food provision)

[Early Years healthy eating information](#) for early years.

[School food plan](#) information for all ages.

[School fruit and vegetable scheme](#) for primary schools.

[Recycling at school](#) for all ages.

[Food strategy activities](#) for all ages.

[Top Tips for Teeth](#) ordering and downloading resources for all ages.

[Children's Oral Health programme](#) helps learners to support children to maintain good oral health.

[Child oral health: applying All Our Health](#) for professionals. Information for professionals who can use their trusted relationships with patients, families and communities to promote the benefits of good oral health for children.

4. The whole setting community is informed, engaged and actively supports the healthy eating element of the Award

Please see the links in the above sections for information and resources to support this standard.

'The Physical Activity' theme covers:

1. The setting has a physical activity policy that supports active travel.
 - [School travel planning](#) for all ages.
2. Children are provided with physical activity options across the whole school day.
 - [Play England activity ideas](#) for all ages.
 - [Change 4 Life Schools](#) for primary schools.
 - [MK School Sports Partnership](#) for primary and secondary schools.
3. Parents and children are encouraged to engage with active travel
 - [School travel planning](#) for all ages.
 - [Young driver's safety](#) for secondary schools.
4. The whole school community is informed, engaged and actively supports the physical activity element of the Award
 - [Be active](#) for all ages

'The Lifestyle Influences' theme covers:

1. The setting has a set of comprehensive policies relating to all aspects of health and wellbeing.
 - [PSHE association](#) for all ages.
 - [MK safeguarding](#) for all ages.
2. The setting fully supports positive Emotional Health and Wellbeing of the whole school community.
 - [Kooth](#) online counselling and emotional wellbeing service available to all children and young people living in Milton Keynes.
 - [Young carers MK](#) primary and secondary schools.
 - [Jigsaw PSHE](#) early years and primary schools.
 - [Young Minds](#) for all settings, primary and secondary schools
 - [Health and Wellbeing Resources](#) - for all ages
3. The setting provides positive messages and experiences of a variety of lifestyle factors.
 - [Drugs, Alcohol and Young People](#) for all ages.
 - [iCaSH - Sexual Health](#) for all ages.
 - Stop smoking support email blmkccg@stopsmoking@nhs.net for all ages
 - [My Quit Route](#) an app to support stop smoking in your local area
 - [MoreLife](#) weight management support for all ages
4. Staff have good knowledge about specialist services which impact on the emotional health and well-being of the child.
 - [Make Every Contact Count](#) for all ages.
 - [Mental health and wellbeing in schools](#) for all ages.
 - [Mental health and wellbeing | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)

The Mental Health & Emotional Wellbeing' theme covers:

1. Leadership & Management and Ethos and environment

[Anna Freud](#) Whole school framework resource

Pregnant Pupils Policy and care plan available in HYPN Resources section

Self-Harm Toolkit available in HYPN Resources section

2. Curriculum teaching and learning and Student voice

- [LGBTQIA+](#) and [MH Anna Freud](#) resource introduction and resource
- The aims of the [HYPN](#) is to provide: a collective, cross organisational, approach to cascading health and wellbeing
- HYPN: Support available [HYPN Support Available | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)
- HYPN: MH & EWb Resources <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/resources?chapter=2>
- HYP Network: Training, Virtual and Face to Face Events further MH&EWb resources can be found here and also Membership and How to join HYPN: If you would like to be a member of the HYPN please contact Liz.Wilson@milton-keynes.gov.uk NB if you are a school HYPN info is already available within your Heads Up newsletter. [HYPN Events and Supporting Documentation | Milton Keynes City Council \(milton-keynes.gov.uk\)](#)

3. Staff Development (Health and Wellbeing) and identifying need and monitoring impact

- Mental health and wellbeing support in schools and colleges <https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges>
- Workplace health awards see brochure available here <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/health-and-wellbeing-awards>
- Anna Freud 10 ways to support school staff <https://www.annafreud.org/schools-and-colleges/resources/ten-ways-to-support-school-staff-wellbeing/>
- Staff wellbeing poster <https://www.annafreud.org/media/12882/staff-wellbeing-poster-print.pdf>

4. Working with parents, families and carers, targeted support and appropriate referrals

- Local Offer MK - Milton Keynes' vision for children and young people with special educational needs and disability is the same as for all children and young people - that they achieve their full potential in early years, at school, at college, at home and out and about in the community to enable them to lead happy and fulfilled lives within a safe environment and where they have choice and control. <https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer>
- [Young Minds](#)
- [MIND information and support](#)
- [Young Minds MH and being LGBTQIA+ Blog](#)
- [Anna Freud LGBTQIA+ and Mental Health](#)

- [MindEd](#)
- [Charlie Waller](#)
- [Samaritans](#)
- Mental health elements on Local offer [Special Educational Needs and Disabilities \(SEND\) local offer | Milton Keynes City Council \(milton-keynes.gov.uk\)](#) type in Mental health in the search box

Please also see the links in the above sections for information and resources to support this standard, examples Sexual Health: iCaSH & Terrence Higgins Trust, MoreLife and Drugs and Alcohol Services.

Milton Keynes Council

Civic Offices

1 Saxon Gate East

Central Milton Keynes

MK9 3EJ

W: <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/healthy-young-peoples-network>