

Health and Wellbeing in Schools Award

Learning Well

The West Berkshire Health and Wellbeing in Schools Award offers a practical, “plan-do review” approach to improving health and wellbeing in children, young people and school staff.

The award recognises, celebrates and builds on the work already happening in school to support children, young people and the wider school community’s health and wellbeing.

What does the Health and Wellbeing in Schools Award achieve?

- The Award supports the five key indicators of the PE and Sport Premium Funding for primary schools.
- A whole school approach supporting the NICE Guidelines for schools.
- Valuable evidence of the commitment to personal development for the Ofsted whole school inspection framework.
- A focus on local data and priorities to improve health related outcomes.
- Supports Relationships, RSE and Health education.

The Award package includes

- access to the Award toolkit via Health and Wellbeing in Schools page on www.westberkseducation.co.uk
- a delegate place on the Award workshop,
- two hours of support (phone and email) during the first year from the Health and Wellbeing in Schools team,
- a framed certificate on completion of the Award for the schools celebration area,
- and a place at the annual Health and Wellbeing in Schools Award network event.



To find out more

Visit www.westberkseducation.co.uk
Call the Health and Wellbeing in Schools team on **01635 503654**
Email nikki.davies@westberks.gov.uk



West Berkshire
C O U N C I L

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West Berkshire Wellbeing

Health and Wellbeing
in Schools award



What does the evidence say?

1. Pupils with better health and wellbeing are likely to achieve better academically.
2. Effective social and emotional competencies are associated with greater health and wellbeing, and better achievement.
3. The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn.
4. A positive association exists between academic attainment and physical activity levels of pupils.

The link between pupil health and wellbeing and attainment Public Health England November 2014.

NICE Guidelines

Social and emotional wellbeing in primary education

- Primary schools adopt a comprehensive whole schools approach to children's social and emotional wellbeing.

Social and emotional wellbeing in secondary education

- Enable all secondary education establishments to adopt an organisation-wide approach to promoting the social and emotional wellbeing of young people.

Ofsted Key Judgement – Personal Development

Inspectors will make a judgement on the personal development and learners by evaluating the extent to which the curriculum and the provider's wider work support learners to develop their character – including their resilience, confidence and independence – and help them know how to keep physically and mentally healthy

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