

▶ Introduction

This guidance is for all schools. It outlines the links between National Healthy School Status and the Barnsley Healthy School Scheme.

This guidance focuses on the Gold aspect of the Barnsley Healthy School Scheme and takes schools through the journey of perpetual improvement.

What is Healthy Schools?

From September 2005, Ofsted will expect Schools to demonstrate how they are contributing to the five national outcomes for children stipulated by Every Child Matters and the Children Act 2004 – being healthy; staying safe; enjoying and achieving; making a positive contribution; and economic well-being. Gaining National Healthy School Status provides rigorous evidence of this, and will assist you in evidencing your self-evaluation and completing your new school profile.

What is National Healthy School Status?

National Healthy School Status requires schools to meet criteria in four core themes. These criteria relate not only to the taught curriculum but also to the emotional, physical and learning environment that the school provides. There are a number of specific actions that schools need to take if they are to be recognised as Healthy Schools. Many schools are already engaged in these activities and achieving recognition need not be onerous.

Schools are asked to demonstrate evidence in the core themes using a whole-school approach involving the whole school community:

- personal, social and health education including sex and relationship education and drug education (including alcohol, tobacco and volatile substance abuse);
- healthy eating;
- physical activity; and
- emotional health and well-being (including bullying).



These core themes are separated here for the sake of clarity, but many schools will address them all at the same time, as they are interrelated and interdependent. Your local Healthy Schools Programme may prioritise these themes to reflect local needs.

What does Barnsley's Healthy School Scheme look like?

We have introduced a three level award system – Bronze, Silver, and Gold which incorporates some of the national criteria, but also recognises schools that are working beyond National Healthy School Status.

What is the criteria for the Gold Award?

Following a national update of the Healthy School Programme in 2005 the Barnsley Healthy School Scheme (BHSS) was reviewed to make allowances for these changes. As a result of this a three-tier award was introduced incorporating Bronze, Silver and Gold standards. The Gold standard is above the national status but we in Barnsley felt it was important to support our schools to maintain the status of Healthy Schools whilst continuing to develop this important aspect of school life in order to improve both Health and Education outcomes for children and young people. These outcomes support the Every Child Matters agenda and outcomes particularly in the area of Being Healthy.

The themes for Gold are the same as Silver or national status with the addition of Safe Environments:

- personal, social and health education including sex and relationship education and drug education (including alcohol, tobacco and volatile substance abuse)
- healthy eating
- physical activity
- emotional health and well-being (including bullying)
- Safe Environments





▶ Frequently Asked Questions

1. Our school has achieved National Healthy School Status – can we apply for the Barnsley Healthy School Scheme Gold Award?

Yes – National Healthy School Status is equivalent to the Barnsley Healthy Schools Silver Status. Once you have reached this level you can go for Gold!!

2. Our school has identified we need to do some more work around healthy eating for gold, can we just concentrate on this or do we need to look at the other themes as well?

While working towards the Gold Award, you may want to work through one theme at a time, to help you address all of the issues properly, before moving on. However, you should remember that the ethos of a Healthy School should be embedded throughout the work you do.

3. Why have a Gold Award – isn't getting National Healthy School Status good enough?

Obtaining National Healthy School Status is a real achievement for schools. Some schools are already working beyond this level and we wanted the Barnsley Healthy School Scheme to recognise the work of those schools.

4. We've done the Gold Audit, made changes in school and feel we are ready to 'go for gold'. What happens next?

To achieve the Gold Award you will need to complete a self-validation form (gold) and send this to the Barnsley Healthy School Scheme Team. Once your form has been received, the Quality Assurance Group (QAG) will meet to review your application. If they feel your school meets the criteria, then you will be given the Gold Award. This usually happens at a celebration event. If the Quality Assurance Group feel that you need to do some more work before achieving gold, they will let you know.

5. There seems to be quite a lot to do for the Gold Award – is there any support available?

Yes – support is available from the Barnsley Healthy School Scheme and their partners. They have produced a 'Directory of Support' with lots of useful information and contacts – this can be found at www.barnsleyhealthyschools.org.uk

▶ Barnsley Healthy School Gold Award Self-Validation Form

Name of School

Head Teacher

Schools Healthy School Co-ordinator

We have met all the criteria for the BHSS Gold Award and ask that this be considered by the Quality Assurance Group.

Signed

Head Teacher

Parent

Governor

Schools Healthy School Co-ordinator

Child/Young Person Representative

Staff Representative

Date

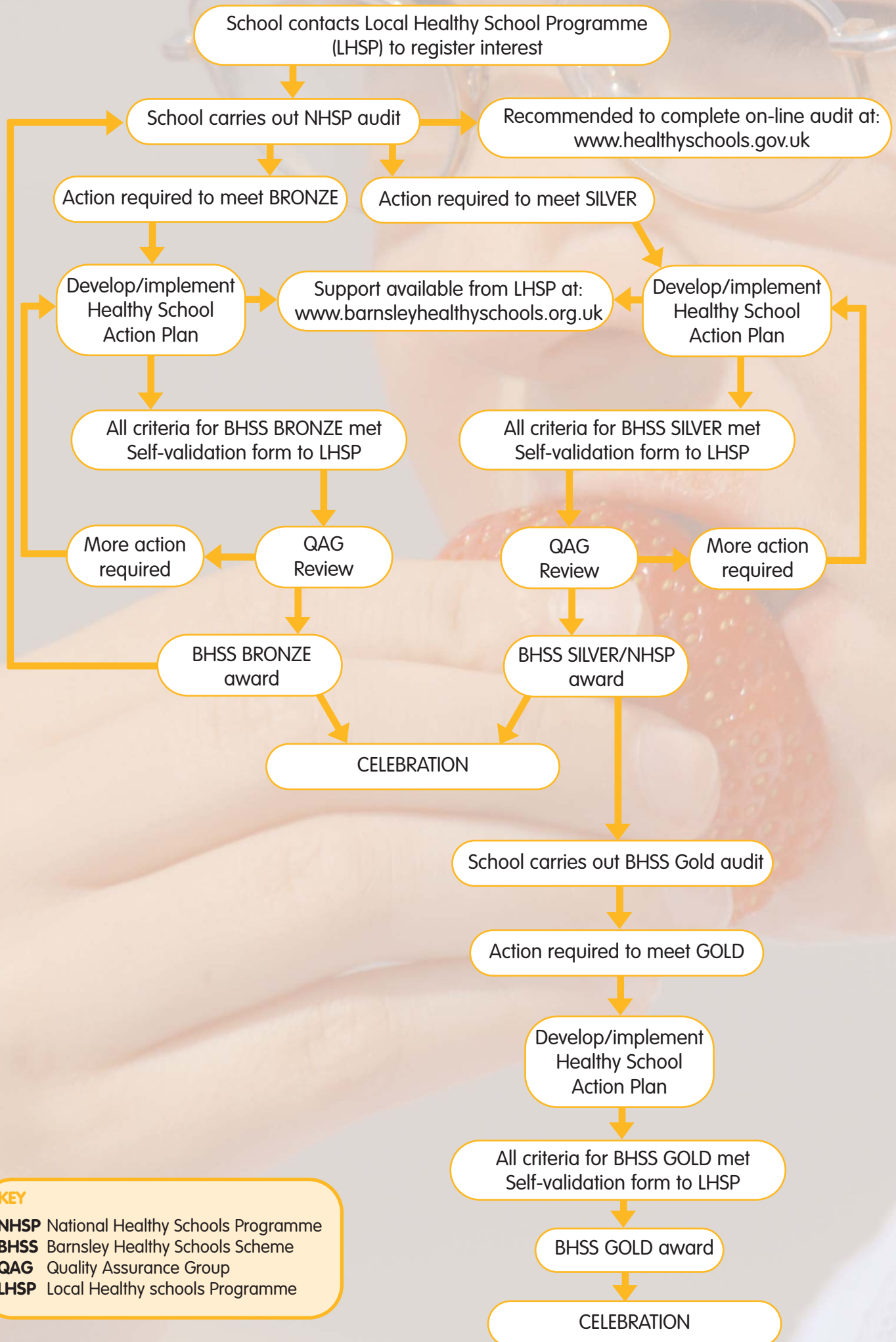
The key outcomes for our school through achieving BHSS Gold Award are:

| | Qualitative Outcome | Quantitative Outcomes |
|-------------------|----------------------------|------------------------------|
| PSHE | | |
| HE | | |
| PA | | |
| EHWB | | |
| Safe Environments | | |

Please complete this form and return it to the Healthy School Team at:

Longcar PDC
Longcar Lane
Barnsley
S70 6BB

Flow chart to show healthy school progression



KEY

- NHSP** National Healthy Schools Programme
- BHSS** Barnsley Healthy Schools Scheme
- QAG** Quality Assurance Group
- LHSP** Local Healthy schools Programme