



# HEALTHY SCHOOLS NEWHAM

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**WE ARE NEWHAM.**

## What is the Healthy Schools Programme?

- Key part of the Government's drive to improve standards of health and education and to tackle health inequalities.
- It aims to make children, teachers, parents and communities more aware of the opportunities that exist in schools for improving health.
- The scheme is sponsored by the Mayor of London (from April 2013) as part of the London Healthy Schools Programme.
- Underpinned by settings' statutory duty to promote the health and wellbeing of their pupils and supports a whole-school approach.

# OVERVIEW

Participating schools are recognised and rewarded for their health promoting activities through an accreditation process with the awarding of Bronze, Silver, and Gold healthy school status.



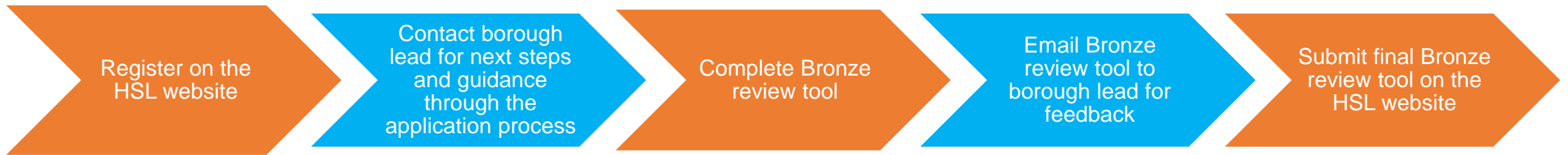
# WHOLE SCHOOL APPROACH



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# HOW TO ACHIEVE THE HSL BRONZE AWARD



<https://www.london.gov.uk/what-we-do/health/healthy-schools-london/awards/home>

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# NEWHAM HEALTHY SCHOOL TEAM SUPPORT OFFER



- We have developed a range of Silver award toolkits covering the overarching Healthy Schools themes and a few others:

Physical Activity

Healthy Eating

Emotional Health and Wellbeing

Active Travel & Air Quality

PSHE & RSE Education

Smoking and Vaping



## HEALTHY SCHOOLS TOOLKIT.



This document introduces Smoking and Vaping as a priority area for the Healthy Schools London Silver Award. It provides activity ideas, supporting information and resources for Newham schools who are completing their Silver Award needs assessment and action plan.

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## HEALTHY SCHOOLS TOOLKIT.



This document introduces Physical Activity as a priority area for the Healthy Schools London Silver Award. It provides activity ideas, supporting information and resources for Newham schools who are completing their Silver Award needs assessment and action plan.

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## HEALTHY SCHOOLS TOOLKIT.



This document introduces Emotional Wellbeing and Mental Health as a priority area for Healthy Schools London Silver Award. It provides activity ideas, supporting information and resources for Newham schools who are completing their Silver Award needs assessment and action plan.

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## HEALTHY SCHOOLS TOOLKIT.



This document introduces Active Travel & Air Quality as a priority area for the Healthy Schools London Silver Award. It provides activity ideas, supporting information and resources for Newham schools who are completing their Silver Award needs assessment and action plan.

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## HEALTHY SCHOOLS TOOLKIT.



This document introduces Healthy Eating as a priority area for the Healthy Schools London Silver Award. It provides activity ideas, supporting information and resources for Newham schools who are completing their Silver Award needs assessment and action plan.

[www.newham.gov.uk](http://www.newham.gov.uk)



## HEALTHY SCHOOLS TOOLKIT.



This document introduces PSHE education including RSE & drug, alcohol and tobacco education as a priority area for HSL Silver Award. It provides activity ideas, supporting information and resources for Newham schools who are completing their Silver Award needs assessment and action plan.

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If you have any questions or for more information about the Healthy Schools programme in Newham and the available support opportunities for your school, please contact:

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***Newham Healthy Schools Borough Lead***