

Healthier Futures Barnsley

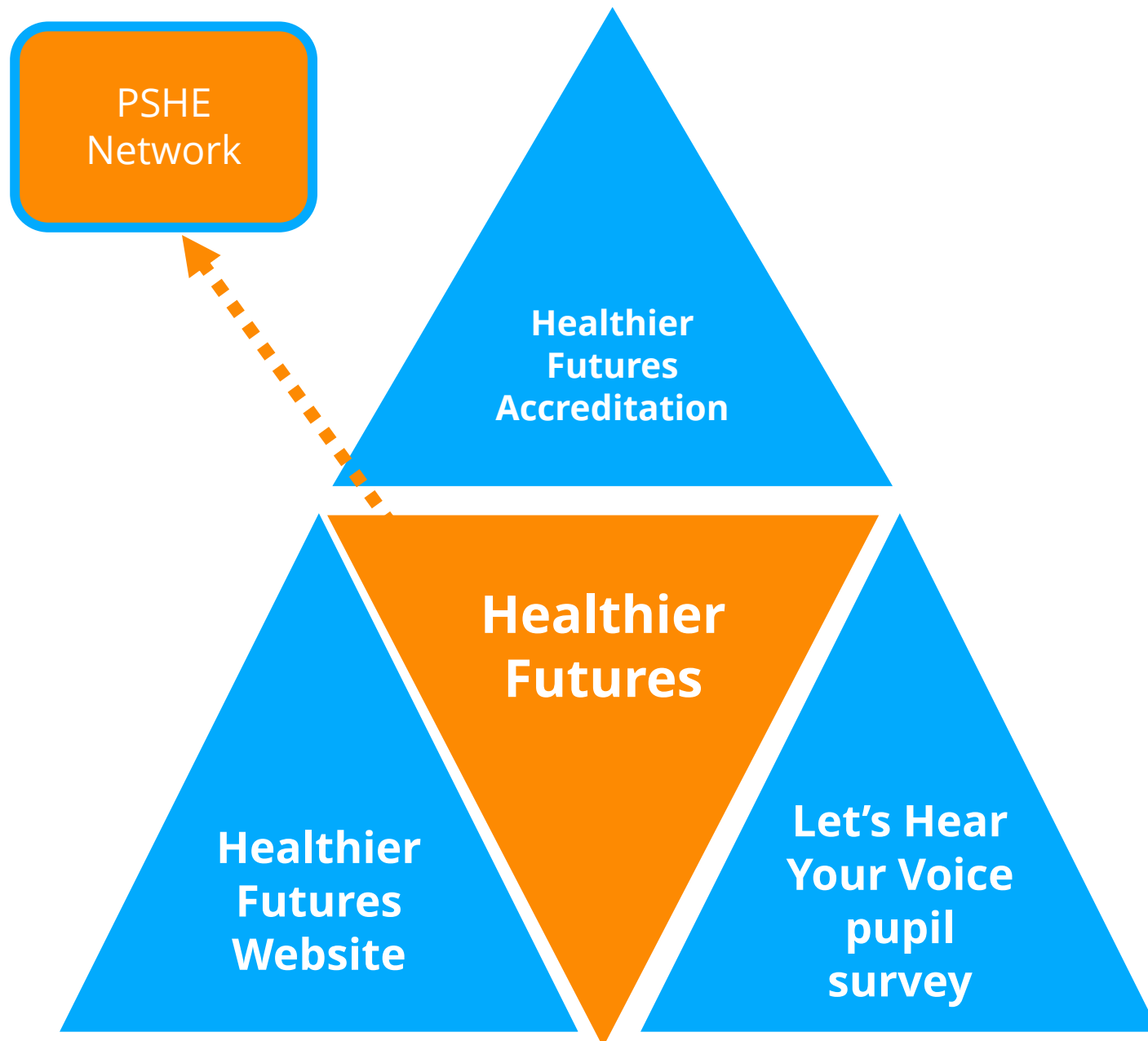
AN OVERVIEW

Hannah Rowley

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Children and Young People Public Health Team

Healthier Futures Barnsley



Large-scale project aiming to improve the health and wellbeing of children and young people across Barnsley.

Elements act as standalone systems to support public health and children's services in their ambitions to improve health and wellbeing outcomes for children, young people and families.

AND

They also complement one another to offer a more enhanced and holistic approach to improving health and wellbeing.

Overarching aim: to improve the health and wellbeing of children and young people through education, assessment, and data collection to inform school curriculums and approaches, as well as the development and commissioning of new and existing services.



Beneficial to show evidence for Ofsted and School Governors

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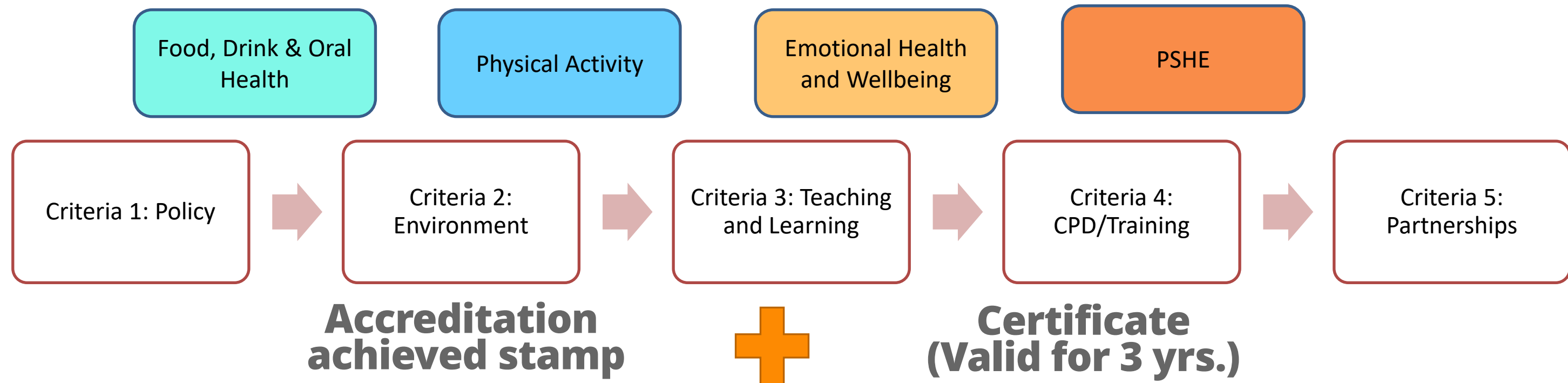
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Healthier Futures Accreditation

The accreditation supports settings to take whole school approaches to support health and wellbeing.

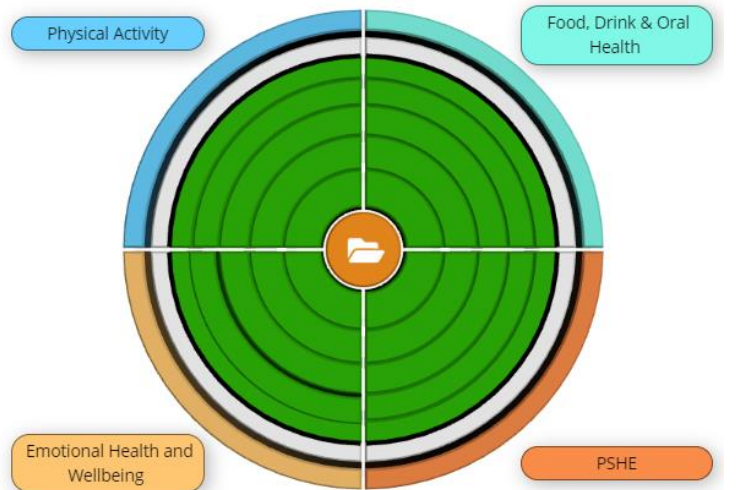
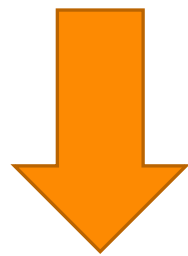
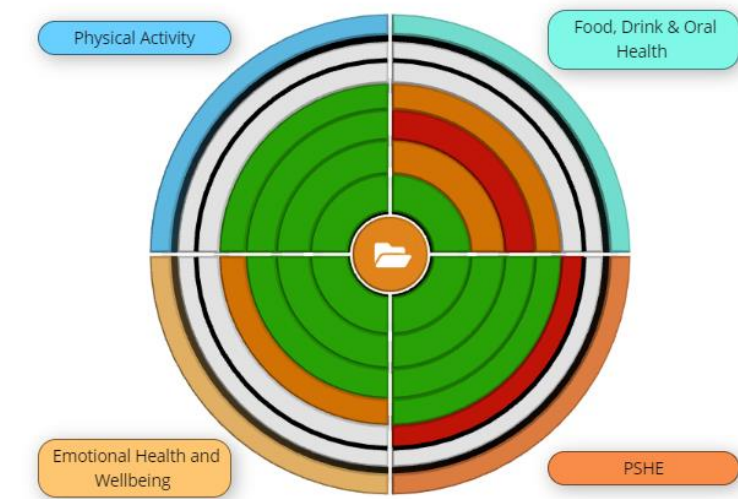
- Open to all schools - plans to eventually extend award to all CYP settings, including early years
- Mostly self-assessed to allow for autonomy. Wheel sections RAG rated – accreditation is ready to be achieved when all sections are green (except for outermost circle which is for the enhanced award)
- Main focus of feedback: 4 key pillars- each with the same 5 criteria points to be met within each pillar.
- Criteria supports a whole setting approach and the webpage will host resources to aid schools and settings to fill any gaps when working towards their accreditation by uploading evidence suitable to the criteria.



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Healthier Futures Accreditation – Examples of Criteria



Food, Drink & Oral Health

Policy Examples:

- Leadership implemented policy – reviewed every 3 years.

Environment Examples:

- School meal and snack offer variety and choice,
- Access to free fresh drinking water

Teaching and Learning Examples:

- CYP can prepare, cook, try different food,

CPD / Training examples:

- Promote learning on topics of food and oral health to all school staff

Partnership:

- School promote oral health / positive attitude to food and body image to parents

Physical Activity

Policy Examples:

- Promote Physical activity and reduce sedentary behaviour

Environment Examples:

- Playground / school encourage safe, stimulating and encourage physical activity

Teaching and Learning Examples:

- A minimum of 2 hours curriculum time a week is dedicated to PE

CPD / Training examples:

- School promote CPD for physical activity

Partnership:

- Parent / carer can access info, support and advice on Physical activity in school and wider community

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Healthier Futures Accreditation – Examples of Criteria

Emotional Health and Wellbeing

Policy Examples:

- Policy / designated lead / evidence based approaches

Environment Examples:

- CYP feel safe and values – pupils and staff clear where and how to seek support if worried about own or someone else's mental wellbeing

Teaching and Learning Examples:

- Clear planned curriculum opportunities for CYP to understand and explore feelings using appropriate learning and teaching styles.

CPD / Training examples:

- Learning Staff trained formally / informally to support EHWPB of students

Partnership:

- Opportunity for staff / parents/ carer to access info

PSHE

Policy Examples:

- Policy whole school approach to PSHE – actively shared

Environment Examples:

- The use of external contributors enhances, not replaces, delivery of the subject matter by regular staff.

Teaching and Learning Examples:

- PSHE is delivered in a sequenced, spiral programme that builds on prior learning as pupils progress through school.

CPD / Training examples:

- Assessment of confidence and skills to teach PSHE takes place.
- Staff have the opportunity for CPD relevant to their needs.

Partnership:

- There are opportunities for parents/carers to input into the development of the PSHE curriculum.



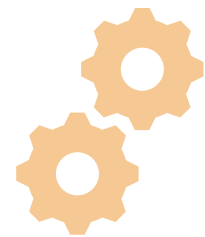
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Lets Hear Your Voice



The aim is for the data from this survey to be used as a borough wide tool to measure health and lifestyle factors for children and young people.



The data will be used to:

- help schools understand the health and wellbeing of their pupils and develop bespoke policy and curriculums according to need
- aid the commissioning of appropriate services and interventions and strategic planning
- develop local campaigns to support children and young people's health and wellbeing in Barnsley



The survey is intended to run every two years to allow us to collect trend data for Barnsley on key public health and wellbeing issues for children and young people



If the survey continues with good engagement, eventually this will provide trend data for an entire cohort of Barnsley children tracking them from year 4 through to post 16.

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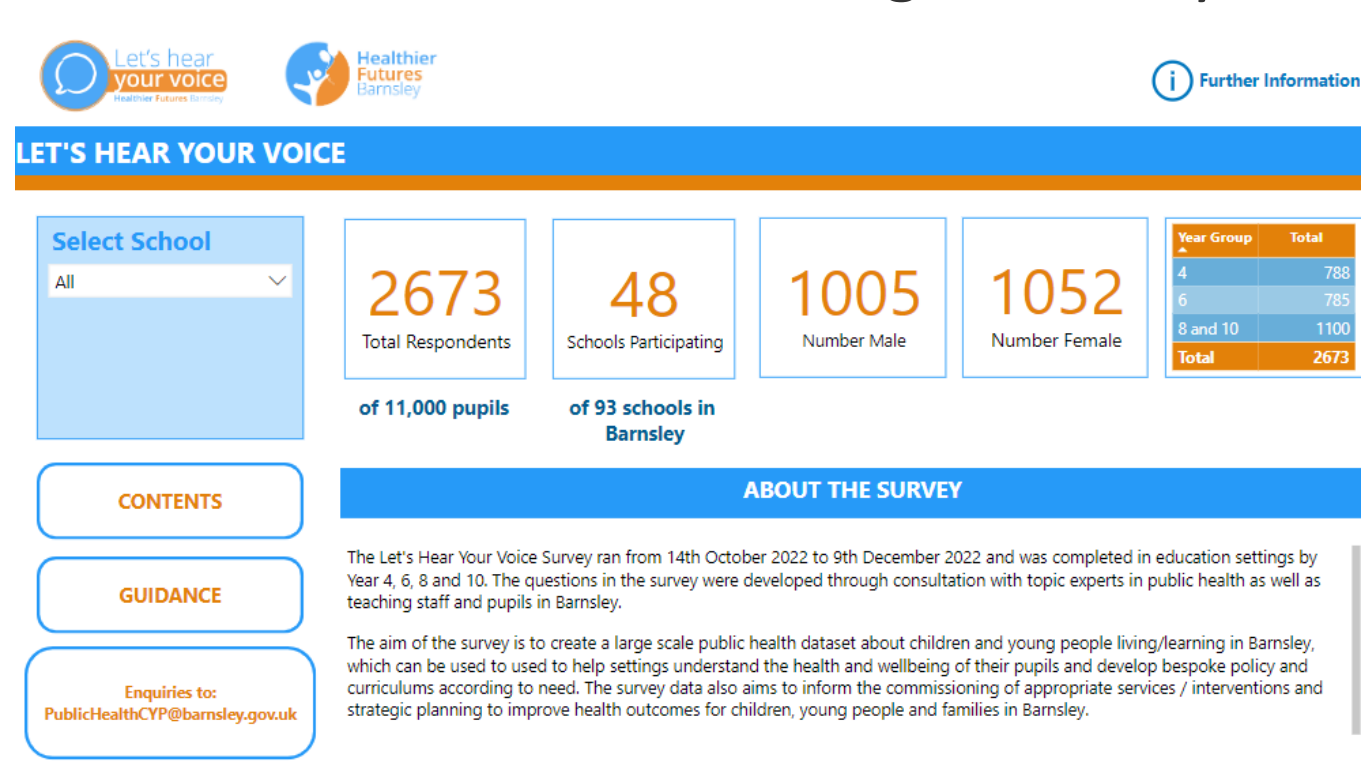
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'Lets Hear Your Voice' Survey

The first LHYV survey ran from **14th October 2022 - 9th December 2022**
(8-week window for schools to complete)

- Offered to CYP in year 4, 6, 8, 10 and post 16
- 1st survey received 2673 responses from 48 primary school
- Dedicated power BI dashboard containing all survey findings.



Questions covered

- Home and school life
- Emotional health and wellbeing
- Diet
- Physical activity
- Bullying
- Oral health
- Smoking and substances*
- Travel to school
- Disability
- Relationships and sexual health*
- Young carer status
- Sleep
- Gambling*
- Technology Use

*Where age-appropriate

Website

HEALTHIER FUTURES

Our PSHE and
RSHE
information
hub



About us

Healthier Futures has been made by the children's Public Health team. It'll help those working with children and young people enable the next generation of Barnsley to:

- enjoy a life of good physical and mental health
- thrive in their education and achieve their full potential
- feel connected and supported by their peers and mentors
- gain key life skills and experiences to support them in the future

About the project

There are three main parts to Healthier Futures:

- Resources for PSHE (personal, social, health education) and RSHE (relationships, sex and health education)
- Healthier Futures Accreditation Barnsley
- Let's Hear Your Voice survey

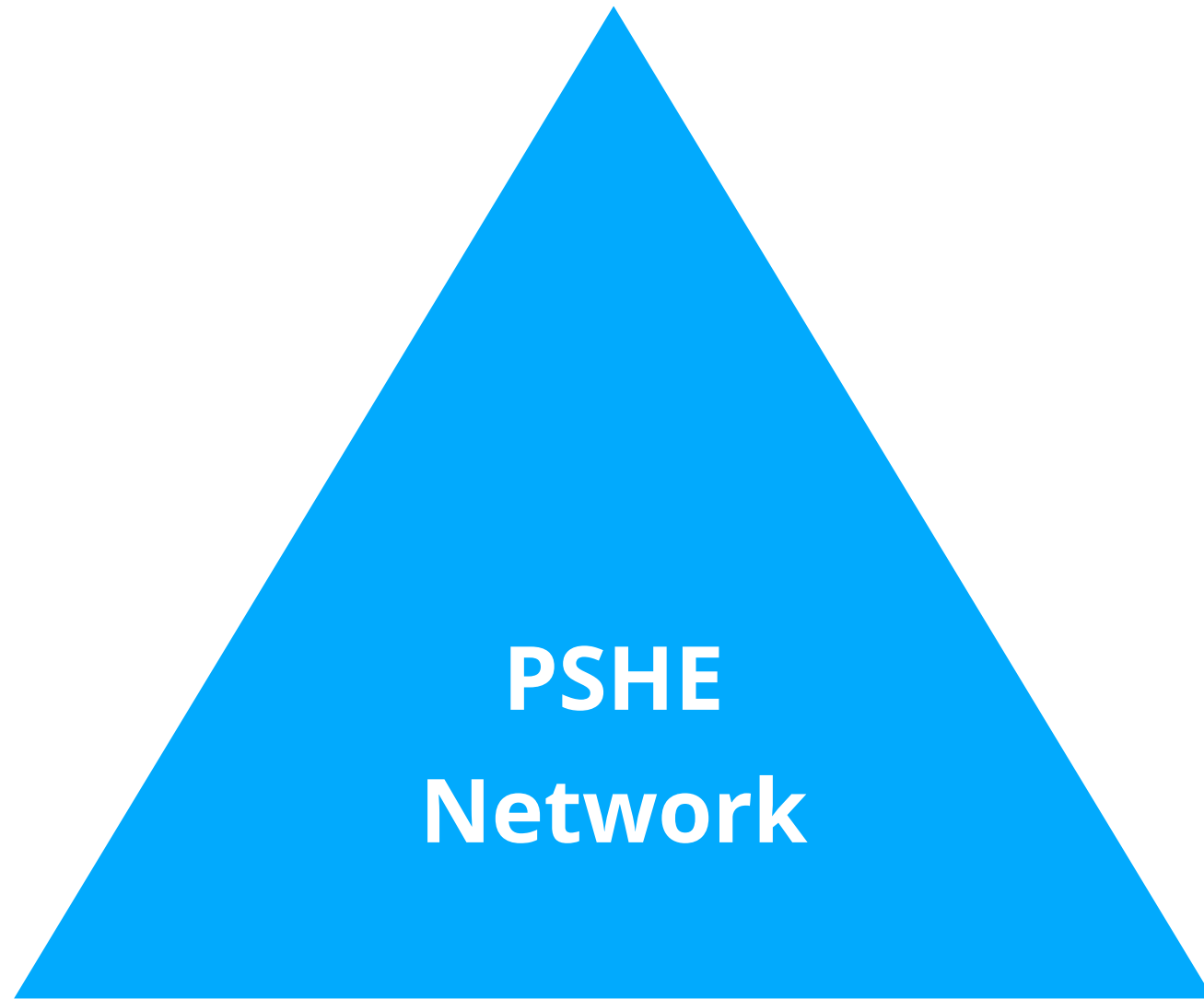
- The host for the Healthier Futures accreditation login the Let's Hear Your Voice Survey and guidance resources
- This website acts as a resource hub for schools and professionals offering education to children and young people This will aid them to deliver high quality PSHE and RSHE across the county.
- 'PSHE' Hub

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PSHE Network



- A digital network which offers various training and webinars on key PSHE topics
- Typically held once a term
- Aims to support schools to deliver high quality PSHE and RSHE and to improve and instil a supportive relationship between PH and schools
- Can help promote local services and offers and highlight key public health issues for CYP in Barnsley and help to shape teaching and learning to fit the local picture



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Thank you

If you require any support implementing Healthier Futures into your setting or if you have any questions

Please email: Hannahrowley@barnsley.gov.uk.