

Why is Health and Wellbeing important to my school?

Schools are very important places in which children and young people's health and wellbeing can be supported and improved. Research has shown that aside from parents, a supportive school is the most important protective factor is helping children and young people to stay healthy and avoid risks.

What's more, the healthier your pupils are the more likely they are to achieve better educational outcomes and fulfil their potential in life.

As a Governor you have a really important role to help the pupils in your school succeed by helping to create a healthy culture throughout the school.

There are many opportunities to do this like through the curriculum, targeted projects, having onsite health services, providing physical activity and healthy eating opportunities, reinforcing positive individual and peer group behaviour, having positive behaviour and bullying strategies and creating a healthy culture.

Your school will also need to draw on the support of health services and that means you need to engage with local partners to get your voice heard and get the support your pupils need. The more you engage, the better support you are likely to get for your school. You know your pupils needs best, make sure your health partners do as well!

Did you know?

The health service is going through a number of radical changes at the moment. Are you and your fellow governors aware of the impact this may have on the running of your school? Perhaps it could be an agenda item for your next meeting? Perhaps your Local Authority or local health contact could come and talk you through this? The Department of Health website has lots more information www.dh.gov.uk

School Governor Factsheet

What do OfSTED say?

Schools' support for pupils' health and wellbeing is evaluated in the new Ofsted inspection framework. This is what it says:

When evaluating the behaviour and safety of pupils, inspectors will consider pupils' ability to assess and manage risk appropriately and to keep themselves safe. The importance of developing pupils' understanding and commitment to their own and other's health and wellbeing, is also highlighted in Ofsted's supplementary PSHE guidance for inspectors undertaking subject survey visits.

Have you thought about?

How your school is removing all the barriers it can to raise achievement and standards, and do these include poor health outcomes which may lead to behaviour and absenteeism problems?

Is your school a healthy environment?

Do you have whole-school health and wellbeing policies?

What has Ofsted said on how health and wellbeing policies in your school has contributed to the schools overall inspection ?

Are you aware of all the data that is available to your school to understand the health and wellbeing profile of your pupils ?

Do you know what parents expect of your schools contribution to better health outcomes?

How do you engage them?

How do you know if your health and wellbeing work is having an positive effect?

How do you engage and harness the view of your pupils and their health and wellbeing needs?

How is your school working with local partners, like School Nurses, to support the best health outcomes for children and young people?

Do you understand how the health system works and how this will impact of the health provision offered to your school?

Does your school make reasonable adjustments and accommodations for children with medical needs?

Is your school maintaining the school food nutritional standards?

Does your school have effective training and support in managing children with long-term medical conditions like asthma and diabetes?

Are there particular health issues in your school or local area that you need to bring to the attention of local health services and those people that plan those services?

Does your school have a quality programme of Personal, Social, Health and Economic Education (PSHE) that it is planned and monitored?



Your Local Authority will be taking the lead for public health from April 2013 taking over from Primary Care Trusts. Each year they will make decisions on money for health in your area. They need to hear from you to take your school needs into account.