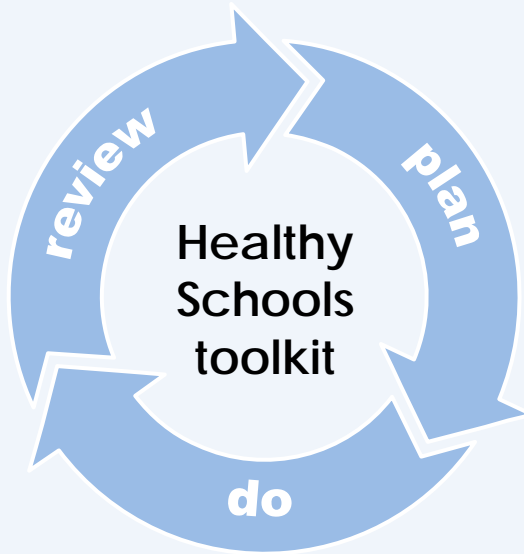




Welcome to the Healthy Schools toolkit



Schools play an important role in supporting the health and wellbeing of children and young people.

Healthy Schools continues to offer a practical, 'plan-do-review' approach to improving health and wellbeing in children and young people.

The **complete toolkit** contains school examples, adaptable templates, and information.

NB This document is a quick overview of the toolkit.

Schools say:

'I would like a toolkit that I can dip in and out of, that allows the school to download what is useful to work with.'

Deputy head teacher, primary school

The Government says:

'We will make sure that schools have access to evidence of best practice, high quality materials ... which they can choose to use.'

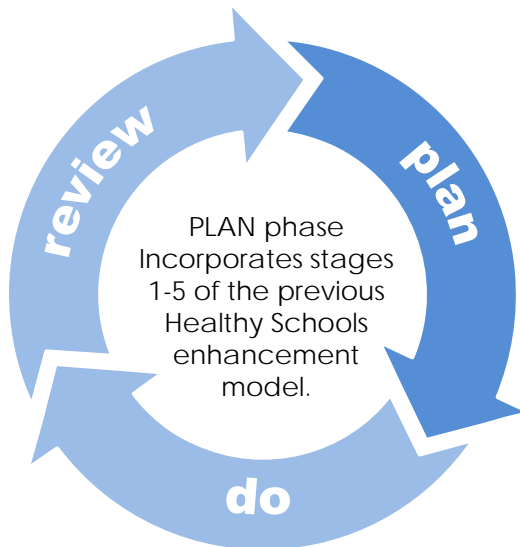
The Schools White Paper 2010



PLAN phase overview



PLAN



The purpose of the **PLAN** phase is to:

- establish a group to lead health and wellbeing improvement;
- select your school's current health and wellbeing (HWB) priority/ies based on data about children and young people's needs;
- define the outcomes you plan to achieve, and identify milestones along the way; and
- identify activities/interventions.

Note that in the complete toolkit these items are clickable links.

Schools say...

'It would be good to have our own style of action plan and targets for Healthy Schools.'


Head teacher,
Voluntary-aided primary
school


You will need...

Your school improvement plan

Children and young people's health and wellbeing data for your school/cluster/area


You may find helpful...


 [Health and wellbeing group](#)

 [Using data](#)

 [Outcomes and milestones](#)

 [Activities/interventions](#)

 [Healthy Schools planning template](#)

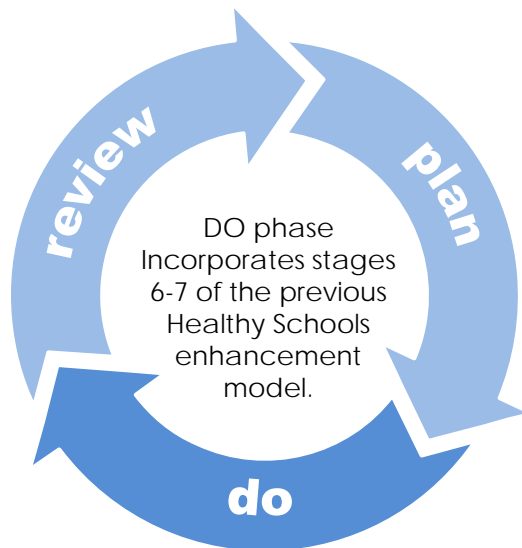
 [School examples](#)



DO phase overview



DO



The purpose of the **DO** phase is to:

- select and implement activities/interventions that will help achieve your outcomes;
- monitor progress towards your milestones and outcomes; and
- make any necessary adjustments to milestones and outcomes.

Schools say...

'Health and wellbeing is embedded in ongoing school systems. The standing items for senior leadership team meetings are the priorities in the school improvement plan.'

Head teacher, special school


You will need...


Your school improvement plan


Information about evidence-based health and wellbeing activities/interventions


You may find helpful...

 Activities/interventions

 Monitoring progress

 **Healthy Schools planning template**

 School examples

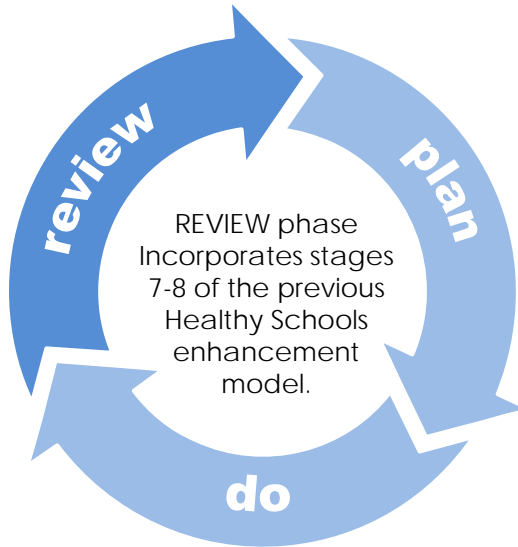
 Principles and examples of evidence-informed practice (further reading)



REVIEW phase overview



REVIEW



The purpose of the **REVIEW** phase is to:

- evaluate your achievement of outcomes;
- review, share and celebrate your improvements in children and young people's health and wellbeing; and
- review your school's provision for health and wellbeing.

Schools say...

'Recognition from children and parents is most important.'


Head teacher,
Primary school


You will need...

Your school improvement plan

You may find helpful...

 [Reviewing your priority](#)

 [School story template](#)

 [School examples](#)