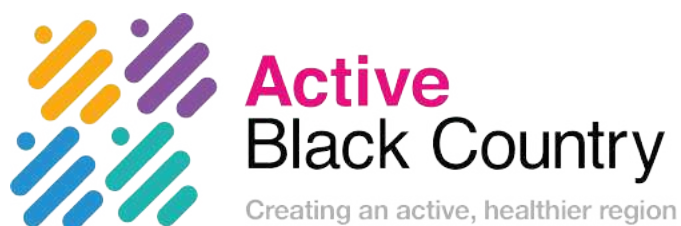


Active Lives and Healthy Schools Programme Information Pack

Contents:

1. Active Lives Children and Young People Survey
2. Healthy Schools Rating
3. Healthy Schools Toolkit
4. Black Country Healthy Schools Platinum Award



For more information please email:
leah_goode@blackcountryconsortium.co.uk

Or visit: www.activeblackcountry.co.uk



The Process

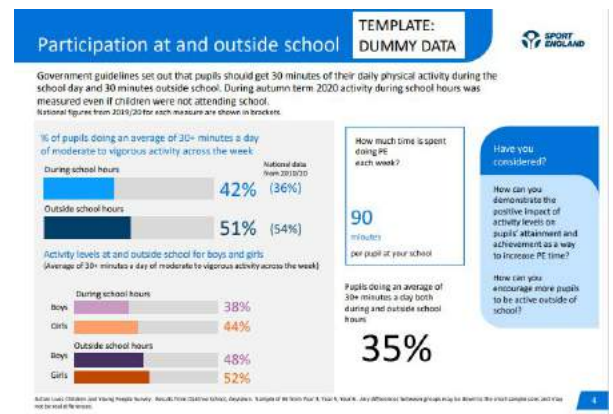
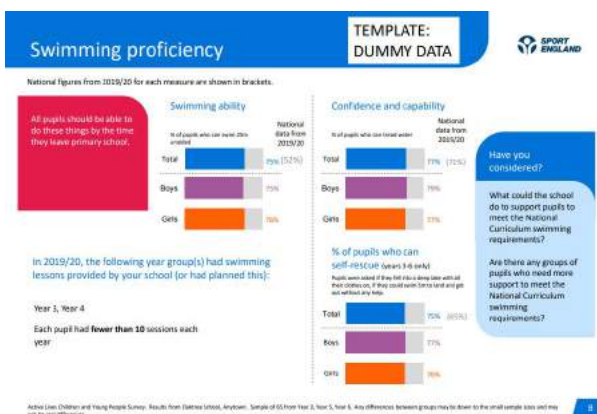
Active Lives Children and Young People Survey/Healthy Schools Programme

The Active Lives Survey for Children and Young people was launched in the 2017/2018 academic year. Designed by Sport England, the Department for Education (DfE), the Department for Health (DfH), and the Department for Digital Culture Media and Sport (DCMS), its purpose is to gain a detailed insight into the current physical activity habits of the nation's children and young people aged 5 to 16 (school years 1 to 11).

The Healthy Schools Programme is underpinned by the Healthy Schools Rating which is determined through the Teacher Survey in which schools are assessed against four criteria areas which were devised by the Department for Education 2017/2018



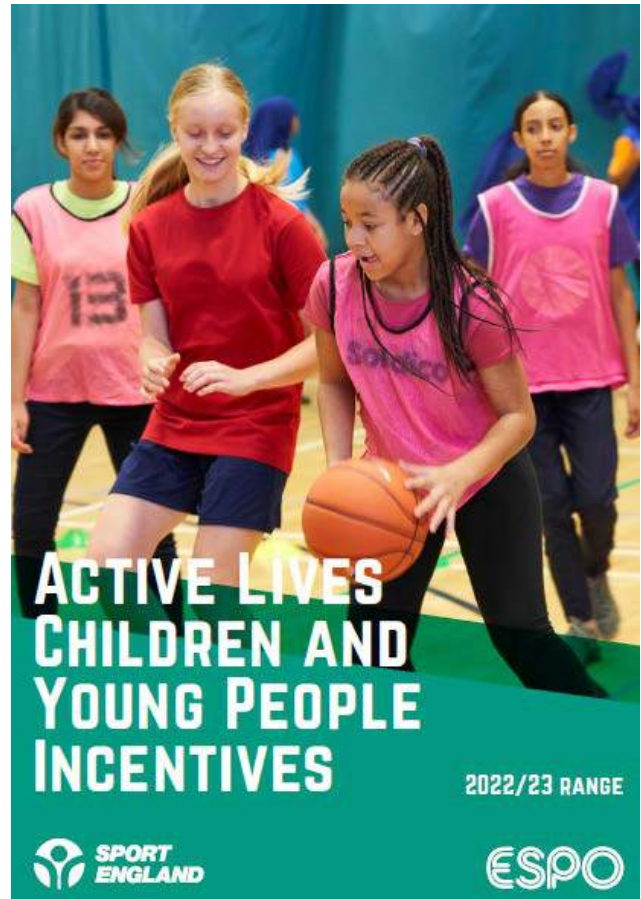
Schools are chosen at random each term by Sport England to take part in the Survey or can Opt In at any point. The surveys are completed online and take 20 minutes to complete.



Upon completion of the Survey both sampled and opt in schools will receive a bespoke report which captures key points of the Surveys.

Sampled schools receive equipment vouchers worth £100 for taking part in the survey

Nationally governed Survey which can help to inform PE and Sport Premium, Swimming delivery and After – School Provision.



Schools will also receive a Healthy Schools Rating from DFE based on the schools approach to 4 areas:

1. Food Education
2. School Food Standards
3. Physical Education
4. Active Travel

Healthy Schools Rating

40+ BRONZE

To achieve this, your school must score 40+ points. For example, you could have our Bronze criteria in place and choose from the below to score an additional 10 points.

55+ SILVER

To achieve this, your school must score 55+ points. For example, you could have our Silver criteria in place and choose from the below to score an additional 10 points.

70+ GOLD

To achieve this, your school must score 70+ points. For example, you could have our Gold criteria in place and choose from the below to score an additional 10 points.

Black Country Healthy Schools Platinum Award

Once your school has achieved your Healthy Schools Rating, you are ready for the Healthy Schools Platinum Award. To receive the award schools will be selected on the basis of the following:

- Outstanding physical activity across the curriculum
- Food and Nutrition

The Platinum Award will be awarded to schools that meet the following criteria:

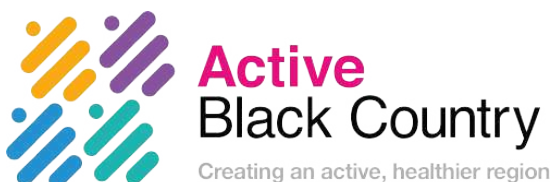
- Outstanding physical activity across the curriculum
- Food and Nutrition
- Outstanding physical activity across the curriculum
- Food and Nutrition

Should you not achieve a Healthy Schools Rating or if you wish to opt back in to the Active Lives Children's Survey and the Healthy Schools Rating, please contact Sport Good for support.

In partnership with:

For more information, please visit: www.activeblackcountry.co.uk

Alternatively you can contact: leon_good@blackcountryconsortium.co.uk



For more information please email: leah_goode@blackcountryconsortium.co.uk

Or visit: www.activeblackcountry.co.uk

Active Lives Guides

Once selected schools have confirmed participation then the Active Lives Guide is shared with them. This gives them a breakdown of how to get the Active Lives process started for their school.



Year 1-6 Key stages 1-2

Active Lives

Children and Young People survey

Understanding pupils' levels of participation and attitudes to sport and physical activity to help them move more.



For further information please contact your [Active Partnership](#), or read [our latest report](#)

Simple steps

- 1 Select classes
- 2 Contact parents
- 3 The survey Click to learn more
- 4 Your rewards



Year 7-11 Key stages 3-4

Active Lives

Children and Young People survey

Understanding pupils' levels of participation and attitudes to sport and physical activity to help them move more.



For further information please contact your [Active Partnership](#), or read [our latest report](#)

Simple steps

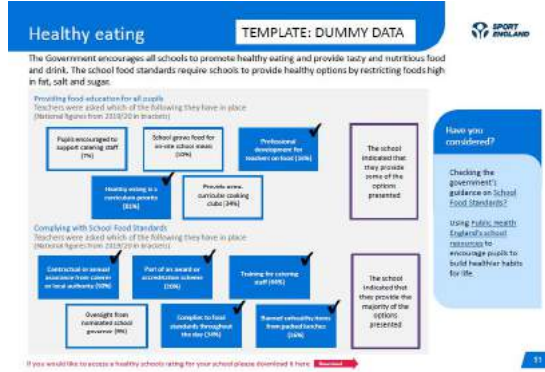
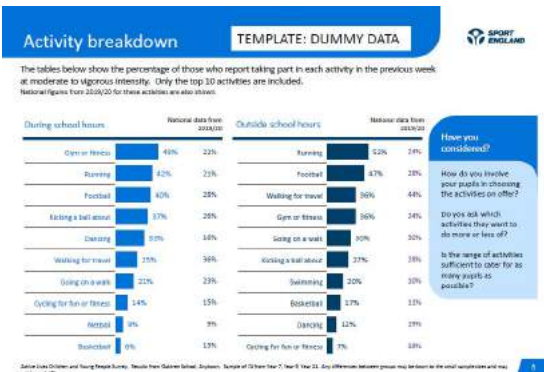
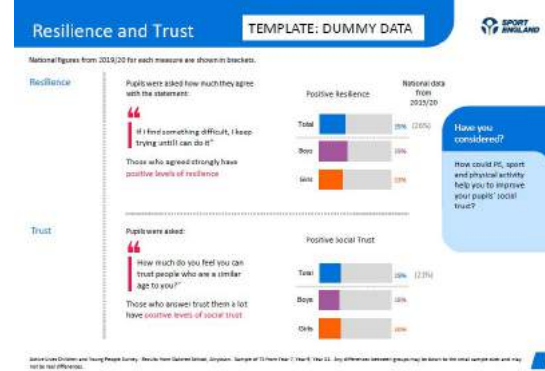
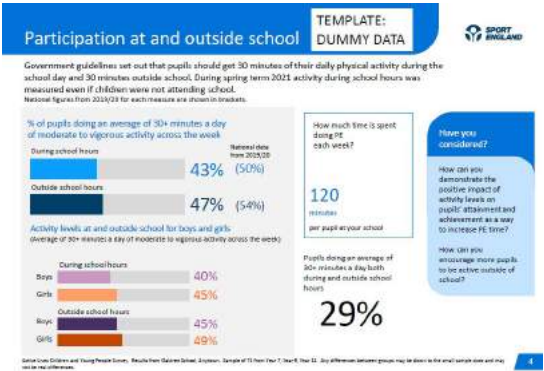
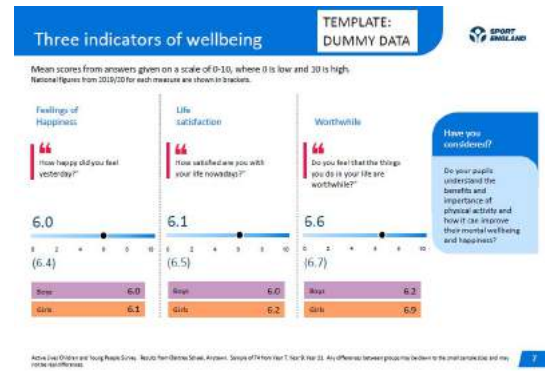
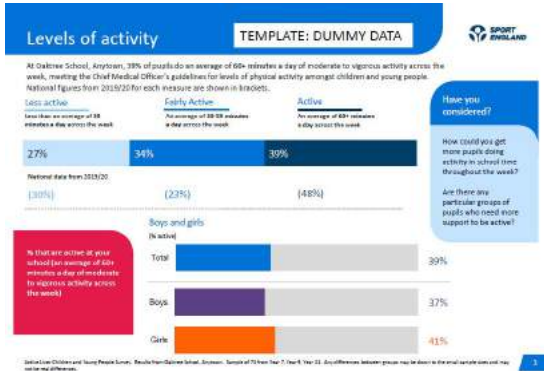
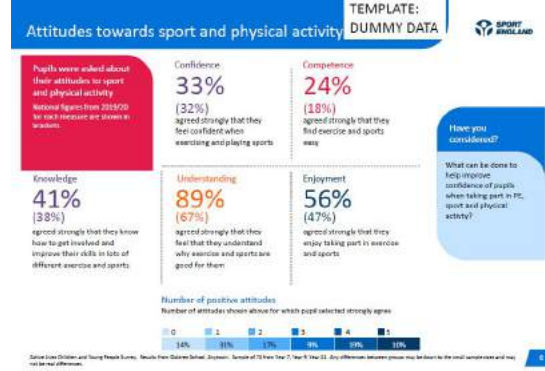
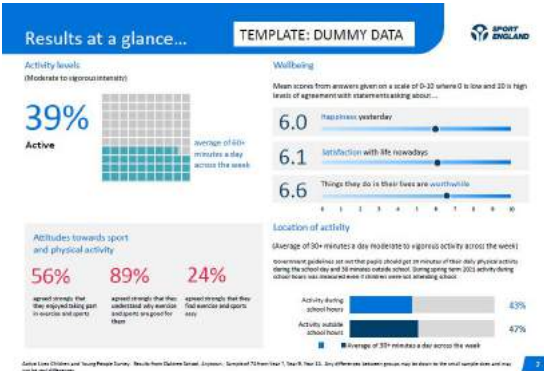
- 1 Select classes
- 2 Contact parents
- 3 The survey Click to learn more
- 4 Your rewards

The guides that are provided are specific to the primary and secondary schools. Within both of the guides contains a easy step by step guide as well as a breakdown of incentives and rewards for participation.

The Active Lives Children and Young People Survey Report

Each school will receive a bespoke report at the end of their Active Lives process. Examples enclosed provide a breakdown into what the report looks like and the detail it can provide schools with.

The report could inform schools spend of Primary PE and School Sport Premiums, After-School Club offer and Swimming provision as well as their wider PE, Sport and Physical Activity offer. The level of detail provided within the report is determined by how many surveys are completed by schools (schools will receive either a full or limited report). The minimum number of completed surveys for a full report is 30.



Healthy Schools Rating

The Healthy Schools Rating is determined by the Teacher Survey responses and is additional to the Children's Surveys in which only one member of staff will have to complete the survey once.

The survey assess schools and reviews *their approach* around the 4 below areas

Food Education

Active Travel

This should complement and not replace existing whole school physical activity schemes

School Food Standards

Physical Education

This section relates to curriculum time within school

Based on schools responses to the 4 areas the Healthy Schools Rating is **generated** on a points system as detailed below determined by Sport England.



Please note Active Black Country **do not** see any survey responses submitted, with all data sent to Sport England for reviewing.

For more information visit our website [here](http://www.activeblackcountry.co.uk)

Black Country Healthy Schools Platinum Award

The Platinum Award is available to the schools who obtain a Healthy Schools Rating of gold, silver or bronze from completion of the Teacher Survey. The Award assesses schools whole school approach towards to Food and Nutrition and embedding Physical Activity across the day.



Click here to visit the Platinum Award website.

The Award is completed via an online application system whereby schools will be asked to submit evidence for each criteria area to showcase and share their approaches towards each area on the wheels.



Each section contains guidance and minimum requirements that schools should be providing for the subject area. As well as example evidence criteria.

Schools can submit a breadth of evidence against the criteria with examples including:

- SIP Planning
- Children’s work
- After-school club offer
- Primary PE and Sport Premium Reporting templates

Staff are able to save their application and return back at any point to complete throughout the academic year

ENGAGING THE STUDENT VOICE

Guidance

Giving students a voice and enhancing their ownership of physical activity delivery to ensure that activities are appropriately tailored to their needs can support participation. Students should be consulted on the schools Physical Activity Policy, amongst other areas such as equipment, facilities and active travel.

A range of extra-curricular activities should be provided for any gender, all abilities and across all key stages. The views of children and young people should be considered when setting up new extra-curricular clubs.

DOWNLOAD ENGAGING THE STUDENT VOICE GUIDANCE

Evidence

Minimum Requirements:

Schools should provide a minimum of 2 examples of evidence submitted by pupils. This could include testimonials and statements but should demonstrate how the school and its PE, Sport and Physical Activity offer is viewed by its pupils.

- Use of consultation methods such as the *Sterling Children’s wellbeing scale* and *School Games Crews* to inform provision
- Examples of where **pupil views have changed practice or provision** within the school.
- The range of **Extra-curricular clubs** offered
- **Achievements** such as the *School Games Mark*

Upon completion and submission of evidence for the Award. The Healthy Schools Panel will meet and review applications received. Successful applications will be subject to a modification visit lasting approximately 1 hour, and will be carried out by one of the panel. The school will then be notified if they have been successful with the Platinum Award, valid for a two-year period. Successful schools will receive a trophy in addition to a kitemark which enables schools to publish their achievement through their communication channels.