

MAYOR OF LONDON

Supporting child health in London

Healthy Schools London & Healthy Early Years London

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THE GLA'S LEVERS

Policy and Programmes

- **Healthy Early Years and Healthy schools London**
- **Mentors**
- **Mental health in schools programme**
- **Universal Free School Meals**

Health in All Policies

- Housing
- Transport
- Environment
- Employment and skills
- community safety
- Social cohesion and discrimination
- Poverty

CYP HEALTH AND WELLBEING: CURRENT CHALLENGES FOR LONDON



Mental
health and
wellbeing

Child
poverty

Vaccination
uptake

Nutrition
and dental
health

HEALTHY SCHOOLS & HEALTHY EARLY YEARS LONDON

- Healthy Schools London (HSL) and Healthy Early Years London (HEYL) are the **Mayor's flagship programmes** to support child health and wellbeing and reduce health inequalities.
- They're **award schemes** that support and celebrate early years settings, childminders and schools who are promoting a **healthy start to life** across key themes. This includes healthy eating, oral health, physical health, early cognitive development and mental health.
- Borough Leads support HSL and HEYL locally - including reviewing applications. They can use the programmes as a vehicle to **drive forward local health priorities**.



PROGRESSING THROUGH HSL AND HEYL

- Each award builds on the last, helping schools, settings and childminders make meaningful, lasting improvements.
- **Bronze Award** - acknowledges and celebrates that the school, setting or childminder has a **high-quality embedded approach** to health and wellbeing for all children and young people.
- **Silver Award** - provides evidence that the school, setting or childminder has identified a health and wellbeing priority and devised a new approach, project, practice or intervention to **target the priority**.
- **Gold Award** - recognises that the school, setting or childminder has **evaluated the impact and sustained the outcomes** of this new approach, project, practice or intervention.



CURRENT ENGAGEMENT



- Over 2,300 London schools and 2,500 London early years settings and childminders are currently registered - with hundreds having progressed to achieve a Gold award.

| | HSL | HEYL |
|--------------|------|------|
| Registered | 2363 | 2546 |
| Bronze award | 1431 | 415 |
| Silver award | 986 | 184 |
| Gold award | 466 | 80 |

PROGRAMME UPDATES - WHAT'S NEW



- From September 2025, updated versions of HSL and HEYL have been introduced, including award tools, processes, and guidance to support settings, childminders and schools. [Explore the new website](#)
- This follows a comprehensive, **collaborative process with Borough Leads** from January 2024 through to September 2025 - including task and finish groups focussing on specific areas.
- The updates aim to ensure both **Mayoral and local health priorities are reflected** within HSL and HEYL, as well as reducing paperwork and burden on schools and settings. We want more children across London to be supported!

PROGRAMME UPDATES - WHAT'S NEW

- Schools, settings and childminders can now gain **multiple Silver and Gold awards** related to specific health and wellbeing priorities.
- Schools, settings and childminders can select one or more focus areas such as breakfast clubs, supervised toothbrushing, water only schools, active travel, body image etc.

| HSL | HEYL |
|---|--|
| <ul style="list-style-type: none">• Food education, nutrition and healthy eating• Oral health• PE, sports and physical activity• Mental health and wellbeing• PSHE• Family wellbeing | <ul style="list-style-type: none">• Social and emotional health and wellbeing• Independence in managing self and hygiene• Oral health• Healthy eating, breastfeeding and starting solid food• Physical activity and health• Speech, language and communication• Family wellbeing |



HEALTHY SCHOOLS NEWHAM

Amy Hayfield – Public Health Strategist,
HSL Borough Lead

WE ARE NEWHAM.

Newham: The local context



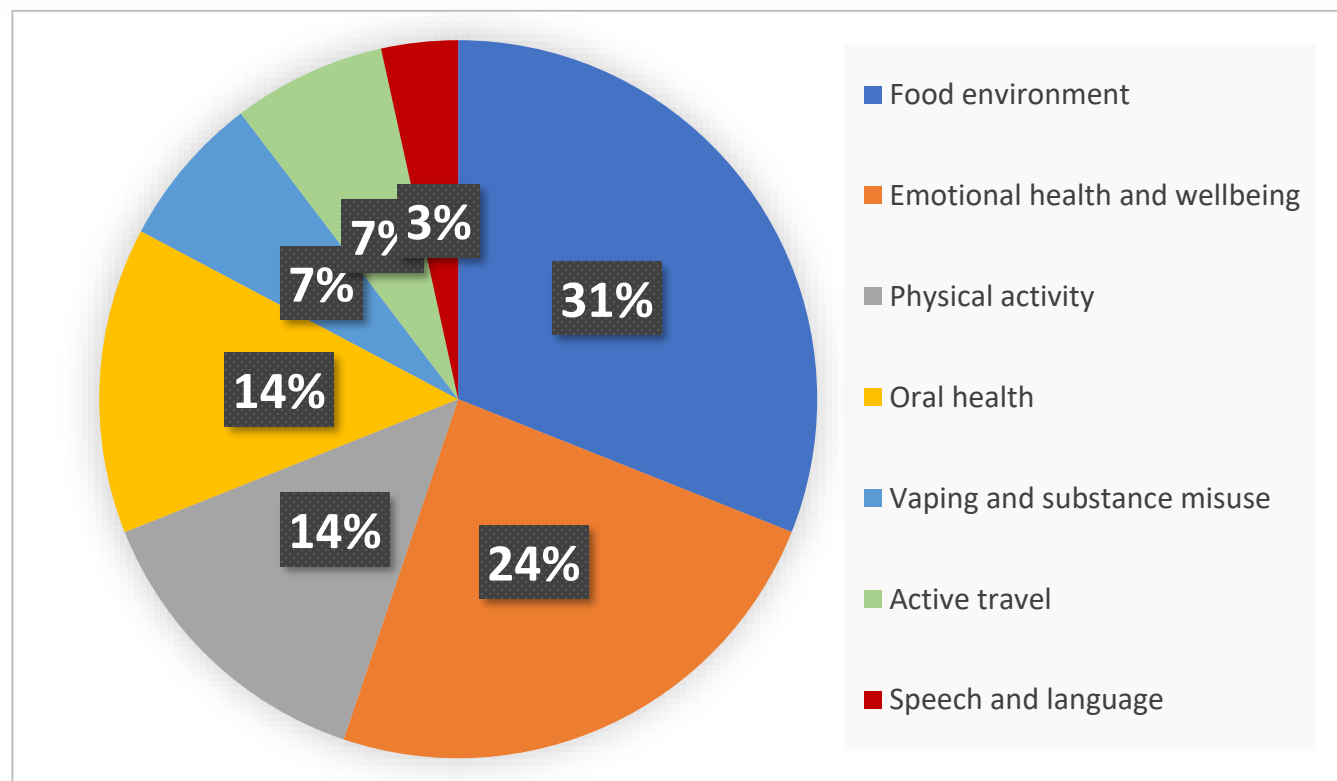
- Population 351,036 (2021)
- Youngest in the country, 25% aged below 19
- Over 40,000 11-19 year olds live in Newham
- 102 different languages spoken
- Almost ½ of Newham's CYP were living in poverty in 2020/21
- Nearly 35% of secondary aged students are entitled to a free school meal
- 45.5% of Y6 are overweight/obese

WE ARE NEWHAM.

Newham: HSL Overview

- Healthy Schools sits within the LBN Public Health Team.
- Healthy Schools lead 3.5 days pw
- School age team – project leads in: EHWB, Food and nutrition, Immunisations, Oral health, Physical activity, Smoking and vaping.
- QAG to review award applications – ad-hoc depending on schools chosen specialism.
- Public Health Early Years Lead – borough lead for HEYL.
- 118 schools total in Newham
- 63 HSL Bronze Awards, 24 Silver, 12 Gold.
- Focus going forward (alongside continuous uptake of awards) on equity distribution - conducting equity analysis to better understand and address engagement gaps.

WE ARE NEWHAM.



* Health & wellbeing priorities for Silver/Gold

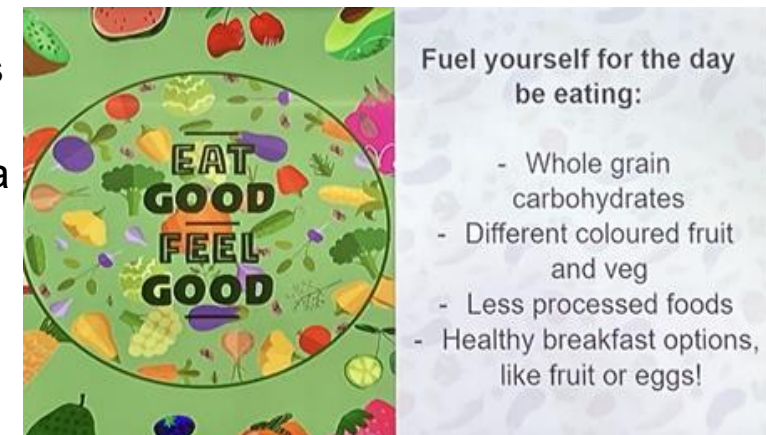
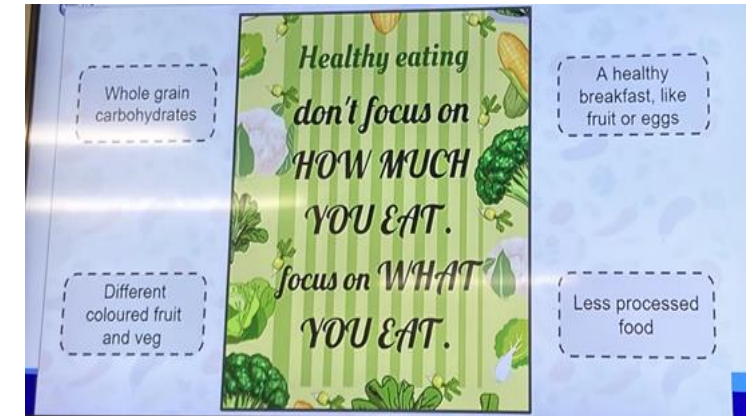
Gold Award Primary School

- **About the school:** Three-form entry primary school
- **Focus area:** improving oral hygiene, particularly in KS1.
- **What they did (for Silver/Gold award):**
 - Improve oral health education
 - Taught pupils how to recognise food/drinks with high sugar content to make informed choices.
 - Became a Water Only School.
 - Delivered a supervised brushing scheme for Year 1, brushing teeth together as a class once a day in school. A dental care model and toothbrush was used to demonstrate good brushing techniques.
- **Impact (measured for award):**
 - 12% increase in the number of Year 1 children reporting that they brush their teeth at least twice a day.
 - 32% increase in the number of Year 1 children reporting they have more understanding of sugar and its effects on health.



Gold Award Secondary School

- **About the school:** Secondary School based in East Ham; fourteen-form entry
- **Focus area:** healthy eating of students and families – increasing understanding of what healthy eating is, and how to make healthy choices.
- **What they did (for Silver/Gold award):**
 - Developed a cooking club, teaching students how to cook meals using produce from the school farm.
 - Integrated comprehensive food and nutrition education throughout the school.
 - Delivered a healthy eating campaign, with school council designing posters and messaging for display screens.
 - Involved students with the food provision, including taking part in the tendering process for a new caterer and conducting menu tasting.
- **Impact (measured for award):**
 - Increase in the number of students reporting they always make healthy meal choices in school.
 - Increase in the percentage of students reporting that they think it is important to eat a nutritious diet.
 - Increase in the number of healthy meals students can cook.
 - 30% increase in the number of eligible students receiving free school meals (from 787 to 1,022 pupils)!!



HSL Supporting Wider PH Priorities in the Borough



- CPD opportunities – developed new online training platform for schools via Newham's Social Welfare Alliance - monthly online sessions based on school feedback and local priorities.
- Sits on top of regular engagement with BL, annual celebration event, monthly newsletter, padlet etc.
- Pilot with QMUL through medical student placements in schools to support health literacy.
- Increases visibility of good practice and highlights areas for improvement – *example re whole school food and drink policies.*
- Encourages CYP to become health advocates and ambassadors, aligning with Young Health Changemaker programme.
- Aligns with local and national strategies (e.g. [50-steps-2024-2027](#))
- Embraces a "test and learn" model
- Priorities for 2025/26 inc. STB and immunisations



WE ARE NEWHAM.



PH School Engagement (Food Specific)

- Eat for Free - Newham's [universal primary school meals](#) scheme serves more than *10,000 meals daily* to *71 primary schools*.
- [We Are Food Secure 11-19](#) - Supporting schools to grow WSA to food. *Worked with 10 secondary schools.*
- Child and family weight management – [Live Well Newham](#) and [Nutrition Kitchen](#) cook and activity sessions.
- Sensory Stars - yearly masterclass in food and senses for Newham secondary schools.
- Veg Power Campaigns – Eat Them to Defeat Them, Growing to Love, Full of Beans, Attack the Snack,
- Supporting schools with food-growing through the [Newham Food Growing Toolkit](#). *Written with support from 11 Newham schools.*
- Incorporates food literacy, water-only policies, and school-based food growing initiatives.
- SUD's planters used to grow edible plants.
- School Superzones funding



Whole School Approaches



**WE ARE
GROWING.**

**WE ARE
NEWHAM.**

Newham Food Growing Toolkit

www.newham.gov.uk



DISCUSSION – MAXIMISING STRATEGIC VALUE

- Are HSL and HEYL helping you connect with local early years settings, childminders and schools?
- What are the opportunities to use leverage the value of the networks, beyond an accreditation scheme?
- What do boroughs need to do to improve local engagement with HSL and HEYL?
- How can we make the most of HEYL and HSL networks to support your local priorities?

