

Healthier behaviour outcomes

Examples from the South West Healthy Schools Plus pilot
2009 - 2011

Appendix 1 – Step 2

Emotional Health and Wellbeing

- Decrease in number of children and young people who are bullied
- Decrease in number of children and young people who are involved in behaviour incidents
- Decrease in number of children and young people who have authorised absence
- Decrease in number of children and young people who have unauthorised absence
- Decrease the number of children and young people who are persistently late
 - Increase in attendance of targeted children and young people
- Increase in number of children and young people reporting improved / positive peer relationships
- Increase in number of children and young people who access the on-site drop-in health clinic
- Increase in number of children and young people who achieve independent travel
- Increase in number of children and young people who have aspirations for the future
- Increase in number of children and young people who report understanding safe and unsafe situations when using the internet
- Increase in number of children and young people who use school based counselling service
- Increase in number of children and young people who access after school clubs and activities
- Increase in number of children and young people who access before and after school clubs
- Increase in number of children and young people who access peer support schemes (playground buddies, peer mediators, mentors)
- Increase in number of children and young people who are actively involved in an effective school council
- Increase in number of children and young people who are aware of different methods of managing stress/achieving calm
- Increase in number of children and young people who enjoy break time
- Increase in number of children and young people who feel safe in all areas of school and its grounds
- Increase in number of children and young people who know places around the school for quiet and relaxation
- Increase in number of children and young people who know where to find support with relationship issues

Appendix 1 – Step 2

- Increase in number of children and young people who report that their ideas and fears are listened to
- Increase in number of children and young people who report they are happy in school
- Increase in number of children and young people who seek help if they are bullied
- Increase in number of children and young people who think programmes such as peer mentoring, respect, peer mediation, peer massage help
- Increase in number of children and young people who use chill out zones
- Increase in number of targeted children and young people reporting being able to cope with / manage stress / anxiety more effectively
- Increase in the measured / reported resilience of individual children and young people
- Increase in the number of children and young people involved in positive activities
- Increase in the number of children and young people who identify they have an increased sense of self-worth or confidence
- Increase in the number of children and young people who report they are better at managing their feelings
- Increase in the number of children and young people who understand appropriate touch rules
- Increase the number of children and young people accessing support to promote their health & well-being

Appendix 1 – Step 2

Healthier Weight

- Decrease in number of children and young people travelling to school by car
- Increase in measurable levels of fitness for individual children and young people after physical activity intervention
- Increase in number of children and young people who are overweight / very overweight accessing appropriate care pathways
- Increase in number of children and young people who are physically active at break times
- Increase in number of children and young people who eat healthier break time snacks
- Increase in number of children and young people who can prepare simple healthy meals
- Increase in number of children and young people who cycle to school
- Increase in number of children and young people who eat more fruit and vegetables
- Increase in number of children and young people who have a free school meal if eligible or take up universal free school meal (reception and KS1)
- Increase in number of children and young people who have a school meal
- Increase in number of children and young people who increase participation in cooking activities
- Increase in number of children and young people who increase participation in growing activities
- Increase in number of children and young people who take part in physical activity (with all children and targeting certain children)
- Increase in number of children and young people who take part in physical activity before and after school
- Increase in number of children and young people who take part in physical activity within the curriculum
- Increase in number of children and young people who take part in 'take 10' / 'wake and shake' or similar programmes
- Increase in number of children and young people who understand what constitutes a healthy balanced meal
- Increase in number of children and young people who walk to school
- Increase in the amount of cycling done by individual children and young people in and out of school (in addition to cycling to / from school)
- Increase in the number of children and young people who say they are using local sports facilities

Appendix 1 – Step 2

- Increase in the number of children and young people who understand why exercise is good for you
- Increase in the numbers of children eating breakfast
- Increase numbers of cycle proficiency certificates awarded

Appendix 1 – Step 2

Increasing Positive Relationships / Reducing Teenage Pregnancy

- Decrease in number of children and young people who display sexualised behaviour
- Increase in number of children and young people who are confident to talk about sexual health matters
- Increase in number of young people accessing the on-site drop-in health clinic
- Increase in number of young people using the C-Card Scheme
- Increase in number of young people who are aware of the advantages of delaying sexual activity
- Increase in number of young people who are aware of the health risks associated with teenage pregnancy
- Increase in number of young people who are confident they will use condoms or other forms of contraceptive devices to avoid unwanted pregnancies
- Increase in number of young people who are confident they would be able to access sexual health services if and when appropriate
- Increase in number of young people who have knowledge of the common causes of Sexually Transmitted Infections and are clear about how to avoid them
- Increase in number of children and young people who have accurate information about reproduction
- Increase in the number of children and young people who say that the school's relationship and sex education (RSE) programme meets their needs
- Increase in number of children and young people who understand and are able to avoid or manage safe and unsafe situations
- Increase in number of children and young people who understand and can explain how their bodies and emotions change during puberty
- Increase in number of children and young people who have an understanding that successful friendships and relationships are based on mutual respect, care and love
- Increase in number of children and young people who feel confident that they know who to approach if they have a concern
- Increase in the number of children and young people who rate relationship and sex education (RSE) positively

Appendix 1 – Step 2

Substance Misuse

- Decrease in number of children and young people smoking
- Increase in number of children and young people who have a good knowledge and awareness of the effects of alcohol
- Increase in number of children and young people who have a good knowledge and awareness of the effects of smoking
- Increase in number of children and young people who receive support in school as a result of identified alcohol issues
- Increase in number of referred children and young people who access drug advice
- Increase in number of referred children and young people who access support services
- Increase in number of children and young people who can identify a person to approach and talk to about drugs issues
- Increase in number of children and young people who feel confident about making their own informed choices relating to healthy lifestyles
- Increase in number of children and young people who have a good knowledge of the risks involved with a range of drugs
- Increase in number of children and young people who report that they have the skills to resist peer pressure
- Increase in number of children and young people who say they feel confident about accessing help relating to drug misuse if needed in the future

Appendix 1 – Step 2

Sun Safety

- Decrease in number of children and young people who are absent from school as a result of sunburn
- Decrease in the reported incidence of sunburn among children and young people
- Increase in number of children and young people who report 'sun safe' behaviours in and out of school
- Increase in the knowledge of children and young people about being safe in the sun