



Happier



Healthier



More Active



Health & Well Being

Jo Eames – Strategic Manager
Barnet Partnership for School Sport

Physical Activity & Mental Health



Happier



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- Improves attention and cognitive ability
- Enhances motivation and learning
- Elevates mood and reduces anxiety
- Improves self confidence and social skills
- Enhances creativity
- Helps maintain emotional wellbeing
- Helps children sleep better

Who are your potential partners?



- Public Health – CAMHS (Child and Adolescent Mental Health Service)
- 0-19 provision/services
- Family Services
- Healthy Hub
- Healthy Schools – usually now regional/county
- Active Partnerships
- Health Education Partnerships
- Community Leisure Centres
- Local Authority Sport, Leisure, Physical Activity Team



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STEPS you can take...

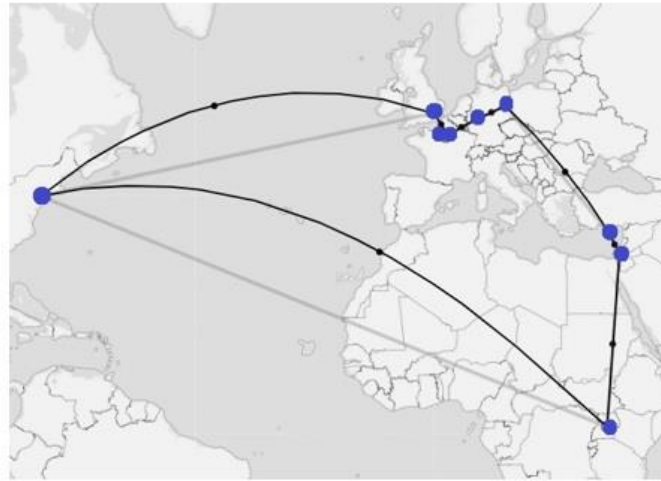
- Know your local health partners
 - What are their targets?
 - Who are their local partners?
 - Do they currently work with schools?
- What are your products/services?
- What can you offer them?
- How can you help them achieve their targets?

BECOME THEIR ANSWER

Barnet Twin Towns Challenge

Join us on an exciting voyage to visit Barnet's 8 twin towns.

#BarnetTwinTowns



#KeepingBarnetActive

The mammoth journey, starting 11 January, will see us cover almost 25,000 kilometres, travelling through 6 countries in 4 continents



To take part simply email bpss.barnet@gmail.com each week with the total distance your pupils travelled

 @BarnetSport

 @BarnetSport
www.barnetpartnershipforschoolsport.co.uk

 Barnet Partnership for School Sport



- Staff join our challenge on personal Strava account.
- Students take part in DPA – Daily Mile, Mayors Golden km etc from home/school.
- Staff do a ‘hands up’ survey with each year group once a week and record how many students have done ‘5 days of activity’ within the week.
- Results to BPSS, we use an algorithm on KS to calculate the number of miles each school does a week.
- Work as a borough to travel across the world to Barnet Borough’s 8 Twin Towns.
- Cross curricular benefits – maths, geography, culture, intra-school competition.
- Link this programme with your local health partners.

**Schools
Active
Movement**

Supported by



Happier



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STRAVA™

YST Well Schools

Well Schools aims to help improve education outcomes by placing wellbeing at its very heart to support school staff, senior leaders and young people. It isn't a programme, quality mark or intervention; it's all of us coming together to drive change, share challenges and solutions and help find support.

<https://www.well-school.org/>

<https://www.bupafoundation.org/page/wellbeing-for-educators/>



Well Led

Staff and Headteacher wellbeing is actively supported and championed ensuring the whole school is 'well-led' and connected with the wider school community.



Well Prepared

Every child has a foundation of physical and emotional literacy that will prepare them to be effective learners and cope with the pressures of life.



Well Equipped

Every child is equipped with the human skills through a curriculum and enrichment programme that develops their social capital and helps them thrive in a modern world.



Any Questions?

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