

# YST Health & Wellbeing Lead Schools

What will Schools get from being involved?

Resources	E-Learning Packages	National Training	Regional Training	Local Training	Funding	Other
X		X			x	x

<b>Who is eligible to run this programme?</b>	
Member schools who are delivering health related programmes	
<b>Challenges addressed through YST Health &amp; Wellbeing</b>	
<ul style="list-style-type: none"> <li>Declining emotional wellbeing and resilience</li> <li>Raising aspirations, narrowing the gap and enabling social mobility</li> <li>Tackling inactivity and physical wellbeing</li> </ul>	
<b>Outcomes and impact</b>	
<b>For the School/Deliverer:</b> <ul style="list-style-type: none"> <li>Addressing the decline in wellbeing in your school and partner schools</li> <li>Developing the workforce to use PE, sport and physical activity as an intervention tool for wellbeing outcomes</li> <li>Driving innovation within and beyond the school to address key challenges with wellbeing</li> </ul>	<b>For the Young People:</b> <ul style="list-style-type: none"> <li>Improved physical, social and emotional wellbeing</li> <li>Increased healthy active lifestyle behaviours, skills for life that prepares them for adulthood</li> <li>Increased knowledge and understanding of using healthy active lifestyles to manage stress and anxiety to reach their potential</li> </ul>
<b>What are the expectations for delivery by successful schools?</b>	
<ol style="list-style-type: none"> <li>Showcasing excellent practice in the delivery of health-related programmes</li> <li>Driving innovative solutions to health and wellbeing challenges e.g. boys mental health</li> <li>Opportunities for future health-related programme delivery through YST Strategy and funding bids</li> <li>Advocacy for the role of PE, sport and play in addressing the national decline in children’s wellbeing.</li> </ol> <p><b>The following conditions of delivery must be met:</b></p> <ol style="list-style-type: none"> <li>Those schools that are existing H&amp;WB Schools and remain highly engaged</li> <li>Those schools already effectively delivering and reporting on health-related programmes such as Active in Mind, Healthy Lifestyle Coaches etc.</li> <li>Those schools highly engaged in our local commissioning work such as Greater Manchester</li> <li>Where we have highly engaged schools demonstrating innovative practice to ensure full geographical coverage.</li> </ol>	
<b>What support will successful schools receive from Youth Sport Trust?</b>	
<ul style="list-style-type: none"> <li>Free attendance at national networking events</li> <li>Development Coach support for innovation projects</li> <li>Sharing practice time with other health-related project deliverers</li> <li>Resources and funding for identified programmes and innovation</li> <li>Professional development opportunities through networks and conferences</li> </ul>	

**What are successful schools expected to report on?****ONLINE REPORTING TOOL**

You will be required to report on the feedback from co-creation sessions (where you are involved) through the relevant online reporting tool in October/November 2019

**EVALUATION**

Wherever possible, we endeavour to conduct evaluations of our work to capture feedback on the programme and any benefits experienced. This typically involves engaging all or a sample of individuals involved in the programme in a variety of ways, such as:

- Surveys before and after the project or course
- Interviews
- Focus groups
- Observations
- Case studies

You may either be involved in the research directly or may be required to facilitate the engagement of young people in the research.

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