**The Pathway to Health and Wellbeing Awards**

**The number of steps you take on the journey is up to you!**



**1**

**HEALTH CHECK**

Start with a quick and easy health check to help you self-assess and identify areas for developing the health agenda in your school.



**2**

Before beginning the Food Smart scheme it may be useful to complete the healthy eating self-assessment (just 12 questions) to identify the position of your school in regard to complying with the standards relating to food education, school food and the provision of opportunities to grow and cook fresh foods.

**HEALTHY EATING SELF ASSESSMENT**



**3**

**FOOD SMART SCHEME**

Through participating in the Food Smart scheme you will enable your students to make informed choices about what they eat and drink, when and why.



**4**

**THE DAILY MILE COUNTY RECOGNITION SCHEME**

Celebrate and receive recognition for delivering regular physical activity via The Daily Mile in accordance with its core principles.

**Phase 1**

****Register for the Daily Mile and receive a specially designed school fence banner.

**Phase 2**

****Complete the Daily Mile for at least 4 months including the first Spring Term and receive The Daily Mile Quality Assurance Certificate, endorsed by Directors of Education and Public Health.

**THE ACTIVE LIVES SURVEY AND THE HEALTHY SCHOOLS RATING SCHEME**



**5**

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**6**

These two surveys complement each other; whilst the Active Lives is a student based survey and focuses on the attitudes and behaviours of young people (5 – 16) around sport, physical and activity, the Healthy Schools Rating is a teacher assessment and provides a rating based on the responses given to four key areas: Food Education, School Food Standards, Physical Education and Active Travel.

Through participation in these national surveys, each school receives a bespoke report which covers gives anyone working with children aged 5-16 key data to help understand children's attitudes and behaviours around sport and activity.measures of children’s activity levels, physical literacy, swimming proficiency, wellbeing, self-efficacy and levels of social trust.

Ofsted inspectors may wish, where relevant, to consider participation in the joint scheme as evidence when reaching the judgement on “personal development.”

**THE HEALTHY SCHOOLS AWARDS**

These regional awards acknowledge the work of schools to improve the physical and mental health, safety and resilience of its whole community.

Participation and achievement in the Foodsmart scheme, The Countywide Recognition Scheme as well as the Active Lives and Healthy Schools Rating Scheme can be cross mapped to support a school in achieving Healthy School status. Bronze, Silver and Gold awards are available.