

New College Leicester



Health and Wellbeing Strategy 2018-2023

Where you belong

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Foreward

New College Leicester is a highly inclusive 11-18 college based in the west of Leicester city in New Parks. It is a culturally diverse school, at the heart of the community, with a mission to develop well-rounded, resilient young people who will successfully contribute to a global society. Our Health and Wellbeing Strategy exemplifies our commitment to ensuring a rich, supportive college culture which allows all members of our learning community to flourish.

Why do we need a Health and Wellbeing Strategy?

The college acknowledges that every young person can only fulfil their life ambitions if they have the skills and knowledge to maintain strong levels of physical and mental wellness. It understands that health inequality strips away opportunities, making it harder for our young people and the community to navigate success.

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

Herophilus 325-255 B.C.

The wellbeing of the nation's young people has been brought sharply into focus through recent research. In the context of education, a strong rationale for improving health and wellbeing is put forward by Public Health England¹ which submits that in an average class of thirty 15-year-old pupils:

- three could have a mental disorder
- ten are likely to have witnessed their parents separate
- one could have experienced the death of a parent
- seven are likely to have been bullied
- six may be self-harming

The Department for Education identifies promoting good mental health as a protective factor for child and adolescent mental health. The report of the Children and Young People's Mental Health and Wellbeing Taskforce (2015)² identifies a national commitment to "encouraging schools to continue to develop whole school approaches to promoting mental health and wellbeing".

However, we believe that there must be a radical cultural shift in how we respond and engage with all aspects of health and wellbeing. We understand that to build a resilient learning community it must encompass both the strengths and capabilities of its individuals as well as the social and physical environments within which our students and community interacts³. We will therefore implement a robust and ambitious strategy which begins with the organisational structure of the college and extends out to the wider community of New Parks and Leicester city thus ensuring that the strategy's impact is far reaching.

As educators, we acknowledge that our contribution to promoting the health and wellbeing of our college community is considered as one element of a wider multi-faceted response. As such this strategy is fundamentally linked to New College Leicester's other strategies of Sports and Physical Activity, Teaching and Learning as well as Arts and Culture. This allows the college, which prides itself on its innovative approach to partnership working, to pursue a whole systems approach which engages the expertise of public and mental health specialists, sports leaders and arts and culture professionals to determine the improvements we will make together.

This strategy sets out our vision and objectives for the next five years in creating a practice of excellence in ensuring that health and wellbeing forms a crucial part of our core business at New College Leicester. We intend to be radical and transformational, both in terms of how we think and the actions we take. Our work will focus on evidenced based solutions which attends to people and their needs and aligns to both professional and legislative guidelines. We envisage a coordinated and cohesive approach in order to make the cultural changes needed to deliver a long-term difference in the lives of our community and a sustainable contribution to the revitalisation of New Parks.

We invite you to join us on this unique journey.

Jane Brown, Principal

¹ Public Health England (2015), Promoting children and young people's emotional health and wellbeing A whole school and college approach

² Department of Health (2015), Future in mind- Promoting, protecting and improving our children and young people's mental health and wellbeing

³ Health Education England (2017), Addressing Adversity: Prioritising Adversity and Trauma Informed Care for CYP in England

Executive Summary

In developing this strategy the college acknowledges the link between health and wellbeing, economic regeneration, cultural participation and the provision of enhanced opportunities for the students and the local community.

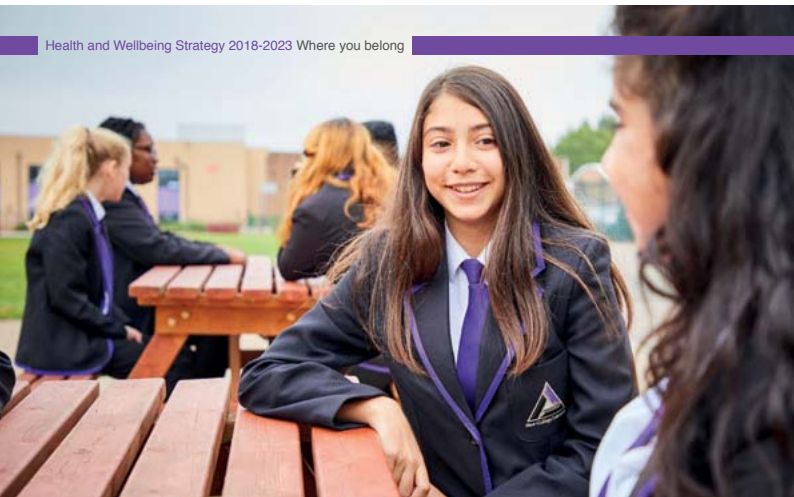
Despite being known as 'the forgotten estate', New Parks is an enduring community which has taken responsibility for its families and residents by creating community support through inclusive groups and activities for young and old alike. In recent years, Leicester has enjoyed investment in its business and cultural infrastructure which is now returning significant benefits and generating quality outcomes for the city. With this investment and economic growth comes the need for a skilled, motivated and resilient workforce and we believe that New College Leicester and the New Parks community will be well placed to deliver a healthier, engaged and productive workforce for the future.

In adopting our whole systems approach, we are keen to sustain New College Leicester's role in the regeneration of New Parks, enhancing the local infrastructure with both our Arts and Sports venues and providing the city of Leicester with access to outstanding facilities for its citizens.

This strategy recognises the college's key health and wellbeing priorities and sets out a vision for delivering the college's social and economic aims through wellbeing. It will continue to evolve through its engagement with key stakeholders and local communities promoting a broader, inclusive and culturally meaningful view of wellbeing. Some of the stakeholders already contributing to our work include:

- Leicester City Council
- Mental Health Organisations
- Community Groups
- Higher Education institutions
- Sports and Physical Activity Clubs and Organisations
- Leicestershire Police
- Voluntary Organisations





The Local Health and Wellbeing Landscape

New College Leicester is located in the ward of New Parks in the west of Leicester. It has a population just over 17,000 with an average population age of 36 years. The ethnic composition of the ward is predominately White British (91.5%) and there are 3,541 Local Authority homes in the area.

As illustrated, health indicators remain poor in New Parks in comparison to the rest of the city and the UK. Despite an economic upturn in this part of the East Midlands, New Parks has not yet benefited economically or culturally and has lacked external investment over the years. Workless households account for 33% of the local populace with 41.09% of its residents being economically inactive. Where there is economic disadvantage there are correlative health inequalities. For example, females in New Parks can expect to experience an average of 24 years in

ill health (window of need) out of a life expectancy of 79 years. For men the average window of need is 20 years in contrast to the national average of 16 years. Public Health England sees the reduction of the window of need in the East Midlands as a central focal point for their work* and in New Parks in particular, tackling the increased prevalence of conditions such as cancer, heart disease and respiratory disease as paramount.

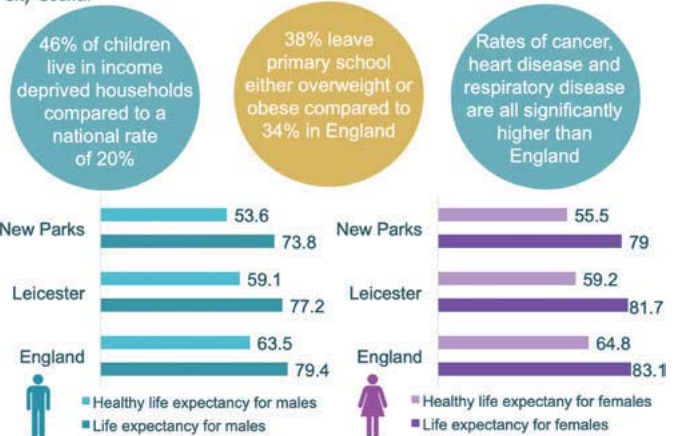
At New College Leicester, we believe that being part of our community does not mean that we must accept shorter lives with more time spent in poor health.

We believe that we have an important role to play in improving the lives of all those connected with our college and this Health and Wellbeing strategy exemplifies that undertaking.



New College local area profile

New College is located in the New Parks area of the city. An area of higher deprivation and lower life expectancy.



Cancer, heart disease, and respiratory disease are linked to lifestyle factors such as smoking, physical inactivity and obesity, and alcohol.



Health and Wellbeing Indicators	New Parks	Leicester	England
Children living in Income deprived households	46%	28.4%	19.9%
Income Deprivation	35.7%	22.1%	14.6%
Long term unemployment (JSA) (rate per 1,000)	6.8	3.6	3.7
Provides 50 hours or more unpaid care per week	3.2%	2.4%	2.4%
Limiting long term illness or disability	20.9%	17.3%	17.6%
Overcrowded households (at least 1 room too few)	9.6%	15.2%	8.7%
Pensioners living alone	38.6%	32.4%	31.5%
Fast Food Outlets per 100,000 population	36.9	127.1	88.2
Reception Overweight (including Obese)	25.3	21.2	22.2
Year 6 Overweight (including Obese)	37.6	36.5	33.9
Admissions for injury 15-24 yr olds rate per 10,000	164.2	77	133.1

Significantly better than England

Significantly worse than England

Local Survey Indicators	North West/ West Leicester	Leicester
Children having nothing to eat or drink for breakfast	18.6%	16.1%
Having a parent or carer who smokes	42.1%	30.7%
Have had alcoholic drinks	23.9%	13.3%
Been bullied in the last 12 months	24.9%	20.7%
Aspire to go to university	44.6%	51.2%

Significantly better than Leicester

Significantly worse than Leicester

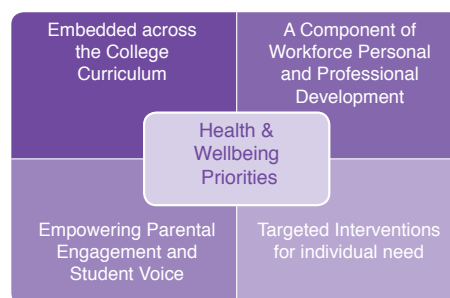
Our Vision for Success; A 'Rounded Education' for All Young People

While teaching and learning remain our core business at New College Leicester, we recognise that the efficacy of any young person's journey through education is measured not only through successful examinations but by other key determinants for a healthy and fulfilling life. We want our students to be health literate; to be civically engaged in their local community and beyond and to secure meaningful work so that they may enjoy the benefits and freedoms associated with employment and economic independence.

Our vision for success therefore is driven by four key intersecting strategies which places our young people at the heart of our decision-making process and at the centre of the systems we have created:

- Our **Teaching and Learning strategy** ensures that all our young people are fully challenged and engaged in an education that prepares them all for their future;
- Our **Arts and Culture strategy** develops vital life skills such as creativity, critical understanding, empathy and collaboration – all important for building resilient individuals and communities;
- Our **Sports and Physical Activity strategy** ensures that every student has access to first class sports facilities and physical and health education - an offer which extends to the wider community;
- Our **Health and Wellbeing strategy** ensures that every member of the school community has the knowledge, tools and confidence to take care of their own health and wellbeing and to encourage those around them to do the same.

To ensure the strategy is impactful, it is underpinned by four domains. This will allow actions aimed at improving health and wellbeing within New College Leicester to do so in a structured and multifaceted way. Wherever possible, the strategy will aim to ensure that actions accord with one of the four domains and promotes positive change for students, staff, parents and the wider community.



Delivering the Strategy

Values ► Purpose ► Vision ► Priorities

The delivery of this strategy requires a collaborative, whole systems approach with people placed at its heart. Key drivers of this strategic change are the Leadership Team and the designated Wellbeing Governor who will ensure that the strategy is fully integrated into the fabric of the college.

Through the Health and Wellbeing Partnership Group we will engage with a variety of partners from the public, private and third sector to advise and challenge us as we move forward.

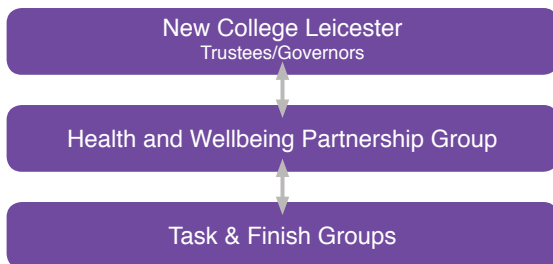
The college will maintain an agile operational approach which will respond quickly to both emerging Government legislative changes alongside the growing understanding of how best to promote and improve health and wellbeing within Leicester City.

Values: Respect, Responsibility, Resilience, Resourcefulness

Purpose: To promote, protect and sustain the health and wellbeing of students and the local community

Vision: To deliver the college's academic, social and economic aims through the framework of health and wellbeing.

- Priorities:**
- 1: Improving Physical Wellbeing through the Promotion of Healthy Choices
 - 2: Promoting Positive Mental Health
 - 3: Understanding and Developing Healthy Relationships



Priority 1: Improving Physical Wellbeing through the Promotion of Healthy Choices

At New College Leicester, we understand the value of education and the sports sector working together to create an effective foundation for all to develop their physical competence, to understand the determinants of a healthy life and to foster a positive attitude towards physical activity.

"Less than one in five of children and young people (17.5 per cent) are meeting the Chief Medical Officer's guidelines of more than 60 minutes of activity a day, every day of the week."
Active Lives Children and Young People Survey, (December 2018).

Contrary to the national trend in education of reducing sports and physical activity in the curriculum, this strategy re-affirms New College Leicester's commitment to embedding sustainable sporting and physical activity within the life of the college. We will continue to build upon our portfolio of sports and physical activities by ensuring our offer is both varied, invigorating and accessible to all and we are well placed to do so. We are proud of the New College Leicester's facilities and the significant part that physical education plays within our college life and our community. We will maintain our sports offer which is inclusive of the needs and abilities of all our young people so that their unique talents and skills are recognised and celebrated.

In addition to an effective approach to the delivery of physical education within the college, the real success of our Sports and Physical Activity strategy is how we continue to extend the offer to opportunities well beyond the college day. The college day is bridged by a variety of well attended extra curricula clubs and sports fixtures which then flows seamlessly into the community sport use of our facilities. Through a collaborative approach with our partner organisations, we will continue to develop a rich community sport and physical activity offer which is unrivalled in the local or regional area.

Whilst creating opportunities for increased physical activity, this strategy will further develop a whole college curriculum to deepen knowledge and develop life skills in fostering healthier and more mindful life choices. Furthermore, in acknowledging that our health is influenced by the environment in which we live⁵, New College Leicester will adopt an asset based community approach which continues to sustain its role in the regeneration of New Parks and its contribution to the overall 'active design' of the local environment and facilities on offer.

Aims:

- a) To provide a breadth of opportunities across the curriculum to encourage physical movement and healthy life choices
- b) To offer a range of wellbeing activities for parents and students to enjoy together
- c) To provide targeted interventions for young people struggling with healthy life choices
- d) To offer a spectrum of physical and wellbeing activities for the New College Leicester workforce.



⁵ Department of Health & Social Care (2018), Prevention is Better than Cure – Our Vision to Help You Live Well for Longer

Priority 2: Promoting Positive Mental Health

At New College Leicester, we understand that poor mental health is strongly associated with poor physical health, lower academic attainment, reduced life choices and social isolation and is disproportionately experienced by people in lower socio-economic groups. Our guiding ambition for this key priority is therefore to create a working and learning environment which elevates and protects positive mental health for the entire New College Leicester community.

Our strategy acknowledges the interdependent nature of the physical and mental self where one cannot flourish without the other. To this end we will pursue our commitment to parity of esteem between mental and physical health thus ensuring that the needs of the individual are considered in a holistic 'whole person' approach.

Through this strategy we will work to deliver an environment where all stigma and discrimination related to mental health is challenged and our collective understanding of building and sustaining positive mental health is increased through the provision of a strong curriculum and wellbeing activities. Importantly, this strategy recognises that arts and culture plays in promoting the confidence, self worth and compassion of our young people through developing an educational experience which fosters creativity, innovation and positive risk taking.

Targeted services are recognised as an important component of a school based offer to improve positive mental health. Through the provision of continuing professional development, we will deliver training which assists staff in supporting the mental health of their students; ensure transparency in the assessment of our students needs and offer support to parents and families through the referral process to mental health services.

But we have ambitions to go further; to work in partnership with the local NHS, the City Council, Public Health England (Leicester) and third sector organisations to re-envisage and re-invigorate services which focus upon prevention and early intervention.

"Prevention and supporting good health matters at every stage of life. If we embrace opportunities to live well, we maximise our chances of a long, happy and fulfilled life."

Department of Health & Social Care 2018

Using this strategy, New College Leicester can potentially contribute to developing co-ordinated whole systems pathways which support mental the health and wellbeing of our young people and our community.



Aims:

- To deliver a whole school curriculum which provides strategies which promote and protect mental health
- To offer parental support and signposting for students and families experiencing poor mental health
- To develop workforce capacity in identifying and responding confidently to mental health needs
- To establish long term collaborations with mental health professional and organisations

Priority 3: Understanding and Developing Healthy Relationships

It is well documented that an important determinant of wellbeing is the presence of positive connections and relationships in life⁶. Across Leicester two thirds of children have an adult confidant, however one in ten state they know no adult they can trust and a third of children never like to talk about their feelings⁷.

At New College Leicester, we know that our relationships with our students are key to creating a secure and stimulating learning environment. We work to ensure that all our students can confidently contribute to positive relationships at school, at home and in the wider world. This means continuing to develop a culture where interactions across the college are open, supportive and values based.

Each day we are cognisant of our New College Leicester core values of Respect, Resilience, Resourceful and Responsibility. These values are not simply words, but the standards by which all decisions are made. These values permeate through our learning organisation, influencing and encouraging student attitudes to learning, our teaching practice and our overall responsibility to each individual student. But most importantly, we actively promote our core values as key components in defining who we are at New College Leicester and who we strive to be in our relationships.

Through this Health and Wellbeing strategy we will promote a whole school curriculum which supports our young people in building relationships for the 21st century. Students will be given opportunities to consider the qualities of a good relationship and the skills to assert robust personal boundaries.

"It is the quality of our relationships that matters.... Research shows that people in unhappy or negative relationships have significantly worse outcomes than those who are isolated or have no relationships."

Mental Health Foundation 2018

We believe it is incumbent upon us to educate our students as they navigate life in modern society and we will achieve this by providing a learning experience which is both safe and non-judgmental.

Aims:

- To engage parents in a working partnership which supports our New College Leicester families
- To offer opportunities for students to develop positive relationships across the college and to take up valued social roles and responsibilities
- To provide an empowering curriculum and opportunities to explore underpinning themes of relationships and boundaries
- To stimulate collaborative and innovative workforce partnerships across the whole college.



**AT NEW COLLEGE WE...
TRY HARD, WORK TOGETHER
WE DREAM BIG
STRIVE, OVERCOME, ACHIEVE
WE TRY NEW THINGS
ENJOY
WE CREATE, ASPIRE
WE HELP EACH OTHER, TAKE RISKS
BELIEVE
WE ARE READY TO LEARN
AT NEW COLLEGE WE...
WILL BE THE BEST THAT WE CAN BE**



Conclusion

This Health and Wellbeing strategy secures our commitment to providing a place of work and learning which protects and promotes the emotional and physical resilience of all those connected with the college. This strategy is created in partnership with the New Parks community, sports, cultural and voluntary organisations as well as health and policing specialists across the city.

The strategy will align with the other strategic priorities of the college; that of sports and physical activity, arts and culture and teaching and learning to ensure that we offer a rounded education for every child which prepares them for the opportunities of the 21st century.

We understand that the efficacy of this strategy can only be achieved through robust governance and empowered partnerships with the local community, organisations and professionals who will advise and hold us to account. Evidence will be collected to demonstrate the impact of the strategy and the Mental Health Award from the Carnegie Centre of Excellence for Mental Health in Schools will be one of its many outcomes.

We will develop a mindful college community which understands the connection between our mental and physical selves and the importance of self-care and compassion in moments of challenge and adversity. Moreover, we will continue to communicate our highest expectations of our students as testament to our relentless faith in the potential and strengths of students. We will walk alongside our young people as they grow as individuals; confident of their personal values, their social responsibility and their own efficacy in creating a meaningful and vibrant future and we are confident that the vision laid out in this strategy will be pertinent to that endeavour.

We are New College Leicester; Where you Belong.



Appendix A: Current Opportunities in Health and Wellbeing

Numerous challenges exist in continuing to provide an excellent education for our people which equips them with the skills, attributes and knowledge to lead fulfilling and rewarding lives. However, as the importance of our nation's health and wellbeing receives greater attention there are also opportunities to be seized upon and these will continue to emerge and develop. Some examples are given below but crucially the college must remain alive to changes and be prepared to adapt in order make the most of opportunities as they emerge.

Digital Technologies and Interventions:

Although much has been written about the link between poor health and the excessive use of social media, there remains a strong case for the harnessing of digital technology in favour of positive choices and the dissemination of key information and support. Further, if we are to encourage full participation of our young people, our methods of engagement must be both creative and relevant. The Health and Wellbeing strategy includes the use of digital interventions including Kooth Online counselling; Health for Teens interactive health website and ChatHealth, a school nurse personal messaging service for young people.

Partnerships and Collaborative Working:

The key to a whole systems approach to health and wellbeing is the development of effective partnerships and collaborative working on matters of importance within the local community whilst remaining cognisant of the national discourse.

We have built up strong partnerships with national organisations such as the Schools Sports Partnership and The Youth Sports Trust. We work closely with local clubs such as Hinckley Gymnastics Club, the Rugby Football Union and Leicester City Football Club to further increase access and participation in sport and physical activity. Our college has fully availed itself of the opportunities provided by the local Futures in Mind Transformation Programme, utilizing the funded strategic commissions of Kooth on-line, Route to Resilience Schools Programme and Fun and Families facilitator training.

At a national level, we have worked with charities such as PlacetoBe and Mental Health First Aiders ensuring that we contribute to the wider conversation about mental health and work in education as well as undertaking the Schools Mental Health Award with Leeds Beckett University. Locally, we are represented at the Children's Trust, the local Safeguarding Board and the West Leicester Early Intervention Board which looks specifically at issues arising in New Parks and is populated by Leicester City Council members, school nursing team, youth work and local community groups.

Example of Utilising Digital Technology and Inter-disciplinary collaboration:

New College Leicester has been an early adopter of a Leicestershire 'digital contact' which is offered with support from the Leicester City School Nursing Team. This contact provides a mechanism for identifying students in need of targeted interventions and ensuring the relevant support is offered in a timely manner. In addition to this, it also provides additional data which can help create a picture of the college and its students.

In July 2018, the digital contact was conducted with year 7 and 9 students and a summary of results is shown below:

Whilst the student population is multicultural with over 12 languages being cited as the primary language at home around 80% of students still used English as the primary language. Furthermore over two thirds of students completing the survey classed themselves as white/white British. Across both year 7 and 9 over half of those students surveyed were not achieving 60 minutes of physical activity on 5 days of the week with 1 in 5 being worried about their diet. Students indicated a number of other areas where they had worries or concerns which varied to some extent between the age groups. For example; year 7 students expressed worries relating to physical appearance, sleep and puberty and those in year 9 had concerns around exams (43%), body image, sleep and child sexual exploitation. In relation to bullying at school 12% of those in year 7 reported this whilst in year 9 this number was only 5%.

A total of 369 students completed the survey across both years and it highlighted 172 'red flag' issues. These are issues which the school nursing team follow up as a priority with targeted action. That is not to say that almost half of the students triggered a red flag as some students gave several answers which would lead to this level of follow up but rather this serves as an indication of the value in providing students with a mechanism for disclosing such issues.

The college is currently working with the Leicester City School Nurses Team to evaluate the pilot and develop additional data opportunities which can identify local health trends and issues pertinent to our young people.

Appendix B: New Parks Profile – Issues Highlighted from the Children and Young People Joint Strategic Need Assessment.

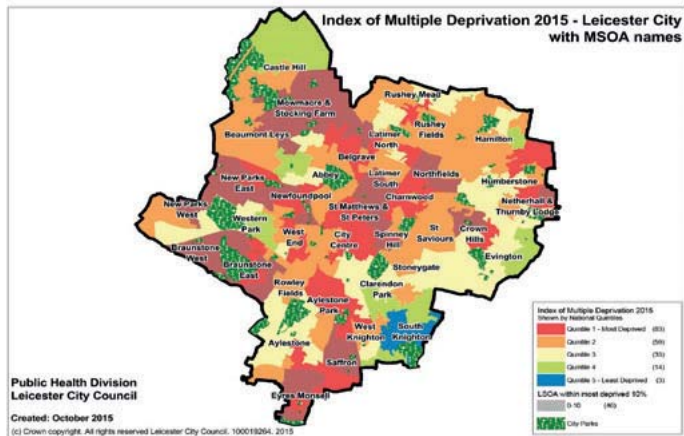
Deprivation

Index of Multiple Deprivation (IMD)

The IMD 2015 indicates that Leicester has an average score of 33.1; this means that Leicester is ranked 21st out of 326 local authorities in England, with 1 indicating the most deprived. Figure 3 shows the deprivation quintile for each Leicester Lower Super Output Area (LSOA). 76% of Leicester’s population, compared with 40% of England’s, live in the 40% most deprived LSOAs in the country.

- New Parks includes areas in the most deprived 10% areas in England.

Figure 1: IMD 2015 in Leicester



Income Deprivation Affecting Children Index (IDACI) 2015

The IDACI measure looks at the percentage of children aged under-16 years old living in income deprived households. This is based on families receiving one of the following means tested benefits - Income Support, Income Based Job Seekers Allowance, Income-based Employment and Support Allowance, Pension Credit (Guarantee), Working Tax Credit or Child Tax Credit.

Figure 2: Distribution of Income Deprivation Affecting Children within Leicester (2015)

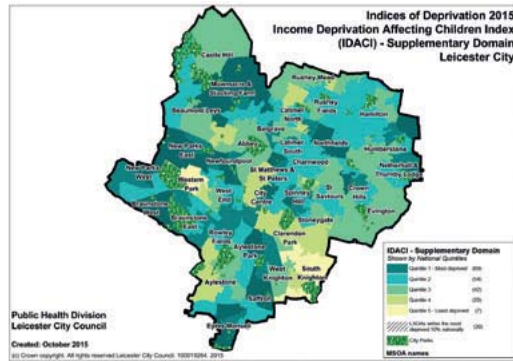
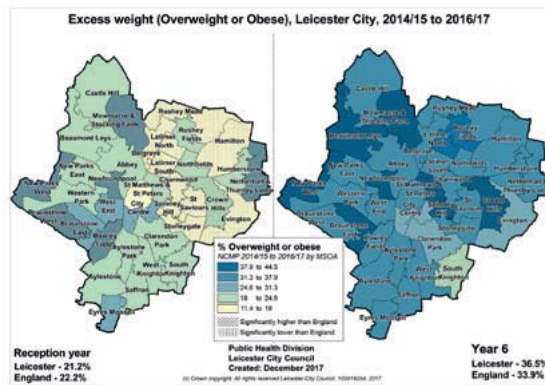
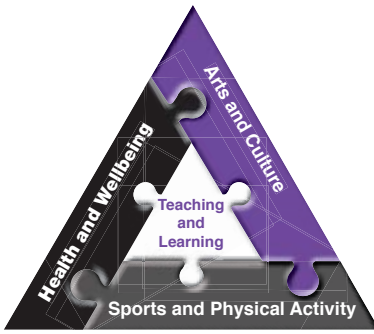


Figure 2 presents the distribution of income deprivation affecting children within Leicester. 69 of Leicester’s 192 LSOAs were within the most deprived quintile in England for income deprivation affecting children. 41.1% of Leicester’s population aged 0-15 years live within these 20% most deprived areas.

- New Parks includes areas in the most deprived 10% in England for Income deprivation affecting children.

Figure 3: Excess Weight in Leicester City 2016/2017





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