

Sunderland Healthy Schools Award – Accreditation Guidelines (Updated 2023)

A positive, healthy school environment enables pupils and staff to enjoy coming to school and the wider school community to feel part of the school. These factors all contribute to children and young people maximizing their potential at school. The Sunderland Healthy Schools Award has been developed by a local multi-agency group of health, education and social care professionals to support Sunderland schools to establish a positive, healthy school environment. The award recognizes the dedication of schools within the city to the health and wellbeing of their pupils, staff and local communities.

Healthy Schools Criteria

The Sunderland Healthy Schools Award consists of five criteria which include all aspects of health and emotional wellbeing:

- Anti-bullying and online safety
- Exercise and activity
- Food and nutrition
- Mental health and emotional wellbeing
- Relationships, sex and additional aspects of health and wellbeing

| Criteria | Link to Charter | Lead | Contact email |
|---|--|------------------------|--|
| Exercise and Activity | Active Charter Mark - Together for Children | Yvonne Stechell | Yvonne.Setchell@sunderland.gov.uk |
| Food and Nutrition | Food and Nutrition Charter Mark - Together for Children | Karen Lightfoot-Gencli | karen.lightfoot-gencli@sunderland.gov.uk |
| Mental Health and Emotional Wellbeing | Mental Health Charter Mark - Together for Children | Catherine Barnett | mentalhealthcharter@schools.sunderland.gov.uk |
| Anti-Bullying and Online Safety | Anti-Bullying Charter Mark - Together for Children | Danika Shilliday | Youthvoice@togetherforchildren.org.uk |
| Relationships, Sex and Additional Aspects of Health and Wellbeing | Relationships, Sex and Health Education Charter Mark - Together for Children | Ryan Houghton | Ryan.houghton@sunderland.gov.uk |

Healthy Schools Award Eligibility

All schools and nurseries in Sunderland are eligible to take part in the Healthy Schools Award.

Healthy Schools Award Accreditation Levels

There are five levels of Healthy Schools Award Accreditation to acknowledge progress, dedication and achievement of schools at all stages of accreditation. Accreditation begins at Emerald level which acknowledges those schools who have begun their journey and peaks at Diamond level which reflects outstanding achievement in all aspects of the Healthy Schools Award.

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| Emerald | Bronze or above in at least 1 Charter Mark and evidence of working towards another 1 |
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| Bronze | Bronze or above in at least 2 Charter Marks and evidence of working towards another 1 |
| Silver | Silver or above in at least 3 Charter Marks and evidence of working towards the other 2 |
| Gold | Gold in at least 3 Charter Marks and evidence of working towards the other 2 |
| Diamond | Gold in all 5 Charter Marks |

Applying for Healthy Schools Award

If you would like to apply to be a healthy school please email healthy.schools@togetherforchildren.org.uk and someone will get in contact with you within 10 working days to review your current charter marks.

Healthy Schools Award Updates

Advice and Support Additional information and updates can be found on the Sunderland Healthy Schools Award Webpage:

<https://www.togetherforchildren.org.uk/professionals/sunderland-healthy-school-award>

If you require any support or have any queries, please get in touch with the below contacts:

- General Healthy Schools Queries: Healthy.Schools@togetherforchildren.org.uk
- Queries relating to the Anti-Bullying Charter Mark: Danika.Shilliday@togetherforchildren.org.uk
- Queries relating to the Great Active Sunderland Schools Charter: Yvonne.Setchell@sunderland.gov.uk
- Queries relating to the Food & Nutrition Charter Mark: karen.lightfoot-gencli@sunderland.gov.uk
- Queries relating to the Mental Health Charter Mark: mentalhealthcharter@schools.sunderland.gov.uk
- Queries relating to the Relationships, Sex and Health Education Charter Mark: Ryan.Houghton@sunderland.gov.uk