



# Achieve Well Team Annual Report 2025/26



**ACHIEVE WELL TEAM**

Empowering wellbeing,  
elevating achievement



**Nottingham  
City Council**

## About the Achieve Well Team

The Achieve Well Team offers a one-stop service for schools in Nottingham City, supporting health and wellbeing through guidance, training, resources and signposting to specialist organisations.

Our ambition is for all schools and partners across Nottingham to work towards our shared vision for the **Nottingham Healthy Child**.

We offer a comprehensive programme of support, including:

- ✔ Health and Wellbeing Awards
- ✔ Pupil Health and Wellbeing Survey
- ✔ Achieve Well Grant Scheme
- ✔ Training and professional networks
- ✔ Monthly newsletter
- ✔ High-quality resources
- ✔ Achieve Well Challenge App
- ✔ Annual Conference



## Achieve Well Team 2025/26 at a glance

This year, we continued to engage with primary, secondary, special and alternative provision schools across Nottingham City.

Our impact this year:



We engaged with

**73%**

of all primary, secondary, and special schools in the city.



**46** schools

attended the second Nottingham Healthy Child Conference, focused on ensuring children are fit to learn.



**15** schools successfully completed our Health and Wellbeing Foundation Awards.



**30** schools used our health and wellbeing survey to gain insights into pupil behaviours and experiences.



**28** schools attended briefings on the new **DfE RSHE Guidance**.



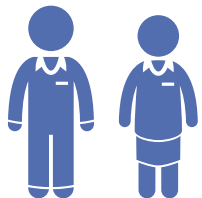
**1496** children and young people were directly engaged in Achieve Well projects.



We supported the creation of a **large-scale RSE Day mural in the Arboretum**, sharing children's views on healthy communication.



**65** colleagues signed up to our newsletter this year, bringing our total mailing list to **95**.



We trained **20** secondary pupils as PSHE Ambassadors, supporting them to co produce a city wide PSHE Charter.



Our website received **909** visits, providing access to resources, updates and information.



**12** schools were funded through the Achieve Well Grant Scheme to deliver innovative, pupil-led healthy eating and nutrition projects.



Race to the Pole Challenge

We piloted the **Achieve Well Challenges App** with our first mini challenge, Race to the Pole, engaging **989** pupils.

# Highlights of the year

## Health and Wellbeing Awards

This year, 15 schools successfully completed our Health and Wellbeing Awards, demonstrating a strong commitment to a whole school approach.

Designed *by* schools, *for* schools, the awards support settings to assess, strengthen and develop provision using an evidence based framework. Our virtual platform enables schools to audit, upload evidence and enhance their practice efficiently.

We captured feedback from schools achieving the Foundation Award in a **short video**.

Congratulations to schools that achieved the foundation award in 2025/26:

### Champion Schools:

Bluecoat Academy Primary; Crabtree Farm Primary and Nursery; Glenbrook Spencer Academy; Middleton Primary & Nursery; Oak Field Special School & Specialist Sports College; Old Basford Primary School; Seely Primary School; Southglade Primary; Southwold Primary & Early Years Centre; The Fernwood School; Walter Halls Primary & Early Years.

**Essentials Schools:** Fernwood Primary School; Glade Hill Primary & Nursery School; South Wilford Endowed CE Primary; St Patrick's Catholic Primary (VA)





## Second Nottingham Healthy Child Conference

We hosted the **second Nottingham Healthy Child Conference** in November at the Nottingham Gateway Hilton Hotel. 46 city schools were represented.

Delegates heard inspiring keynote speakers including Beyond Equality, Stephanie Hilborne OBE, and Joshua Heyes. Workshops covered topics such as periods, food and mood, data, aspirations, and allergies.

Highlights included a Zumba session and sing along with Charmaine Daley, and presentations from PSHE Ambassadors from Bulwell Academy and Ellis Guilford School, who shared their PSHE Charter.

Feedback was overwhelmingly positive:



**93%** rated the conference good or excellent

**93%** said it would have a positive impact on their practice



## What delegates said:

“Absolutely fantastic day with inspirational and motivating key speakers.”

“Just a huge thank you to everyone. Your speakers are really inspiring.”

“Just brilliant. Inspiring. Reminding me why I love teaching not just PSHE teaching It’s about the children.”

“Great variety of activities and styles of delivery.”

“I really enjoyed the conference and lots of ideas to go back to school with. The marketplace was also very good with lots of organisations to get involved with to enhance what we already provide for our children.”





## RSE Day mural

In June, we unveiled the RSE Day mural in the Arboretum with pupils from Forest Fields Primary School.

Created by artist Millie Yarwood, the mural was informed by ideas gathered from pupils across nine Nottingham City primary schools. Children shared their views on healthy communication, directly shaping the design.

The mural offers a lasting legacy of the 2025 RSE Day theme, Communicate, promoting respectful, kind relationships.





What pupils said about being involved:

I'm honestly really happy on our thoughts being used in a mural based on kindness and other thoughts.

I'm really proud of myself and my classmates.

It made me feel joyful and inspired.

Believe in yourself.

How the mural could help others:

“To help people be kind.”

“They could think that they matter and make more friends. It could help them stop being shy.”

“It could give them manners and help them leave a toxic friendship and relationship.”

“I want to say it was really inspiring to give ideas. It could help on the human behaviour.”

“Inspire them.”



## PSHE Ambassadors

In autumn 2025, pupils from Bulwell Academy and Ellis Guilford School completed our PSHE Ambassador training. Throughout the programme, Ambassadors confidently shared their views and contributed thoughtful feedback.

They reviewed resources on knife crime and vaping, directly informing Achieve Well's work, and co-produced a PSHE Charter outlining what effective PSHE should look like. This was presented at the Nottingham Healthy Child Conference.

### Ambassador reflections:

"When we first started the programme, the PSHE Ambassadors highlighted various issues surrounding the relevance and accuracy of lessons. Now, with the creation of the Charter, we all feel confident that lessons are as helpful and inclusive as possible."

"As part of the Ambassador training, I have learned about different aspects that help both other people and myself."

"It taught me a lot about how much PSHE impacts everyday life and it's been a really good experience."



The learning from this group of PSHE Ambassadors has directly informed the development of our new PSHE Ambassador toolkit, due to be launched this year.

## Networks and training

We continued to respond to school priorities through targeted training and professional networks. We provided five virtual briefings through July to October on the new DfE RSHE Guidance to ensure schools were prepared for the upcoming changes. We hosted PSHE leadership training in October to support colleagues to effectively lead their subject and delivered regular networks sharing the latest updates and information.

### Feedback included:

**“Excellent delivery.  
Thanks again.”**

PSHE leadership course

**“Really helpful,  
thanks for sharing all  
the links.”**

PSHE leadership  
course

**“Fantastic session, I  
feel truly inspired.”**

PSHE leadership course

**“Really  
informative training,  
thank you”**

RSHE guidance briefing

**“Excellent  
work again,  
Catherine et al 😊”**

Primary PSHE network



## Achieve Well Challenges Pilot

In November, we piloted Race to the Pole, the first Achieve Well mini challenge. Pupils logged active minutes equivalent to travelling to the North Pole, unlocking motivational videos at checkpoints along the journey. **Four** schools and **989** pupils took part, and together they logged **116,345 active minutes** between 3 November and 5 December - that's **142.8%** of our original 81,490-minute target. Using the 4 km/h conversion, that's over **7,750 km** of movement - enough to reach well beyond the Pole (enough actually to reach Nepal from Nottingham)!

We were supported in this challenge by the **Royal Marines**, the **British Embassy in Oslo**, our twinned city **Ghent** (Belgium), and the **British Antarctic Survey** in Svalbard. Each child received a certificate and schools celebrated collective progress.

### Feedback included:

"Very inclusive. Much better being in minutes for a special needs school like ours."

"Great :)"

"It was really easy to create class accounts and log physical activity. The assemblies were also useful to launch the project with the children. It was useful to see the progress from each class as this introduced a competitive aspect."







## Race to the Pole Challenge

## Achieve Well Grant Scheme

We launched the **Achieve Well Grant Scheme** to fund pupil-led healthy eating and nutrition projects.

**Twelve schools** across primary, secondary, and alternative provision were awarded funding. Projects included:

-  Pupil Food Councils tackling food waste
-  On-site growing spaces
-  Parent cook along sessions
-  Hands-on curriculum cooking

Good practice from funded projects will be shared as it emerges.

## Sharing our work nationally

We were invited to present an overview of our work at the **National PSHE and Healthy Schools Network Meeting**, providing a valuable opportunity to share learning with colleagues from across the country.

During the session, we showcased a range of Achieve Well initiatives, including our new **Achieve Well Challenges App** and examples of pupil-led projects delivered across Nottingham City. We highlighted how co-production with children and young people underpins our approach and supports meaningful, sustainable change.


**Feedback from the session was overwhelmingly positive:**



“We’re just at the start of our co-production commitment, this is so inspirational.”






“All fantastic work - lots of ideas we can incorporate into future planning - WELL DONE!”



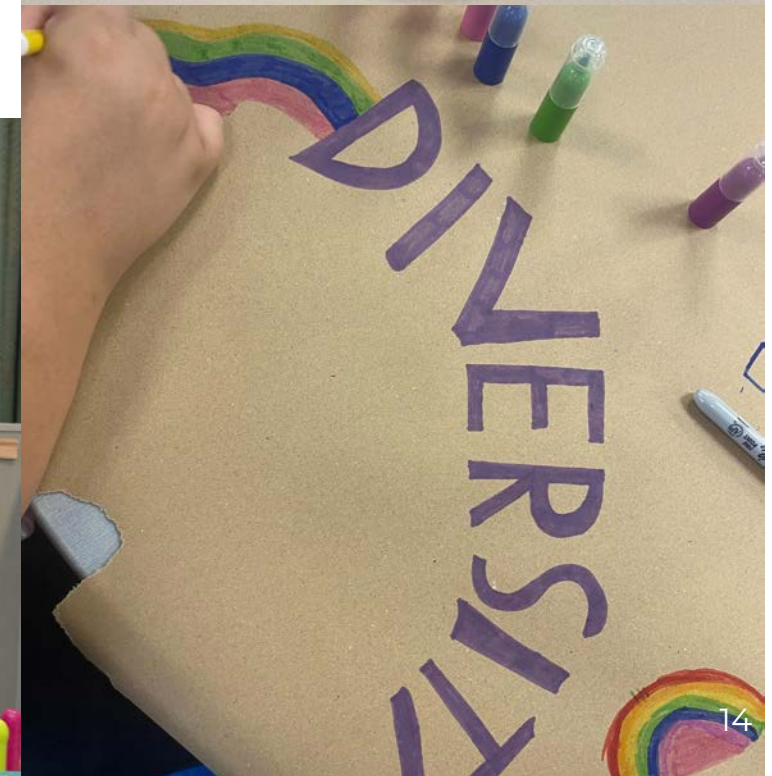
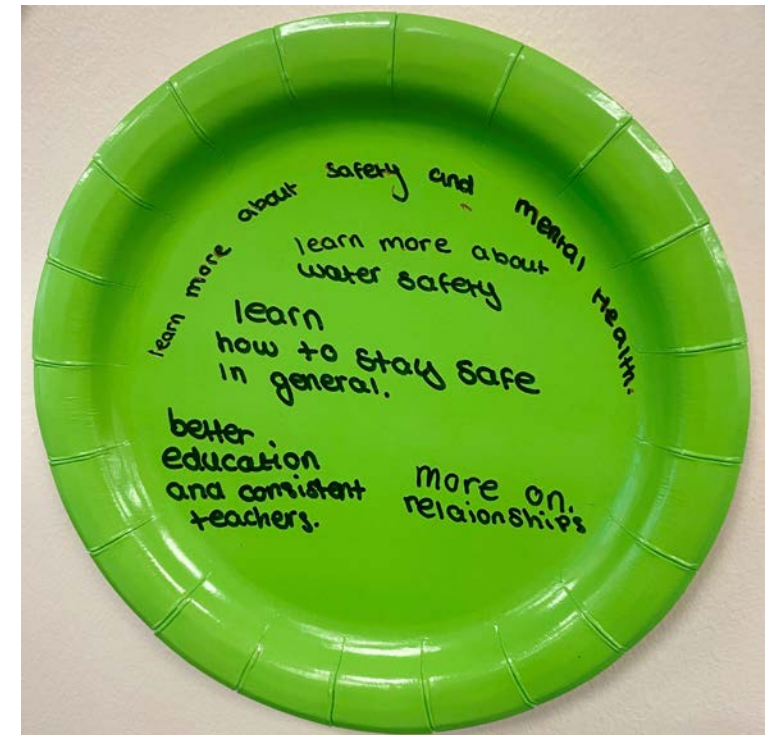
“That was interesting, it has given me lots of ideas.”

## Looking ahead: 2026/27

This year we will:

-  Launch a new **Creativity in PSHE resource** in collaboration with Nottingham artists
-  Deliver the year-long **Sheriff's Challenge** and new mini-challenges
-  Premiere the **RSE Day music video**, featuring pupils from **21 schools**
-  Host the **3rd Nottingham Healthy Child Conference**, focusing on creativity and inclusion
-  Introduce **Impact Awards** for themed areas of practice
-  Launch **Achieve Well Lunch Bites** to share learning and updates
-  Expand the **PSHE Ambassador Programme** with school-ready materials
-  Invite applications for the **2026/27 Grant Scheme**
-  Offer **PSHE deep-dive reviews**

To stay up-to-date, schools are encouraged to **sign up for our monthly newsletter**.



open ended tasks

Performing Arts

Understanding Teachers

Care & Love from others

Physical and Basic Needs



Sign Posteds Support

Role Models Education and Growth



Good Night Sleep



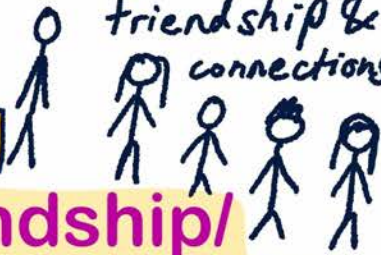
A VOICE

Emotional Wellbeing and Support

More creative work!

COMMUNICATION

Friendship & connections



Safety and Security

A SAY TO BE HEARD



??

CONFIDENCE



Friendship / Belonging / Social Connections

Respect from peers



To be fully you

Individual Support and Inclusivity



A Safe Home

HOPE

feeling Valued

FUN

Joy

Acceptance belonging & support (LGBTQ+)

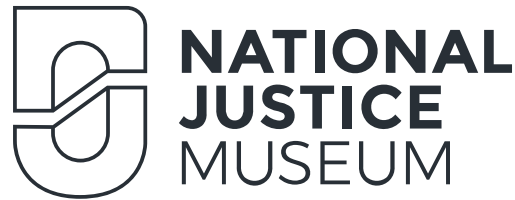
Opportunities to make them smile



What does every child need to learn?

# Working in collaboration

We are grateful to the partners who have supported our work this year:



We look forward to strengthening existing partnerships and developing new ones to extend our collective impact. Please contact us if you would like to work with the Achieve Well Team.

Thank you to all our partners, educators and young people who made this such a successful year. We look forward to building on this momentum together in the year ahead.



[www.achievethebest.org.uk](http://www.achievethebest.org.uk)



[achievethebest@nottinghamcity.gov.uk](mailto:achievethebest@nottinghamcity.gov.uk)



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