



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

The Achieve Well Team

Providing free support to
schools to develop effective
health and wellbeing
provision.



Healthy Child Vision and the team

The Achieve Well team want all children in Nottingham to be healthy in mind and body. We are committed to creating a city where every child thrives physically, mentally, and emotionally in order to achieve their full potential. Our vision for the **Nottingham Healthy Child**, created with children and adults, aligns with Nottingham City Council's commitment to being a Child Friendly City. The Achieve Well team encourage all schools in the City to commit to the Nottingham Healthy Child vision:



As a team, we are committed to providing you with the support, training and resources you need to achieve the Nottingham Healthy Child vision. Our team consists of **Catherine Kirk** (Achieve Well Team Manager), **Hannah Millwater** (PSHE Officer), **Fred Morris** (Eating and Moving Officer) and **Charlotte Mitchell-Brown** (Administrator).

The Achieve Well Team's work is funded by Nottingham City Council's Public Health Team, which enables us to provide all our services free of charge.

Visit our website to
find out more about
our services

www.achievewell.co.uk



What we offer

Growing up in Nottingham Survey

The Growing up in Nottingham Survey, administered by the national survey company SHEU, provides schools with a detailed report showing pupil experiences and health-related behaviours, alongside citywide comparisons. Available free for Year 6 and Year 10 pupils (other year groups available), the findings help inform PSHE, RSHE, wellbeing planning, targeted interventions and school improvement in line with statutory requirements. **Sign up today.**



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

*(Feedback from
networks and
training)*





Awards

Developed by schools for schools, the Achieve Well Health and Wellbeing Awards provide a simple framework to review your current position, identify priorities, and strengthen provision. Schools can work towards Foundation and Impact Awards across a range of themes. Our interactive online platform allows you to create and share progress reports with colleagues and others.



Start your award journey.

Grant Scheme

The Achieve Well Grant Scheme offers schools and education settings the opportunity to apply for grants of up to £10,000. Funding can support initiatives around healthy eating and physical activity, helping schools respond to identified needs and improve outcomes for children and young people.



Apply now and turn your ideas into action.



I'm really
proud of
myself and my
classmates.

*(Feedback from RSE
Day mural project)*

Achieve Well Challenges

Achieve Well Challenges help primary schools increase physical activity through exciting, inclusive challenges that pupils enjoy. Using our easy-to-use web app and accompanying teaching materials, schools can track active minutes, take part in themed challenges and compete for prizes throughout the year. **Get involved.**



PSHE Ambassadors

Created with Nottingham young people, our **PSHE Ambassador Programme** helps schools establish a pupil-led approach to improving PSHE and RSHE. We provide the training, resources and support needed to recruit and develop PSHE Ambassadors, ensuring meaningful pupil voice and a curriculum that reflects the experiences and needs of your pupils. **Sign up here.**



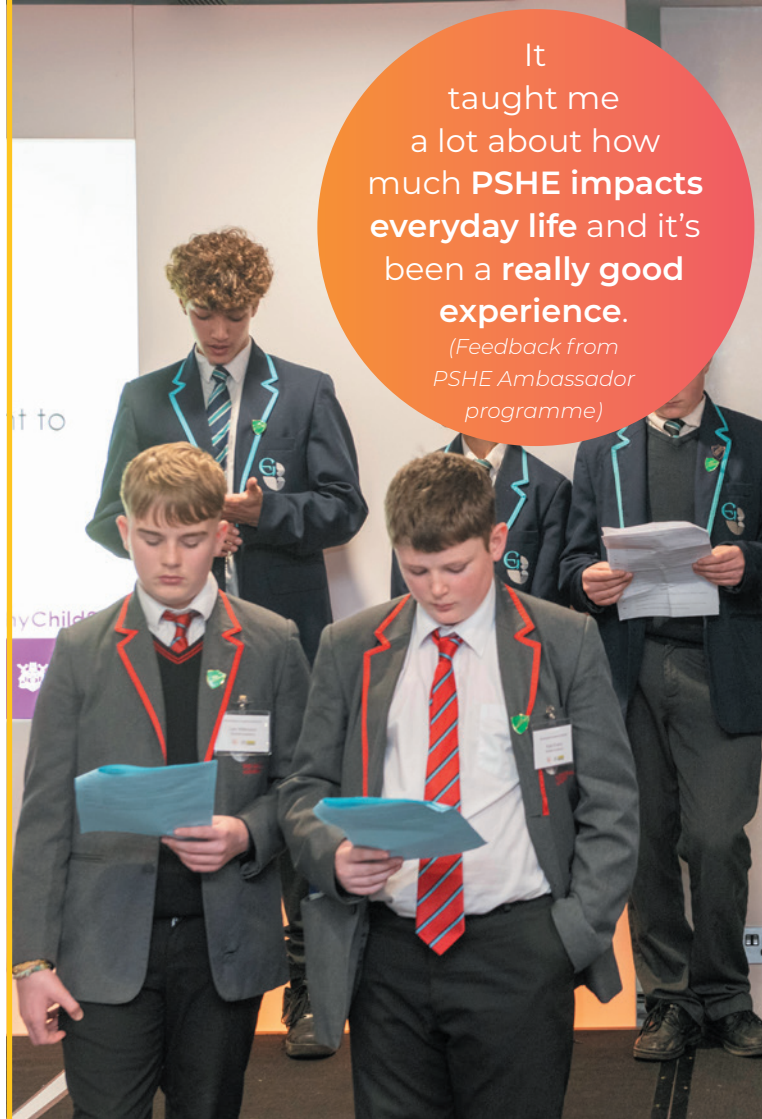
Nottingham Healthy Child Conference

Each year at the Nottingham Healthy Child Conference, delegates hear from inspiring speakers, take part in practical workshops and discover the latest thinking on children and young people's health and wellbeing. **Book your place** and take away fresh ideas, resources and connections.



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

(Feedback from PSHE Ambassador programme)



PSHE Support

The Achieve Well Team offer consultancy, deep dives, and practical tools to help strengthen your PSHE/RSHE provision. [Contact us](#) to explore how we can support your school.



Training

Keep your knowledge and practice up to date with our free CPD opportunities. From Lunch Bites sessions and one-off training events to professional networks, our offer is designed to support staff with the latest developments in PSHE and health and wellbeing.

[Explore our latest training.](#)



Resources

We produce and curate a wide range of free resources, lesson materials and themed Padlets to support health and wellbeing education. [Visit our website](#) and start exploring today.



Newsletter

Our regular newsletter includes updates on training, funding, events, new resources and examples of good practice from schools across the city.

[Sign up here.](#)



RSE Day

RSE Day is a national celebration of Relationships and Sex Education that started in Nottingham in 2018 and is now marked by schools across the UK. Held annually on the last Thursday in June, RSE Day provides schools with free resources and opportunities to celebrate high-quality RSE.

[Visit the website to find out more.](#)

Contact us

For more information on the Achieve Well Team's work please visit our website www.achievewell.co.uk. To get in contact, email us at achievewell@nottinghamcity.gov.uk. You can also find us on X - [@AchieveWellTeam](#) and [in Achieve Well Team: Home | LinkedIn](#)



Very
inclusive.

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

*(Feedback from
Achieve Well
Challenges)*

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

*(Feedback from
RSE Day mural project)*





Thank you for
an **encouraging**
and **engaging**
course.

*(Feedback from PSHE
Leadership course)*

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.

*(Feedback from Nottingham
Healthy Child Conference)*

Really
informative
training thank
you.

*(Feedback from
networks and
training)*

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.

*(Feedback from Achieve Well
Challenges)*



Just
brilliant.
Inspiring.

Reminding me why I
love teaching not just
PSHE teaching. It's about
the children.

*(Feedback from Nottingham
Healthy Child
Conference)*