



Achieve Well Team Annual Report 2024/25



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement



**Nottingham
City Council**

About the Achieve Well Team

The Achieve Well Team provide a one-stop shop for schools in Nottingham City around health and wellbeing, offering guidance, support, training, and signposting to relevant organisations. Our aim is for all schools and organisations in Nottingham to work towards our **vision for the Nottingham Healthy Child**. We offer a range of services to schools, including: Health and Wellbeing Awards; Health and Wellbeing pupil behaviour survey; Training; Networks; Newsletter; and resources.

The Team consists of **Catherine Kirk** (Achieve Well Team Manager), **Zain Iqbal** (Health and Wellbeing Officer – PSHE), **Fred Morris** (Healthy and Wellbeing Officer – Eating and Moving) 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.



Achieve Well Team 2024/25 – a snapshot

Over the past year, we have made significant strides in engaging Nottingham schools, educators, and children.

Our key achievements include:



We engaged with **72%** of all primary, secondary, and special schools in Nottingham.



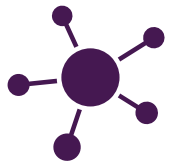
68 schools attended the first Nottingham Healthy Child conference, taking inspiration from our keynotes, workshops and marketplace.



37 schools signed up for our awards programme, demonstrating their commitment to enhancing their health and wellbeing provision.



31 schools completed the health and wellbeing survey, providing valuable insights into their pupils' needs and priorities.



We hosted **11** networking events, enabling collaboration and knowledge-sharing among educators.



We delivered **2** face-to-face training sessions, equipping school staff with the tools to provide effective PSHE.



We developed **5** on-demand training videos, ensuring accessible learning opportunities for educators at their convenience.



We directly worked with **198** children through our pupil voice projects, sharing their views to create impact for others.



We created **1** verbatim theatre piece, sharing children's views on what a healthy school looks like.



We shared **2** smoke-free spaces posters at Nottingham Light Night, created by children at Nottingham primary schools.



We created **1** new knife crime lesson and updated the suite of resources to respond to the needs of schools.



We delivered **2200** illustrated RSE Day postcards on the theme of change to all schools in the City to support discussions in RSE.



We circulated **6** newsletters sharing updates, information and good practice around health and wellbeing.

What was new in 2024/25?

Health and Wellbeing Awards

We launched our free **Health and Wellbeing Awards** in July 2024, with 37 schools currently signed up to the foundation level. Designed by schools for schools, these evidence-based awards take a whole-school approach to health and wellbeing, helping settings assess and develop their provision. In the coming months, we will begin assessing schools that have reached Champion status. Our virtual platform has proven to be a valuable tool for teachers, enabling them to audit, document, and enhance their provision effectively.



Nottingham Healthy Child Conference

We hosted the first **Nottingham Healthy Child Conference** on 28th November 2024 at the Nottingham Gateway Hilton Hotel. 68 City schools were represented at the conference and colleagues enjoyed inspiring keynotes from Emily Campbell, Lucy Hubber, Ofsted and Maddi Popoola. There were a range of workshops, marketplace providers and creative activities for delegates to visit. One of the highlights of the event was a **verbatim theatre piece** performed by students from Fernwood schools, sharing the voices of children from Nottingham about what makes a healthy school.



We asked delegates to make a pledge of what they would do after the conference, here's a selection of these:

-  I pledge to make sure our school includes oral health within the curriculum
-  I will raise the profile of sleep hygiene
-  I pledge to share what I have learned with colleagues so we can make positive changes to impact our children.
-  I pledge to use the knowledge and connections I have gained from today's events to further improve the health and wellbeing of students in our school and its value amongst staff.
-  I'd like to share the really interesting information we've seen and heard over the course of the day with teaching staff so that we're all on the same page, it's been really good to reflect on our practice so I'd like to do this as a school.
-  I pledge to optimise opportunities for young people across Nottingham by engaging with the many amazing organisations we have heard from today. As a personal pledge: I pledge to be more Emily – fierce and fire and do anything I can put my mind to.
-  I pledge to develop ways in which to support our wonderful children to be kind citizens and to further develop their general health and wellbeing.

Feedback for the conference was very positive:

4.70

Average Rating



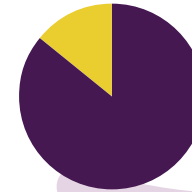
How would you rate the quality of the conference overall? 4.70

4.76

Average Rating



How well did the conference meet your expectations? 4.76



86% of delegates said attending the conference would make a positive impact on their practice.

“This has been an incredible day. So well organised and amazing speakers.”

“Emily Campbell and the Nottingham Music Hub were fantastic! It was the most informative, fun and interesting conference I’ve attended in my 15 years of teaching.”

“Thank you for a wonderful day. There was a great energy at the conference and I made some good connections.”

“It was an outstanding day. The people who talked, the organisation, the whole package made the day so worth whole attending. Not been on such a powerful course in a long while. Good luck with next year! You’ve set such a high bar! Amazing work Catherine and your team. Thank you so much.”

One conference delegate shared their experience on LinkedIn:

“It’s 10.34, and I can confidently say that this is the best conference I have ever attended.”

“Just wanted to send a thank you message for organising yesterday’s conference, it was such an inspiring day and was great to catch some of the introductory talks.”

“We had a very successful time in the marketplace and had lots of schools either complementing our projects or interested in booking in which is excellent.”

Equation



“The Achieve Well - Healthy Child Conference was an excellent event and felt a great time to engage education with this approach, the event was very engaging and fun to all. We were fortunate enough to have a stall to network with those attending and this has enabled us to begin discussions with education representation of what the VRP does and the partnership approach to the prevention and reduction of serious youth violence. From having this stall, we have gained consent from approximately 15 school settings to invite them to our stakeholders’ reference group and provide them with our digital newsletter. Thank you for the opportunity.”

Nottingham and Nottinghamshire Violence Reduction Partnership



Knife crime lessons

We worked in collaboration with a range of agencies to update the **Nottingham and Nottinghamshire universal knife crime materials**. Based on feedback from schools, we added a new lesson for year 6, and moved the existing year 6 lesson to year 5.

Networks and training

Over the year, we have responded to the needs of schools with training and networks to keep them up-to-date and up-skill them in the areas of health and wellbeing and PSHE. We have hosted PSHE leadership training, PSHE networks for primary, secondary and special schools, and online PSHE assessment training. We have also created on-demand videos which school staff can access at any time via our website.

Feedback for our networks and training has been extremely positive:

“Feel more confident and know the tools on how to be a good leader.”
– PSHE leadership course

“Thank you for an encouraging and engaging course.”
– PSHE leadership course

“Great speakers as usual. 😊”
– Primary PSHE face to face network

“Great training as always.”
– Primary PSHE face to face network

Newsletter

We launched our monthly newsletter in October. The document provides information on our work, local and national updates, and signposts support and offers from our partners. The newsletter is succinct and easy to read for busy school colleagues.



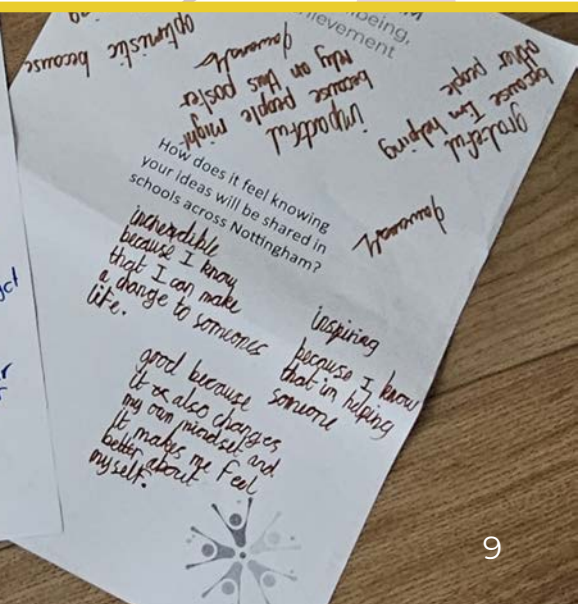
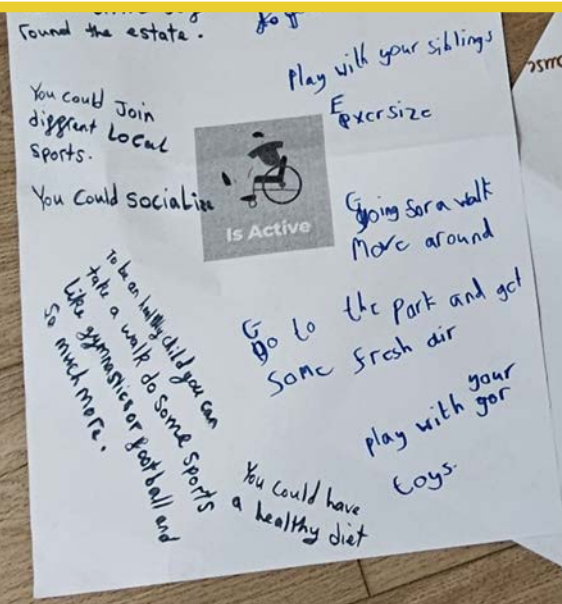
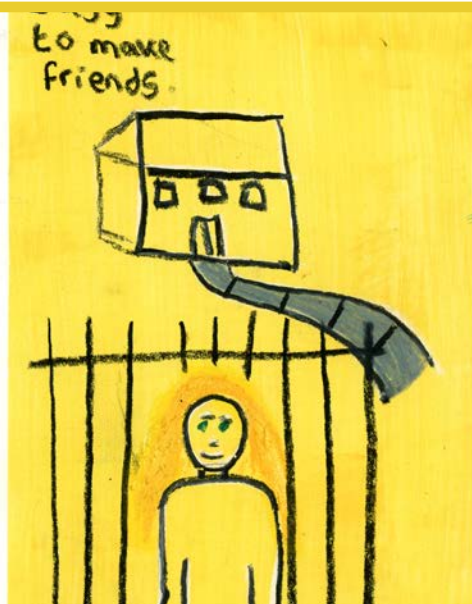
Children leading the way

This year we have worked hard to involve children in our work to ensure we are reflecting their views, needs and experiences in line with the Child Friendly Nottingham pledge.

We have involved children in four projects this year:

- Development of **RSE Day postcards** to support learning around change – children worked with artist, Hannah Sawtell, to illustrate their views about change. Hannah used the children's drawings as a stimulus to create a series of 6 illustrated postcards that were sent to all Nottingham schools to be used in PSHE.
- We hosted a competition in October for primary age children to create a **smoke-free spaces poster to be displayed at City events**. The two winners were presented with a certificate and got the chance to see their work displayed at Nottingham Light Night. The winning posters will be circulated to all Nottingham schools.
- We consulted children on their views about what makes a healthy school. The children's views were used by pupils at **Fernwood Academy** to create a piece of **Verbatim Theatre** which was shown to delegates at the first Nottingham Healthy Child Conference.
- Children from 9 schools gave their views on how children can achieve the **Nottingham Healthy Child Vision**. Their thoughts will be shared on posters that will be circulated to schools across the City.

“We want to express our heartfelt gratitude to everyone at Old Basford for Isabelle-Melanie's award, in promoting a clean space. This recognition has filled her with immense pride and motivation to continue making a positive impact.”



Feedback from children involved in the Nottingham Healthy Child Vision poster competition:

“It feels empowering to have my voice heard by others.”
Nottingham Academy

“I am proud because loads of people will see our ideas come to life.”
Claremont

“I feel happy to have an impact on other people.”
Stanstead

“I feel happy because people might do more things outside.”
Crabtree

“I feel proud because I will be helping change other people’s lives forever.”
Crabtree

“Excited and famous because everyone is looking at it.”
Crabtree

“Proud — ideas could possibly impact society for the better.”
Fernwood

“Would absolutely want to do this again.”
Fernwood

“I feel excited because my work will be shown in schools around Nottingham.”
Middleton

“It feels good to know that my ideas will be shared throughout schools and I can help inspire others.”
South Wilford

“Good because it also changes my mindset and it makes me feel better about myself.”
Whitemoor

“Like you’re actually being listened to so you can change/have a large impact on other people’s lives.”
Whitemoor

“Extremely joyful because I’m helping others in Nottingham and I’m proud because (I’m) doing a brave thing.”
Claremont

We asked teachers about the impact of engaging with the Achieve Well Team's services in 2024/25, this is what they told us:

Improved wellbeing provision

Impact on strategic planning and lesson planning

Built my confidence and knowledge around PSHE and how best to support my school

Kept up-to-date with legislation

Awareness of agencies available, support and topical themes to explore

It has helped with staff understanding in the areas of PSHE and engagement

It has helped me as a leader to reflect more on aspects of health and wellbeing in school and which of these areas we do well and which we need to develop more

Our children are benefitting through being linked to agencies that are joining us with great resources and teaching sessions

This has helped me as Senior Mental Health Lead to raise awareness in school



Plans for 25/26?

We asked schools what they would like from the team in 2025/26, here are some of their responses:

For everything to continue, as it is very helpful

Anything and everything 😊 More training for staff members who aren't leads to get them on board? Importance of RSHE?

Continued up-to-date training and relevant updates on policies

Keep up the good work

More of the same

Any further ideas and ways to engage families in learning about health and wellbeing

More of the same! Keep doing what you are doing

Another conference!

Supporting HLN children

More of the same – time to share with colleagues is valuable

Continued support with the Achieve Well Award

To be able to continue to link with you



Looking ahead, we aim to build on our successes and further develop our programmes with the following developments:

- Co-producing health and wellbeing and PSHE resources and guidance with children and young people.
- Re-launching the Sheriff's Challenge, encouraging participation in health and wellbeing activities.
- Creating good practice videos, showcasing effective strategies and school successes.
- Hosting the 2nd Nottingham Healthy Child Conference to highlight good practice, development, and collaboration.
- Recruiting more schools to join our awards programme, complete our health and wellbeing survey, and benefit from our support.
- Developing an RSE Day mural in the Arboretum.
- Hosting professional networks and training to guide and upskill staff in schools.



Working in collaboration

Thanks to all the partners that have supported and collaborated with us over the last year



We look forward to strengthening these partnerships and forging new ones to expand our impact. Please **get in touch** if you would like to work with us. For more information on our work please **visit our website**.

Thank you to all our partners, educators, and students who have contributed to this successful year. We look forward to continuing this journey together in 2025-2026!