

Prevention

Early intervention

Targeted support

Whole School Approach

- Health & Wellbeing Review has been completed with the Public Health 5-19 Service and a Health & Wellbeing Plan has been developed.
- Spiralling curriculum in place across all year groups which is clearly planned and includes: nutrition, benefits and daily requirements of activity, positive and fun approach to healthy living, effects of internet on lifestyle, positive self-image, decision making, and friendships.
- Policies in place which include clear expectations and responses to concerns regarding healthy weight, emotional wellbeing and safeguarding
- Engagement with parents, carers and families in policy development.
- Nutritionally well balanced school meals.
- Balance of structured and non-structured activity that promotes endurance and strength.
- Positive promotion of staff and pupil activity all year round
- Promotion of active and safe modes of transportation
- Wider community involvement. e.g. local leisure or sport clubs, fun days
- Engagement in local and national campaigns which promote healthy living
- Effective working relationships with health professionals who support children with weight or psychological problems

Indicators for concern

- Excessive or low weight is affecting school attendance & attainment
- Gets very out of breath or struggles in PE or physical activity
- Has difficulty getting up off the floor, climbing stairs etc.
- Begins to try and get out of PE or physical activity.
- Uncomfortable or upset in situations where they need to change their clothes
- Other children pick on, bully or are mean to them because of weight or size
- Visibly larger/fatter or smaller/thinner than peers
- Putting on or losing weight over a short period of time
- Often tired, lethargic or can't be bothered
- Tells teachers and friends repeatedly that they are hungry or not hungry.
- Eats more or much less than peers, regularly requesting seconds for lunch or eating a larger/smaller packed lunch or an unhealthy lunch with lots of sugary and fatty foods

Escalation of concern

- Having more frequent days off school often with minor ails such as cough, colds, tummy aches and headaches
- Appears unhappy at school not wanting to take part in activities or engaging with school work or social groups
- Struggling academically
- Regularly avoiding PE or physical activity often with the excuse of feeling unwell
- Bullied or picked on because of weight
- Becoming withdrawn and socially isolated.
- Dramatic weight gain
- Gets very out of breath walking or going upstairs.
- Constantly eating unhealthy snacks or large quantities at lunchtime.
- Eating nothing or very little at school
- Parents not seeking medical support despite school raising concern.

- All concerns, incidents and actions recorded on school database
- A supportive or trusted teacher to talk to the child about how they feel
- Speak to parents to assess their level of concern and if medical advice has been sought.
- Advise parent to speak to their GP.
- Agree a support plan which clearly outlines what is going to happen and who will be doing what i.e. school and home ([SOS Assess & Plan](#)) or offer and gain consent for a school [Individual Health Care Plan](#) (IHCP) or support plan. Plan could include:
 - Parents to ensure 3x healthy meals, healthy snacks & drinks
 - Child to take part in a **total** of 60 minutes daily activity. This can include walking/cycling to school and other day to day activities as well as sports and exercise.
 - Healthy packed lunch or consider change to school dinners
 - Portion size appropriate to age, size and activity
 - More sleep less screen time
 - School to monitor food intake at break/lunchtime
 - School to provide support/privacy for child to access PE
 - Parent and school to speak to each other if concerns increase
 - Support plan should be reviewed every 6 weeks or when level of concern changes.

Refer to [Emotional & mental wellbeing support guide for professionals](#)

Advice parent to take child to GP within 1 week.

Review IHCP or support plan with parent and child before and after GP appt.

Discuss with the [HUB](#)

Early Help Assessment
With consent from parent/child where appropriate complete an [EHA](#)

Invite parent/child and relevant health professional or agency to the initial TAC meeting.

Early Help Panel
With consent to discuss if progress is slow or stuck

External support & links

- [CCC - Early Help Health for Teens](#)
- [Live Well - NHS Choices](#)
- [Cumbria Local Safeguarding Children Board \(LSCB\)](#)
- [Cumbria NHS factsheets](#)
- [NHS Change4Life](#)
- [Kooth online counselling](#)
- [Slimming World](#)
- [British Nutrition Foundation.](#)
- [Teens Weight Wise](#)
- [The Caroline Walker Trust](#)

Childs GP
[NHS GO APP](#)
[Food Scanner APP](#)
[Active 10 APP](#)
[Couch to 5K APP](#)

Provide advice and support
Information and website addresses to be given to parent and/or child

Public Health 5-19 Service - Contact to arrange a Health & Wellbeing Review and plan
Public health Nurses are able to provide support to address the health needs of children aged 5-19 years and signpost to appropriate service or resources.
<http://www.cumbria.gov.uk/ph5to19/>

IF CHILD IS ASSESSED TO BE AT IMMEDIATE OR SIGNIFICANT RISK OF HARM REFER TO SAFEGUARDING POLICY OR CONTACT SAFEGUARDING HUB TELEPHONE: 0333 240 1727

This pathway is to guide your response to a child aged 5–19 years who is presenting with health or wellbeing concerns. Please note this is NOT a diagnostic tool and age appropriate behaviour and safeguarding should always be considered.