



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 become 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), **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.



What we offer

Health and Wellbeing Survey

Our free Health and Wellbeing behaviour survey for years 6 and 10 gives schools invaluable data to inform planning of PSHE, Personal Development and pastoral support. The survey runs annually from September to mid-November with schools receiving a detailed report outlining their own data with a comparison to Citywide data. Sign up today to evidence your needs-led health and wellbeing provision -

Achieve Well - Annual Health and Wellbeing Survey





Training and networks

We offer free face-to-face, virtual and on-demand training options across a range of health and wellbeing and PSHE topics. There are also termly networking opportunities for all phases to support the sharing of good practice - **Achieve Well - Training**

Intent Smoking and Vaping Prevention programme

Intent is a fully funded evidence-based smoking and vaping prevention programme for secondary schools. The programme features lessons plans and presentations for secondary age pupils and has been proven to reduce the uptake of smoking amongst young people - **Achieve Well - Intent Smoking Prevention programme**

Resources

On our website you will find links to themed Padlets featuring free resources and links to support schools. We also create resources, such as the Universal Knife Crime teaching materials -

Achieve Well - Resources

RSE Day

RSE Day is an annual national celebration of Relationships and Sex Education that began in Nottingham in 2018. RSE Day is celebrated on the last Thursday in June each year. Visit the website to sign up to the mailing list to receive updates on the theme and resources for RSE Day 2025. www.rseday.com

Newsletter

We produce a free monthly newsletter with updates, evidence, and good practice from the Team, partners and national organisations - **Achieve Well Newsletter**

Partnerships

We work in partnership with, and signpost to, a range of local organisations who support health and wellbeing in schools. - **Achieve Well - Partnerships**



Health and Wellbeing Awards

Our free Health and Wellbeing Awards are designed to support schools to audit, develop and celebrate their health and wellbeing provision. The awards are evidence-based and have been designed by schools for schools. There are two different award levels that schools can apply for – foundation level and impact level. Our virtual awards platform allows schools to audit, measure progress and upload evidence, as well as download reports to share with stakeholders.

Foundation - Essentials

Schools following the Essentials Award route demonstrate that they 'actively support health and wellbeing through self-assessment, development, and review'. The Essentials award is a self-assessment process, with schools auditing their practice, action planning, and implementing improvements.

Foundation - Champion

Schools following the Champion Award route demonstrate that they 'actively champion health and wellbeing through verified provision and sharing good practice'. The Champion Award is verified by an Achieve Well Team assessor. Schools audit their practice, action plan, implement improvements and upload evidence for each criteria.



ACHIEVE WELL ESSENTIALS AWARD

This school actively supports health and wellbeing through self-assessment, development, and review.



ACHIEVE WELL CHAMPION AWARD

This school actively champions health and wellbeing through verified provision and sharing good practice.

Impact Awards

Once schools have completed a foundation award, they can move on to the Impact Awards. As the name suggests, Impact Awards focus on making measurable change in a specific theme. There are Impact Awards in the following areas: Healthy Eating; Physical Activity; Gambling and Gaming; Internet Safety; Drugs and Alcohol; Smoking and Vaping; Aspirations and Goals; Sexual Health (secondary); Healthy Relationships; Health Protection; Emotional Health and Wellbeing; and, Financial Wellbeing.

More information regarding awards, benchmark and criteria can be found on our website - **Achieve Well - Awards**. You can sign up for the awards **here**.

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](https://twitter.com/AchieveWellTeam).





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

*(Feedback from PSHE
Leadership course)*

It was an
outstanding day. The
people who talked, the
organisation, the whole package
made the day so worthwhile
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.

*(Feedback from Nottingham Healthy
Child Conference)*

It was the
most **informative**,
fun and **interesting**
conference I've attended
in my 15 years of
teaching.

*(Feedback from Nottingham
Healthy Child Conference)*



I feel more
confident and
know the tools on
how to be a **good
leader**.

*(Feedback from PSHE
Leadership course)*