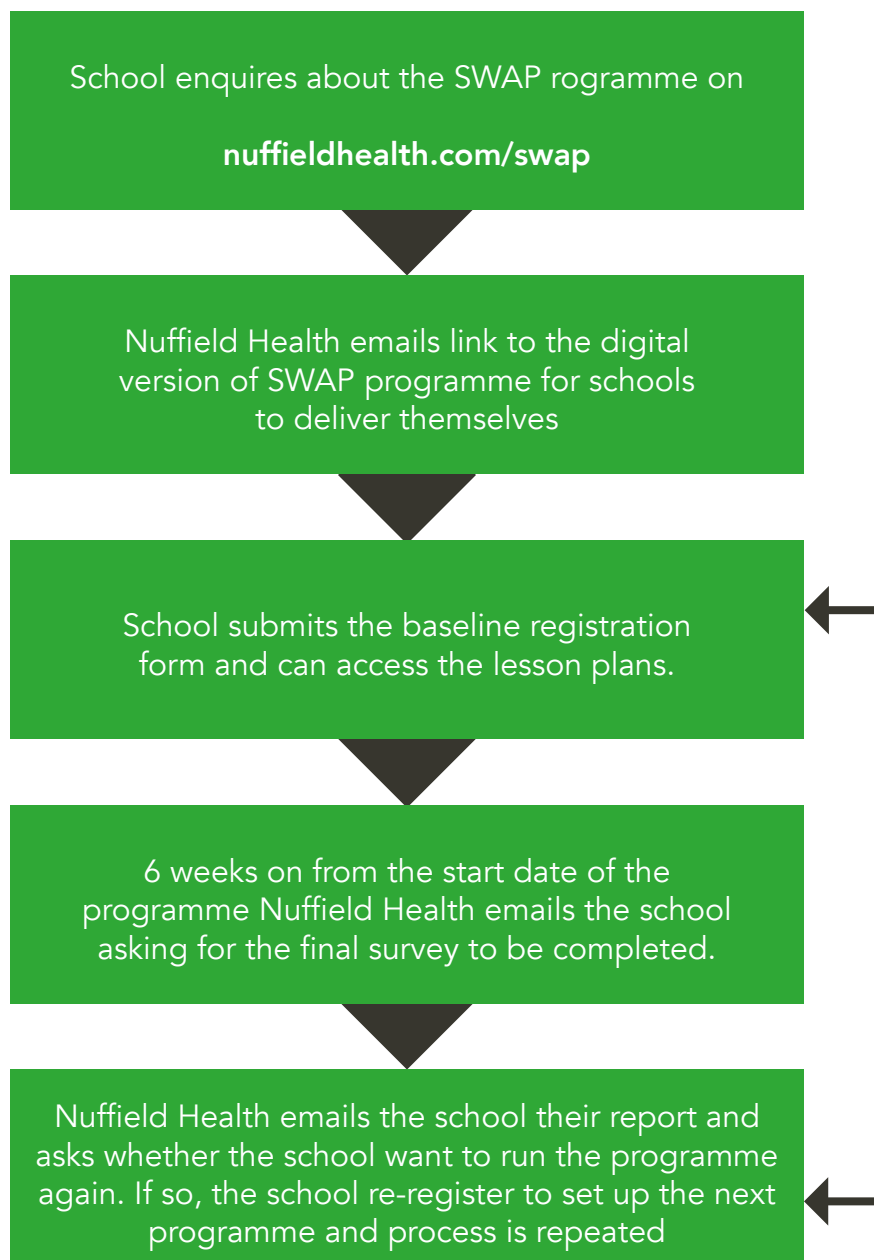


SWAP teacher's guide

Teachers' Process Flow – How do I deliver the SWAP programme?



About the programme

Nuffield Health's School Wellbeing Activity Programme (SWAP) has been designed to provide young people between the ages 9-11yrs with knowledge and life skills around the key pillars of wellbeing; Nutrition, Physical Activity, Sleep and Emotional Wellbeing or as we refer to in the programme: How I Eat, How I Move, How I Sleep and How I Feel.

The approach used to help structure and communicate these themes is based on the Cognitive Behaviour Therapy model (Hot Cross Bun theory) and therefore each session refers to an individual's thoughts, emotions, behaviours and physical body. This reference is also helpfully illustrated by the term and visual aid, 'The 4 corners of me' within the programme.

CBT is a talking therapy based on the theory that thoughts, feelings, what we do and how our body feels are all connected. It helps us to manage our problems and feel better by becoming more emotionally aware. One of the key objectives of the programme is to encourage the pupils to become more aware of their emotions and therefore more emotionally intelligent.

To help build on this understanding, the programme also includes content on the 'ABC' story. It teaches the importance of recognising how outside life events or problems can have an impact on us. This starts with the (A) – Adversity or Activating event. All activating events (problems) have direct consequences (C) which show up in 'The 4 corners of me', yet often we overlook a key contributing factor in every 'experience/story' which is our beliefs (B). The programme therefore shows ways in which to recognise such thinking, and ways to turn it around = ABC + 'The 4 corners of me'.

To help the young person maximise putting theory into practise from each session, the programme also includes focussed time at the beginning and end to help them capture key learning experiences. There is a short segment at the end of each lesson which is intended for the young person to capture what it is they intend to practise across the week based on what they have learned in the session, and again when they return to the next session there is time at the beginning for reflection. These are referred to as the 'bookends' for the programme.

The intention of SWAP is to continuously look at the whole person whilst focussing on a relevant theme or topic and demonstrate their interconnectedness. Whilst the programme offers generic examples for teaching purposes, the young person is encouraged to reflect on how this relates to them individually and by doing so, they learn that although we may all experience the same 'A' (activating event or problem) we will all have our own unique 'Bs' (beliefs) and 'Cs' (consequences) and '4 corners'. Of course there may be times when the 'B' and 'C' may be similar, however the intensity of them will again be unique to that of the young person.

We know only too well the importance of tackling young people's wellbeing, and it is therefore our vision that SWAP will serve as a user-friendly toolkit to help young people across the UK.

Who is the programme aimed at?

The primary focus is on Years 5 and 6 so KS2 or primary 6/7 or P6 & P7 in Scotland, (ages 9-11); however SWAP can be adapted for other pupils.

How the programme supports high quality PSHE/RMCE provision

As a charity, SWAP is free to schools as there is a clear need to help school-aged children manage their wellbeing both inside and outside of school. We can work with schools local to our sites (both Fitness & Wellbeing Clubs and Hospitals) by sending our expert SWAP Champions into schools to deliver the programme.

Alternatively, we will offer the programme resources free to schools, with this accompanying manual as a guide and downloadable session plans and activity cards for teachers to use within their PSHE lessons.

Health & Wellbeing is now one of the 3 core themes in the PSHE programme of study; along with relationships and living in the wider world.

Quality and Fidelity assurance

SWAP has a dedicated team of physical and emotional wellbeing specialists as well as local gym SWAP Champions who have a background in health and wellbeing. All of our SWAP Champions have gone through detailed training and are therefore exceptionally confident and competent on both content and delivery. They have also undergone mandatory training on safeguarding and working with young adults, as well as being DBS/PVG checked.

The programme has been developed on the back of Nuffield Health having their own Head of Wellbeing in a school and based on evidence-based research and insights into the key learning gaps in this area. The findings from this study can be found in our 'Improving Wellbeing In Schools' report downloadable here:

<https://www.nuffieldhealth.com/about-us/our-impact/our-research>

The programme is evaluated pre and post-delivery and the measurement scale used has a strong evidence base. The evaluation consists of a recognised survey consisting of the Good Childhood Index questionnaire and the ONS4. It is one page long, and questions are brief and child-friendly.

The outcomes are carefully analysed by specialists within the Nuffield Health research and development team and data reports are collated and published upon completion of the programme. The findings from our initial pilot demonstrated that SWAP healthfully impacted upon 1500+ young people in the UK with an improvement in their perceived wellbeing by 64%.

We are currently in the process of having SWAP accredited by the Personal, Social, Health and Economic (PSHE) Association as well as being endorsed by the British

Psychological Society (BPS), our partners in emotional wellbeing.

The SWAP team regularly update on any new findings and enhancements to the programme. The team and champions also promote and welcome all feedback from schools.

Structure and Duration of the sessions

SWAP consists of 6 weekly 1 hour sessions. The 6 sessions can therefore comfortably sit within the school curriculum and timetable. They are required to be delivered consecutively, although if there is flexibility in terms of school holidays, we recommend no more than a two week gap between sessions as this has been proven to affect motivation and impact. The session titles and sub-learning objectives are:

Session topics and themes

Session 1 (How I Feel) – ‘Understanding Feelings & Emotions’

- Recognising different emotions and increasing self-awareness
- Understanding and identifying the ‘ABC’ Model in our everyday lives
- Understanding the ‘4 corners of me’ concept and the differences between thoughts, feelings, behaviours and physical symptoms
- Common problems and understanding stress
- Lightening the load

Session 2 (How I Eat) – Fruit and Veg

- Exploring the relevant food groups
- Learning about different fruits and vegetables and the rainbow diet
- Vitamins & Minerals
- Mood-lifting foods and other benefits of a varied diet

Session 3 (How I Move) – Physical Activity

- Recommended guidelines and the importance of physical activity
- Strong bones & joints and types of exercise
- Designing own circuit & fitness challenges
- SMART goal-setting

Session 4 (How I Eat) – Sugar

- Sugar content of foods & drinks and recommended guidelines
- Understanding food labels
- Alternatives for breakfast & snack swaps
- Hydration

Session 5 (How I Sleep) – Sleep Hygiene

- Physiology of sleep and its importance
- Sleep inhibitors and promoters
- Crossing the line activity and effects of screen time
- Reconnecting with the world and creating a healthier bedtime routine

Session 6 (How I Feel) – Resilience – ‘SWAP kit’

- Meaning of resilience
- Helpful vs unhelpful thinking
- Coping strategies
- Reflection of whole programme and revisiting healthy swaps to go into their individual resilience kit

Materials and Preparation

Each of the 6 sessions are intended to be interactive and discussion led with linked tasks and props as well as handouts. Short optional power points slides are also available to support delivery.

The programme session guides and linked handouts are colour co-ordinated and numbered, allowing for ease of preparation and delivery.

We advise a ‘run through’ of each session before hand, as this allows preparation of any session materials to be organised ahead of time as well as good session flow and quality assurance.

Registering your School and Feedback

If the sessions are delivered by a local Nuffield Health SWAP Champion, we require a teacher to be present at all times.

If you are delivering this yourselves as a school, we require 2 data entry points for you to submit. There is a form at the start to register your school to gather baseline data (this needs to be done for each new cohort of pupils) and a form which you will be sent upon completion of the programme.

If both forms are completed we will be able to provide you with a report of perceived improvement in your children’s’ wellbeing and summary of the programme you delivered. This will be useful for Ofsted reporting and for us to accredit the impact of the programme.

Contact

Schools can register their interest and find out more about the programme at:

<https://www.nuffieldhealth.com/swap>

Or you can email any queries to:

swap@nuffieldhealth.com