



## PASTORAL CARE AND PSHE SERVICES TO IMPROVE THE HEALTH AND WELLBEING OF YOUNG PEOPLE

Using apps is second nature to young people, so they embraced the programme immediately. Pupils have actively used apps to adopt changes to their lifestyles.

**Steve Archer**, Behaviour Manager, Witton Park Academy

With growing pressures on children's mental health and more obese children entering Secondary School than before, there is an opportunity to provide innovative programmes for schools that harness the devices pupils would miss the most – their smartphones.

On average, it takes ten years between a child with a long-term condition experiencing a symptom and actually asking for help.<sup>1</sup> Apps are a safe way to learn more about health and can form part of a wider solution to cut this time.

<sup>1</sup> Anxiety UK

### INTRODUCING DIGITAL HEALTHY SCHOOLS

The Digital Healthy Schools programme is a great way to activate your school population to get and stay healthier by engaging in the exciting world of Digital Health.

It supports the STEM and Child Health agenda with highly interactive and engaging materials and modules.



## OUR SERVICES

### PASTORAL CARE

Our pastoral solutions help you to take care of your students by empowering them to responsibly use apps to support their health and wellbeing.

Our pastoral care package includes a bespoke health App Library, branded for your school, including an app recommendation feature, plus teacher accounts for management and reporting data.



### PSHE EDUCATION

Our new, evidence-based, age-appropriate lesson package gives pupils the opportunity to learn about the risks of the unregulated Digital Health space, and how they can safely find and use apps to improve their physical and emotional health and wellbeing in an engaging format.

Our package includes lesson plans, student and teacher workbooks, presentations, videos, worksheets, and, of course, the App Library.



## WHO WE WORK WITH

Councils and schools commission ORCHA to deliver Digital Healthy Schools across their regions.



Lancashire County Council provided the Digital Healthy Schools programme for **122** secondary schools and colleges in its region.

In partnership with



The Digital Healthy Schools programme has been introduced to **14** secondary schools across this London Borough to deliver improved health and wellbeing.



North West London CCG launched Digital Healthy Schools to help **134** schools in the region tackle the growing levels of mental health issues amongst school children.

## CONTACT US

To find out how we can help you unlock the power of Digital Health to improve the health and wellbeing of your students, please get in touch.

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