

Royal Free Hospital Children's School praised by Deputy Mayor

The work of the Royal Free Hospital Children's School to improve the health and wellbeing of pupils has been praised by London's Deputy Mayor.

Joanne McCartney, London's Deputy Mayor for Education and Childcare, saw first-hand the work the school has done to achieve the Mayor of London's Healthy Schools London bronze and silver award status during her visit on 10 May.

One of the approaches demonstrated was 'thinking cards', which the school has developed to help young people identify their positive and negative thought patterns.

Working together to explore these patterns encourages young people to talk about mental health and helps improve their emotional wellbeing.

Joanne McCartney said: "It's vital that children learn the importance of a healthy lifestyle – so that healthy living becomes a habit, rather than a chore. The Royal Free Hospital Children's School is doing just that – learning about the importance of a healthy diet and ensuring all pupils understand the importance of good mental health and wellbeing.

"The staff and students at the Royal Free Hospital Children's School should be proud of their success. I hope this inspires more

of London's schools to sign up to Healthy Schools London."

Work to encourage and support Camden schools to achieve Healthy Schools status is supported borough-wide by Camden Learning's Children and young people's health and wellbeing team, who were present during the Deputy Mayor's visit.

Alex Yates, Headteacher of the Royal Free Hospital Children's School, said: "We're delighted that the Deputy Mayor had the chance

to see how our pupils are building healthy lifestyles into their day-to-day lives. We're seeing how this support is giving young people the tools to rise to the challenges that they face."

The Royal Free Hospital Children's School accommodates pupils who are inpatients or day patients at the hospital, or are patients within the Royal Free Intensive Eating Disorder Service. There are also a limited number of places on the GCSE day school programme.



Children's Hospital School student Drew (left) with pet therapy dog Mistral and Joanne McCartney, London's Deputy Mayor for Education and Childcare

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