



The Fresh Smoke Free Quality Standard: Criteria

- Schools will follow a 'Plan, Do, Review' improvement cycle to demonstrate that their whole school tobacco education programme is having a real and sustained impact on their school community. The 3 stages are ;
 1. Plan (Understanding need and planning change)
 2. Do (Developing change)
 3. Review (Understanding what has changed)
- The Quality Standard recognises existing good practice and challenges schools to improve further. It provides a structured framework which guides schools through a series of simple steps over a time period they determine (normally 2-3 years), helping them to identify and implement further actions which collectively demonstrate impact. By following this process schools will have demonstrated that they have embedded the quality standards into their practice in a sustainable manner. Tools to support this process are provided including a comprehensive resource bank.
- The Quality Standard will **significantly contribute** to the Enhancement Phase of the Healthy School Programme (also known as Healthy School Plus in some areas) for those schools that choose to focus on 'smoking' as their priority issue.
- The following pages provide the Quality Standard framework to be met by schools and a list of the supporting documents found online at www.frehne.com to help them achieve this.
- It is recommended that schools use this checklist to undertake a self assessment of their current practice against the criteria as part of their needs assessment process. Any gaps identified should be fed into the development of the action plan for the Fresh Smoke Free Quality Standard.

Schools will follow a series of guided steps over a 2 – 3 year period to demonstrate that their practice in smoking prevention, education and cessation is embedded in school practice.

The Quality Standards listed below must be evident in school practice at the end of the improvement cycle

Fresh Smoke Free Quality Standards To Embed in Practice	Self Assessment	Actions Identified	Supporting Documents
PROCESS; Needs Assessment			
<p>The school must set the context for the work by undertaking a needs analysis, looking at the data and information available on smoking, and assessing itself against the standards below.</p> <p>A baseline measure needs to be established from which progress can be measured for the activities (interventions) the school puts in place. This can be done by using surveys on smoking behaviour, 'draw and write activities' and/or simple assessment for/of learning activities, such as draw and write, quizzes etc</p>			<p>Template action plan (See Application Forms' folder)</p> <p>Sample questionnaires and 'Draw and write' perception baseline activities</p> <p>List of sources of data (See 'Needs Assessment' folder).</p>
PROCESS; Action Planning			
<p>An action plan must be completed giving the intended outcomes for the activities (interventions) and clear milestones to measure progress. The action plan must include the actions the school will take to ensure that a whole school approach to tobacco education is embedded in practice to meet the quality standards. It must be submitted to the local coordinator.</p>			<p>Template action plan (See 'Application Forms' folder).</p> <p>Example measureable outcomes and activities (See 'School Guidance' folder).</p>

Fresh Smoke Free Quality Standards To Embed in Practice	Self Assessment	Actions Identified	Supporting Documents
ENVIRONMENT			
<p>The school must be totally smoke free (buildings, vehicles and grounds) to all people at all times and have an up to date policy (reviewed every 3 years) which has been developed in consultation with staff, pupils and governors and is widely communicated to all. The Smoke Free Policy must include information on NHS Stop Smoking Services available locally to help any staff, students or parents wishing to quit. The policy must be consistently enforced. Clear No Smoking signage must be evident at entrances/exits to the building</p>			<p>Checklist for a smoke free school policy (See 'School Guidance' folder).</p> <p>List of NHS Stop Smoking Services (See 'Local Contacts' folder).</p>
CURRICULUM			
<p>Schools must provide quality tobacco education based on improving knowledge, exploring attitudes and developing skills as demonstrated in the scheme of work and use of up-to date resources. Young people must be involved in the design and evaluation of interventions to prevent smoking and be encouraged to become actively engaged in tobacco education and promotion work.</p> <p>The programme of study must;</p> <ul style="list-style-type: none"> • Provide accurate factual information and be interactive and tailored to age and ability • Be ethnically, culturally and gender-sensitive and non-judgemental • Aim to develop decision-making skills through 			<p>List of useful resource materials</p> <p>Example activities/lesson plans</p> <p>List of interactive websites and films</p> <p>National curriculum links (See 'Resource Bank of Classroom Activities' folder).</p> <p>List of Activity ideas to address smoking (See 'School Guidance' folder)</p>

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<p>active learning techniques</p> <ul style="list-style-type: none"> • Include strategies for enhancing self-esteem and resisting the pressure to smoke from the media, family members, peers and the tobacco industry • Include accurate information about smoking, including its prevalence and its consequences. It should consider tobacco use by adults and peers and, if necessary challenge, peer and family norms on smoking. • Include discussion of the risks associated with smoking and the benefits of not smoking. 			
<p>Tobacco education must form a key part of the spiral curriculum addressed as follows in each Key Stage :</p> <p>Early Years - addressed at least once</p> <p>Key Stage One - addressed at least once</p> <p>Key Stage Two - addressed at least twice</p> <p>Key Stage Three - addressed at least once</p> <p>Key Stage Four - addressed at least once</p>			<p>Example activities/lesson plans</p> <p>National curriculum links (See 'Resource Bank of Classroom Activities' folder).</p> <p>List of Activity ideas to address smoking (See 'School Guidance' folder)</p>
<p>As well as classroom activity additional 'booster' activities must be undertaken until school leaving age to support the work, such as assemblies, enrichment opportunities, health fairs, health weeks, No Smoking Day.</p>			<p>Example activities/lesson plans</p> <p>National curriculum links (See 'Resource Bank of Classroom Activities' folder).</p>

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Tobacco education must be integrated as a cross curricular theme as appropriate. For example the legal, economic and social aspects of smoking can be included across a number of curriculum areas including biology, chemistry, citizenship, geography, mathematics and media studies			Example activities/lesson plans (See 'Resource Bank of Classroom Activities' folder).
Tobacco education must be included in the transition phase in the term prior to pupils moving from primary to secondary school or middle to high school			Example activities/lesson plans (See 'Resource Bank of Classroom Activities' folder).
Assessment activities are in place to assess pupil learning on smoking			Draw and write and survey materials (See 'Needs Assessment' folder)
TRAINING			
Tobacco education must be delivered by teachers and higher-level teaching assistants who are both credible and competent in the subject, or by external professionals trained to work with children and young people on tobacco issues. Schools should demonstrate use of local services and/or appropriate in-service training on tobacco education or drug education which includes tobacco education.			Local Contacts list (See 'Local Contacts' folder).

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STOP SMOKING SUPPORT			
<p>The school must actively promote and sign post young people, staff and parents to a range of services to help them quit smoking, such as the NHS Stop Smoking Service, text services, interactive websites, and digital media</p>			<p>Information on local NHS Stop Smoking Services, national websites and text support services (See 'Local Contacts' folder).</p>
PARENTAL/GOVERNOR ENGAGEMENT			
<p>The school must involve parents and governors in smoking prevention work in order to promote consistent whole school messages. For example; publicising the smoke free policy and NHS Stop Smoking support services in parents' newsletters, involving parents in pupil homework tasks, promoting campaigns on illicit tobacco, No Smoking Day, secondhand smoke and others.</p>			<p>Websites lists (See 'Resource Bank of Classroom Activities' folder).</p>
REVIEW AND EVALUATION			
<p>The smoking education curriculum must be regularly evaluated by pupils and staff and the programme of study adjusted accordingly</p>			
<p>The Quality Standards must be embedded in practice. Once the standards are embedded the school should develop and submit a case study of the journey they have taken and the key outcomes achieved in meeting the quality standard. It is important that the review process involves children and young people</p>			<p>School Case study pro forma and application form (See 'Application Forms' folder).</p>

Fresh Smoke Free Quality Standards To Embed in Practice	Self Assessment	Actions Identified	Supporting Documents
and is able to demonstrate that the Fresh Smoke Free Quality Standard is embedded in long term practice			