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Swindon Healthy Schools Newsletter



'Promoting Health & Well-Being to Children & Young People in Swindon'

www.swindonhealthyschools.org

January 2012



Welcome to Term 3 and the third Healthy Schools newsletter giving you details on health and well-being information and resources for children and young people.

In this edition you will find information on our Celebration Event that is taking place on 31st January 2012 to recognise the achievements of schools who have been involved in the Healthy Schools Plus Project. We will also be using this event to showcase the work of the Food for Life Partnership and in this edition you can read more about this organisation including an independent qualitative evaluation that has been recently completed.

If you have not received an invitation for this event but would be interested in attending please let me know and I will forward details to you.

National 'Health Related' Days

We have also listed the health related "national" days that you may be interested in focusing on in school, starting on 14th January with STI day aimed at raising awareness about sexual health and ending with Feel Good Friday on 3rd February 2012 to raise awareness about people in need of emotional support.

Healthy Schools Network Meetings



I have had a number of requests for network meetings, particularly from primary and secondary schools. As a result of these requests I am planning to start running twilight sessions from term 4.

However, it would be really useful to get some ideas from you about the issues you would like to focus on. Suggestions I have had so far include;

- **Anti-Bullying Accreditation**
- **Maintaining Healthy School Status**
- **Sex & Relationships Education**
- **How to gain Recognition for continuing to develop Healthy Schools work**

A number of schools have offered to host network meetings and this would also be useful in cutting travel time and would enable me to repeat meetings around different locations.

I would like to hold an initial meeting on Thursday 23rd February 2012 at Lydiard Park Academy (formerly Greendown School) Grange Park Way, Grange Park, Swindon SN5 6HN from 4.00 – 5.30pm to discuss a schedule and set dates and venues for terms 4-6. Please confirm your attendance by emailing me at: amilliken@swindon.gov.uk.

Angela Milliken
Healthy Schools Programme Manager

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Website Development

www.swindonhealthyschools.org

The Annual Audit Tool will be put on to the Healthy Schools website within the next month. This will enable schools to maintain their Healthy School Status and help to identify any actions with regard to health and well-being for your school.

Events

Healthy Schools Plus Celebration Event Tuesday 31st January 2012



Swindon Academy will be hosting our second Celebration Event to mark the achievements of schools involved in the Healthy Schools Plus Project. In addition to celebrating the achievements of schools there will also be an opportunity to find about how schools can maintain and further develop Healthy School Status.

We will also be welcoming the Food for Life Partnership to the event and schools that have achieved a Food for Life Award will be sharing their journey and the benefits of being involved in this project.

Healthwise

We do hope you are able to join us in what promises to be a very enjoyable and informative evening.

The Event starts at 4.00pm and scheduled to end at 5.30pm and will be taking place at Swindon Academy, Beech Ave, Pinehurst, Swindon SN2 1JR. If you would like to attend, please email: amilliken@swindon.gov.uk/sgill@swindon.gov.uk.

News Items



Healthy Weight/Physical Activity:

Sustrans - The Big Pedal 2012



It's back, it's better, and with your help, even **bigger** than last year!

In March 2011, over 800 schools helped Sustrans to pedal to more than 600,000 journeys to school by bike in just 15 days.

In 2012 Sustrans would like a thousand schools. Will you be the one? Can you help them to top one million bike trips to schools? Register your school now at www.thebigpedal.org.uk

Let's Get Cooking – 4 Year Evaluation

The Let's Get Cooking four-year evaluation is now complete. The results really demonstrate what a difference the Let's Get Cooking clubs make to people's lives. A quick glance of the results show:

- Nine out of 10 club members reported practising their new cooking skills at home

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- On average, each club member passes their food preparation and cooking skills on to at least one other person

- Club members are more likely to eat more healthily after taking part in a Let's Get Cooking club, (and this trend continues at least three months after taking part in club activities)

- Three months after taking part in Let's Get Cooking club activities, children remember their cooking skills, and health and hygiene messages relating to cooking.

Let's Get Cooking has enabled more than 1.5 million people across England to benefit from the programme so far.

Our researchers will be presenting the findings at a public health conference in February 2012. A full copy of the evaluation report will be available to download from the website

www.letsgetcooking.org.uk in early 2012.

Food for Life Partnership wins Prestigious BBC Award



The Food for Life Partnership has been awarded the prestigious BBC Radio 4 Derek Cooper Award. The award is named after The Food Programme's first presenter and is awarded

to the individual or organisation doing most to bring about real change in our relationship with food. From grassroots community projects to academic research and campaigns, this award aims to recognise the unsung heroes whose work has increased access to, and knowledge and appreciation of, good food.

Award ceremony host Sheila Dillon, presenter of The Food Programme, has described the Food for Life Partnership as "the most important food project in Europe". She commented: "For years, for decades, we've been looking for this golden way of changing attitudes to food. The Food for Life Partnership has changed things. You've seen the evidence, it's remarkable. It seems to me that if we lost what the Food for Life Partnership has achieved it would not only be a disaster for the schools and the children, it would be a disaster for the entire British society".

Read more:

<http://www.foodforlife.org.uk/Whatshappening/Newsandupdates/Newsitem/tabid/117/ArticleId/707/F>

Healthwise

[ood-for-Life-Partnership-wins-prestigious-BBC-Award.aspx](#)

School Food Trust Resources



Free School Meals Matter Toolkit: The new Free School Meals Matter Toolkit contains everything schools need to know about free school meals. The toolkit includes information on the pupil premium, tackling stigma, eligibility criteria and much more. There is also a host of practical tips and resources, which includes posters, parent letters and leaflets. These all help schools ensure that all children that qualify for free school meals are registered to claim one and that all registered children go on to actually claim and eat their free meal.

Visit: www.schoolfoodtrust.org.uk

Food Allergy & Food Intolerance Week **- 23.01.12-29.01.12**

Raising awareness of food allergy and food intolerance across the UK. Visit the website for more details.

<http://www.allergyuk.org/>

Small Step Improvements

The Small Step Improvements programme is a series of three workshops which assess a schools' existing food provision and the whole school approach to school food. Industry experts help to develop small changes can help schools to increase their turnover, cut waste and queuing, making the dining room a more pleasant place to eat and improve pupils' concentration and behaviour in the afternoons.

Visit: <http://www.schoolfoodtrust.org.uk/ssi>

Pride of Swindon Awards – 2012



Please find attached an [application form](#) and related [information](#) for the Pride of Swindon Awards 2012. The Leisure Services Team are particularly keen to receive nominations for individuals or teams in relation to sport to tie in with the 2012 Olympic theme.

Further details can be obtained from:

Gladys Barr (gbarr@swindon.gov.uk)
Sport and Physical Activity Manager
Leisure Services, Swindon Borough Council
Delta Tennis Centre, Delta Business Park
Welton Road, Westlea, Swindon, SN5 7XF
New number: 01793 465400
Mob: 07768 687986
Web: www.swindon.gov.uk or
www.challengeswindon.org.uk

Emotional Health & Well Being

Feel Good Friday
- 03.02.12



A day when Samaritans tries to raise as much money as possible to enable us to continue to help people in need of emotional support, no matter what the size of their problems. A campaign that aims to raise awareness of the effects of stress in the workplace and encourages people to take better care of their emotional well-being.

<http://www.stressdownday.org/>

Healthwise

Anti-Bullying At Churchfields Academy



Churchfields Academy held an Anti-Bullying Event at their School in December for all their Year 7 students.

Tutor groups presented power point, drama, singing and dance to portray the learning that has taken place at Churchfields to support anti-bullying work.

We really enjoyed watching the performances and wish them well with developing their Anti-Bullying Accreditation.

Well done to all the Year 7 tutors and Nick Croxford for organizing the event.

Recycle Centre

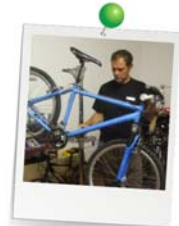


recycles

A Salvation Army Social Enterprise

who are we?

recycles is about changing lives. We are a social enterprise run by people who have experienced homelessness supported by The Salvation Army.



what do we do?

- Cycle sales
- Parts new and used
- Workshop facilities
- Training
- Servicing
- Puncture repair
- Accessories

where are we?

Find us on Princes Street
next to the Travelodge –
bike parking always
available inside



Opening hours:
Weds-Sat 10am-4pm

01793 401834

No Smoking Day 2012
- 14th March 2012



No Smoking Day 2012 takes place on 14th March this year.

Healthy Schools are running a poster competition which is open to all Swindon's primary schools.

The winning school will receive £50 to be used on resources to support no smoking education. The winning poster and runners up will be displayed in libraries in Swindon. Entries can be individual or group/class, it's up to you.

To register your interest and receive an entry form and pack please contact:

Surbjit Gill, NHS Swindon, North Swindon District Centre, Thamesdown Drive, Swindon SN25 4AN
Email: sgill@swindon.gov.uk/
surbjit.gill@swindon-pct.nhs.uk

DECIPHER-ASSIST



Two schools in Swindon are currently taking part in the Decipher Assist Programme.

It is estimated that as many as 31,000 young people aged 11-15 years smoke in the South West and 45 teenagers start smoking every day.

What is DECIPHER-ASSIST?

DECIPHER-ASSIST is a smoking prevention intervention which aims to reduce adolescent smoking prevalence. DECIPHER-ASSIST encourages new norms of smoking behaviour by training influential Year 8 students to work as 'peer educators'.

Peer educators are trained and supported to have informal conversations with other Year 8 students about the risks of smoking and the benefits of being smoke-free. Information is more effectively taken on board if the person giving the message is the same age as them and not a teacher or a parent.

Internationally and in the UK no other schools-based smoking prevention programme has been found to be as effective in such a rigorously conducted large scale randomised trial.

Why it is needed?

It is estimated that as many as 31,000 young people aged 11-15 years smoke in the South West and 45 teenagers start smoking every day and it is crucial that we work to tackle this.

Andrea Dickens, Head of Policy and Development, Smokefree South West said:

'This is an excellent intervention to prevent uptake of smoking, which has been shown to be effective. It works with year 8 pupils (12-13 year olds), which is the time at which smoking uptake in young people begins to accelerate.

'It is fantastic that Smokefree South West has been able to support localities in taking this programme forward by purchasing DECIPHER-ASSIST licences on their behalf from DECIPHER-Impact. The South West will see the first large scale roll out of the programme across the UK with 11 localities participating.

How it works?

The first stage in the programme allows for influential students in Year 8 to be identified by their peers. These students are then recruited to become peer educators who are then trained to pass on information relating to the benefits of remaining smoke free by engaging in informal conversations with other students in their year group. The programme takes between 10 and 14 weeks and can add to work already being undertaken by the school.

In order for the programme to be effective, 15% of the children within the year group are trained.

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Recruiting 18% allows for children who cannot take part on the day due to holidays and illness etc. The training provides the pupils with knowledge and information around the topic of smoking and tobacco use but also provides life skills, improving confidence and communication skills which will benefit the pupils throughout life. The programme works by following the same steps, which were implemented in the original trial of this successful intervention in order to replicate the results. Large scale evaluation was carried out as part of the trial which determined which elements need to be included in the programme in order to achieve a similar effect. If this evidence based programme is replicated in its entirety, then the translation of the successful results should be seen in many localities.

Sex & Relationships Education

STIQ Day – 14th January 2012



STIQ Day has been launched to get people thinking about their sexual health and encourage more people to get regular sexual health checks. No one

likes to think they've caught a sexually transmitted infection (STI) but without a test you just can't be sure. This year STIQ Day takes place on 14th January, a date chosen because many common STIs such as Chlamydia can take two weeks to be detectable. If your festive season included unprotected sex then you should be thinking about getting tested now. Also with just one month to go before Valentine's Day anyone hoping to enjoy the celebrations to the full should do so knowing that they are infection free and will not be putting someone else's sexual health in danger.

<http://www.stiq.co.uk>

Healthwise

Cervical Cancer Prevention Week - 22.01.12-28.01.12



Public knowledge and understanding of cervical cancer prevention, the causes of cervical abnormalities and cervical cancer and treatments is generally low. The week aims to help raise awareness of cervical cancer and how it can be prevented through a range of initiatives and awareness events throughout the UK.

<http://www.jostrust.org.uk>

National Bug Busting Day

- 31.01.12



Bug Busting

Many schools across the country take part in these events, and by synchronizing Bug Busting across the country you can help prevent head lice from circulating. Visit the website for more details.

<http://www.chc.org/>

Section for School Administrators

Please keep us updated with any changes in your school.

Next Issue

- No Smoking Day, 2012
- Healthy Schools Network Training
- Annual Review

Healthy Schools

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