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Swindon Healthy Schools Newsletter



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

www.swindonhealthyschools.org

November 2011



Welcome to Term 2 and the second Healthy Schools newsletter giving you details on health and well-being information and resources for children and young people.

We are currently making final preparations for **"The Anti-Bullying Celebration Event"** that will be taking place at The Ridgeway School on Friday 18th November 2011. Many schools in Swindon have continued to work towards embedding anti-bullying work in their settings and Anti-Bullying Accreditation will be awarded to a number of schools at the event. If you would like support with this area in your school there are resources on the website, I am also available to help and advise you.

Many of you will have been working on the Healthy Schools Plus Pilot Project and at the end of January 2012 there will Celebration Event to mark this work. The Celebration Event will take place at Swindon Academy. This event will also be used to showcase the work of the Food for Life Partnership and Swindon Schools who have already achieved the Food for Life Award will talk about their experiences and the benefits they have enjoyed by working on this area.

Across Swindon there are many schools that have made great strides forward in providing healthy nutritious food, cooking clubs and growing fruit and vegetables. These are the key components required for the Food for Life Award, so many of you are well placed to work towards achieving this award.

There is a link on the front page of the Swindon Healthy Schools website where you can find out more and also some independent research carried out by the University of the West of England showing a positive link between schools engaged in the Food for Life Partnership and attainment and OFSTED rating. If you would like to come along and find out more, please complete the attached form and we will forward you an invitation.

Continuing on the "Food in Schools" theme, you will be aware that it is beneficial for both children and schools to take up entitlement to free school meals. Last year we sent a range of promotional posters and an explanation of how to complete the form requesting free school meals. It appears that there has been an increase in free school meals and we would like to encourage schools to once again promote school meal uptake and in particular free school meals. To access the resources to support you with this follow the link <http://www.swindonhealthyschools.org/resources/free-change4life-resources/>.

If you have any questions about any of the areas above or would like support on any aspect of health and well-being, please do not hesitate to get in touch.

Wishing you a very successful Term 2.

Angela Milliken
Healthy Schools Programme Manager

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Website Development

www.swindonhealthyschools.org

We have been updating our website regularly with news items and also the 'Schools Section'. Please let us know if you would like to make additions/amendments or any other information.

Healthy Schools Plus Celebration Event In Partnership with Food for Life Partnership 31st January 2012, 4.00pm – 6.00pm Swindon Academy

Schools will shortly be receiving an invitation to the Healthy Schools Plus Celebration Event on 31st January 2012 at Swindon Academy. The Event will award recognition to schools that have met two or more of their Healthy Schools Plus priorities.

Events

Anti-bullying Week: 14-18 November 2011 "Stop and Think – Words Can Hurt"



The Anti-Bullying Celebration Event will be taking place on Friday 18th November 2011 at The Ridgeway School from 10.00am – 12.00pm. Eleven Swindon Schools will be performing at the Event. The Worshipful the Mayor of Swindon will be in attendance and will be presenting schools with their Anti-Bullying awards and handing prizes

Healthwise

for the Anti-Bullying Competition winners. If you are planning to attend, please let us know as soon as possible. Email: sgill@swindon.gov.uk.

News Items

Healthy Weight:

Swindon School Sport Partnership Community Interest Company



The Swindon School Sport Partnership is still working in Swindon with all the schools to support opportunities for young people to take part in PE and school sport. We have become a Community Interest Company (CIC) as of 1st September 2011 following the Government cuts which saw 90% of our funding removed. The company is a non-profit making company and our social purpose is to enhance the opportunities for all young people to take part in high quality PE and school sport. We will drive and co-ordinate the School Games events in Swindon and continue to co-ordinate primary competitions, run the Leadership Academy and the Gifted and Talented Academy, co-ordinate the Young Ambassador Programme, provide CPD opportunities and support schools in developing high quality PE and school sport. All schools can access a 'core' package of opportunities but schools can also 'buy in' additional services. For further details please contact us.

Each secondary school have released a teacher for one day a week which will continue to support all schools in each cluster in intra and inter school competitions.

The move and changes have been relatively smooth and we have maintained our high standard of support for schools. To stay up to date with any new initiatives please refer to our website.

From 1st September 2011 we have been based at Greendown School (Lydiard Park Academy) and our contact details are below:

Swindon School Sport Partnership CIC
c/o Greendown School,
Grange Park Way, Grange Park
Swindon SN5 6HN

Tel: 01793 758832
Website: www.swindonssp.co.uk
Email: admin@swindonssp.co.uk

School Lunch Take up 2010-2011 - Keeping Children Healthy



On the 7th July 2011, the results of the 2010-2011 national school lunch take up survey were published. At a national level, school lunch take up in England continues to increase. On average, 44.1% of primary

school pupils and 37.6% of secondary school pupils had a school lunch each day between April 2010 and March 2011, increases of 2.7 and 1.8 percentage points respectively compared with 2009-2010. Since 2008-2009, we have now seen a total rise in take up of 4.8% in the primary sector, and 2.6% in the secondary sector.

This means that since 2008, over a quarter of a million more children are eating a school lunch. This increase in school lunch take up is most likely due to the dedication of all those involved in the school workforce who have worked hard to bring about real improvements in the quality of school food provision.

These figures show that the provision of healthy food in schools can be popular with pupils. At the same time, it is important to recognize that many schools and caterers still have an uphill struggle to engage with pupils and parents to increase the take up of healthy meals at lunchtime. On average, take up of school lunches is still below 50%. This means that over half of pupils in schools in England are either taking packed lunches to school (which are known to be less healthy) or eating off school premises (which is likely to be less healthy still). While the increases in take up reported here are encouraging, much more needs to be done to ensure that the percentage of pupils taking school lunches continues to increase in the years to come.

The School Food Trust can now provide consultancy services to help improve school meal take up in your local authority. They use our years of experience, working with thousands of schools across the country, to deliver low-cost, practical solutions to increase the numbers of pupils eating school food. Their expertise ranges from improving kitchen and dining spaces to increasing free school meal take up and marketing campaigns for the modest budget.

The School Food Trust are starting to set up a number of regional children and young people's food support networks with a regional lead, and the South West is one of the pathfinder regions. The contact for the SW is Maggie Sims, and she can be contacted by email:

maggie.sims@sft.gsi.gov.uk Maggie would be pleased to receive any thoughts or suggestions you have regarding the support, information or advice you might need

Emotional Health & Well Being

MEND

MEND (Mind, Exercise, Nutrition, Do It!) is a FREE fun 10-week healthy lifestyle programme for 5-13-year-olds who are above a healthy weight, and their parents or carers. Participants learn about healthy eating, nutrition and active play. There are two MEND Programmes currently running in Swindon, **MEND 5-7** will be starting on Wednesday 25th January and finishing on Wednesday 28th March. **MEND 7-13** will be starting on Tuesday 17th January and finishing on Thursday 29th March.

For further details about MEND in Swindon please contact Emma Creighton on 01793 465 412 or 07818510563 or email: ECreighton@swindon.gov.uk.

Alternatively, you can visit www.mendcentral.org or call MEND Central for free on 0800 230 0263.

Drugs, Alcohol & Tobacco

Cigarette Sales from Vending Machines Banned



From 1st October 2011, the sale of tobacco from vending machines is prohibited across England. The ban has been introduced to prevent under-age sales to children and to support adults who are trying to quit.

Nearly all adult smokers started smoking before they turned 18 and every year more than 300,000 under-16s try smoking for the first time. Of the 11 to 15-year olds who smoke regularly, 11% say they buy their cigarettes from vending machines.

It is estimated that 35 million cigarettes are sold illegally through vending machines to children every year.

View:

<http://www.dh.gov.uk/health/2011/10/vending-ban/>

New Life-Skills Based Education Programme to Lower Young People's Alcohol Misuse



Intuition is a free life-skills based interactive teaching resource for primary and secondary schools developed by alcohol education charity Drinkaware. The Programme aims to build young people's

confidence, personal and social skills and help them explore how they make decisions and what might influence them. Its theme is alcohol, but its focus is wider, addressing a range of relevant personal needs in an age sensitive way. Read more: <http://www.intuitionkit.com/>

Sex & Relationships Education

Sexual Health Training & Publications

The centre for HIV & Sexual Health provide a range of training courses and publications. Courses relevant to staff working with young people include:

Title of Course	Cost	Duration	Dates
An introduction to sexual health	£125	1 day	10 January 2012 10 May 2012
Girls Allowed – working with girls & young women to address their sexual health needs.	£250	2 days	27 – 28 June 2012
Happy being me – transition from primary to secondary school. Child to adolescent	£250	2 days	12-13 December 2011 11-12 June 2012 12-13 June 2012
SRE for young people with Learning disabilities	£125	1 day	22 nd November 2011 16 th May 2012

Title of Course	Cost	Duration	Dates
Stand & deliver – establishing peer sex education programmes	£125	1 day	7 th February 2012
Young people and pornography	£125	1 day	24 th January 2012

For more information on any of the above courses or to book a place contact: Sheffield.chiv@nhs.net www.sexualhealthsheffield.nhs.uk

Section for School Administrators

School Information

Thank you very much to everyone who completed the form requesting updates of any changes to your school details or staff. We had an excellent response and have populated the school section on the website. If you haven't sent yours back yet, please complete and return to us as soon as possible. [Click here:](#) for the form.



If there have been any further changes, for example if you are now an academy and have changed your name could you please let us know.

Additionally, if your school has received any awards, let us know and we will add them to the "awards" section.

Next Issue

Our next edition of the Healthy Schools newsletter will be sent out at the beginning of Term 3. This issue will include:

- Final details on the Healthy Schools Plus Celebration Event.

If you would like to include anything in our newsletter, please send your article to: sgill@swindon.gov.uk by Friday **16th December 2011** at the latest please.

Healthy Schools

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