
Swindon Healthy Schools and Colleges Newsletter



'Children and Young People Deserve the Best Start in Life'

Health at the Heart of Education

February 2009

Please Display on Staff Notice Board



Welcome!

I am very pleased to report that over 90% of schools in Swindon have now achieved National Healthy School Status. Schools throughout the South West region have embraced the programme and Swindon has done particularly well within this very successful region. The Healthy Schools National Team are currently working on the next stage of the programme and as you will already know the South West Region is piloting Healthy Schools Plus which will help to inform the national team on how the programme will move forward. The expectation is that 50% of schools in Swindon will achieve Healthy Schools Plus over the next three years. There has been a high level of interest in participating in this work and the first cohort of pilot schools are about to start work. I will soon be contacting the next group of schools to invite them to take part in the pilot.

Over the course of the next month or so we will be launching the Swindon Healthy Schools website as many of you have suggested that it would be very useful to have access to on-line resources, discussion forums and on-going updates available. The design has been completed and we are now finalizing content before going "live".

A further area we have been working on is developing a system for more effectively recording the training that schools complete in areas that support National Healthy School Status. We have put together a training log for each school that will be with you this term. This log can be used to record any training activities you undertake to support and develop the Healthy Schools core themes. This should also help you to identify with your Healthy Schools Supporter any development areas or gaps that can go into your action plan.

The term 4 newsletter will be a little later than usual as Surbjit Gill, our Business Support Officer who produces the newsletter will be on annual leave until the 2nd week of term 4. We are hoping that the next

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newsletter will coincide with the launch of our website.

If you have any further suggestions of anything you would like the website to include, please let us know. Wishing you a happy and healthy term 3.

Angela Milliken
Healthy Schools Programme Manager

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Healthy Schools

National Healthy School Status



We would like to congratulate the following schools who have recently achieved National Healthy School Status:

- Gorse Hill Junior School

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- Rodbourne Cheney Primary School
- Lainesmead Primary School
- Nythe Primary School
- Covingham Park Primary School

These schools will be presented with their NHSS plaques at a Celebration Event soon.

Life Education Centre Update



I am now working my way around some of the West Swindon Schools this term. Harold is fit and well and looking forward to the classroom being a bit warmer, he didn't like the snow!

During the parent sessions I have been distributing Drink Unit Calculators which have gone down quite well and I will be leaving them in the staff rooms too!

Donna McDonald
Life Education Centre Educator

PSHE

Teaching Resources



The Clear Confidence Education Programme has been used successfully by over 4,000 teachers and school nurses in UK secondary schools.

Using a range of media including film, IWB compatible lesson plans, activity and task suggestions together with age differentiated student handouts the resource covers:

- Emotional and physical changes at puberty.

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- Learning for work and life.
- Healthy lifestyles – focusing on themes of:
 - Self-esteem and confidence
 - Self awareness
 - Interpersonal relationships

Updated and refreshed in 2008 to support the delivery of the Personal Well-being programme of study within the PSHEE curriculum for England, Clear Confidence teaching support materials also include comprehensive curriculum references for the four nations of the United Kingdom.

Visit: www.clearasil.co.uk/schools to download IWB compatible materials to deliver your lessons.

Economic Well-Being

Girlguiding UK have produced a leaflet to help guides learn how to be prepared financially and overcome potential financial 'hazards'. Guiding's Guide to Managing Money in the Credit Crunch, along with a guide to Street Safety, launches a new series of guides to important life skills from Girlguiding, and the next will focus on bullying. For further information, please visit: <http://www.girlguiding.org.uk/>

Human Rights are Children's Rights

The Human Rights Act 1998 came into force in 2000 and made most of the rights contained in the European Convention of Human Rights part of UK law. The Human Rights Act places the government and public services – including hospitals, schools and social services – under a duty to treat everyone with dignity, equality, fairness, and respect. It is also a practical tool for individuals – regardless of their age – to take action if they feel they are facing discrimination, disadvantage or exclusion.

This new publication gives children and young people, through adults who work with them,

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the opportunity to become more familiar with the Human Rights Act and other human rights legislation. Its practical approach and case examples will encourage anyone who works with children and young people to sit down together with the guide to look at how the Human Rights Act can help and support them.

To order the new publication or for further information, please visit: www.ncb.org.uk

Heartstart UK Swindon Schools



Heartstart UK Schools is an initiative co-ordinated by the British Heart Foundation (BHF) to teach people what to do in a life threatening emergency; simple skills that save lives

New facts from the BHF

Every six minutes someone dies from a heart attack
Every 11 minutes a man dies from a heart attack
Every 13 minutes a woman dies from a heart attack

94 Fathers die from a heart attack every day
85 Mothers die from a heart attack every day
179 parents die from a heart attack every day
(BHF statistics 2008).

What you do in the first minutes of an emergency can make all the difference increasing a person's chance for survival. Children are often present at an emergency and a properly trained child can save lives as effectively as an adult.

The Swindon Heartstart UK Schools Programme, co-ordinated by Julie Habgood from the Great Western Resuscitation Team, is completely free and a fantastic opportunity to provide teachers with all the learning materials and skills to teach simple Emergency Life Support skills within schools. Our latest training day for teachers was on the 28th November 2008 and more will be running this year.

Welcome to the new schools on our programme this year and those in the process of affiliation.

Existing Affiliated Schools

- Lethbridge Primary School
- Eldene Primary School
- Southfield Junior School
- Catherine Wayte Primary School
- Ferndale Primary School
- Gorse Hill Infant School
- Gorse Hill Junior School
- Brook Field Primary School
- Colebrook Infant School
- Tregoze Primary School
- Even Swindon Junior School
- St Catherine's Primary School
- Penhill Primary School
- Robert Le Kyng Primary School
- St Luke's School
- Powell School – Cirencester
- Pinehurst Junior School
- Lydiard Millicent Primary School
- Wanborough Primary School
- Toothill Primary School
- Bridlewood Primary School
- Marlborough House Adolescent Unit

New Schools Presently Affiliating

- Nythe Primary School
- South Marston Primary School
- Kingsdown Secondary School

Our Poster Competition with Prizes Donated by Swindon Town Football Club - STFC are passionate about supporting the scheme and have provided the prizes for a poster competition that we offered to children in our affiliated schools including a day at STFC.

Well done to all entries from St Luke's Secondary School and Penhill Primary School.



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Judged by Jon Taylor & Julie Habgood from GWH; Helen Murdoch from BHF; Dick Mackay and Dave Byrne from STFC

Winners are:

Swindon Heartstart UK Schools

Advertising Poster

- Jack Parfitt age 7

What to do in an Emergency

- Callie Bewley age 8

Caring for an Unconscious victim

- Aimee May Higgins age 8

Caring for Someone Having a Heart Attack

- Brandon James Isle age 8

Cardiac Arrest

- Jake Lewis Age 12.

We were really impressed with the efforts made by the children and the standards of all the posters.

I look forward to continuing to grow our scheme this year and am always here to support those running the programme already so please do not hesitate to contact me and Help to Save Lives!.

Julie Habgood

Swindon Heartstart Schools ELS co-ordinator

Tel: 07814 021061

Email: julie.habgood@tiscali.co.uk

PSHE - Ideas for Improving It!

As many of you will know the Government has committed to making Personal, Social, Health and Economic education (PSHE) a compulsory part of the curriculum in every school in England. PSHE has already made a big contribution to children and young people, but not everyone has had good experiences and it can be improved.

To help with this the NCB has put together two surveys, one for children and young people and one for parents/guardians, to

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gather your thoughts and ideas on what compulsory PSHE might look like. All your responses will be anonymous and once the survey has ended they will send what you all said directly to the review team who have been given the task of writing up a report on what should happen next. Your views will help shape the final report.

Here are the links to the forms:

Young person form:

http://spreadsheets.google.com/viewform?key=pUAI_xBMGVUdBYPCds4eURg

Parent/Guardian form:

http://spreadsheets.google.com/viewform?key=pUAI_xBMGVUfuwHwUII8IEw

The deadline is Friday the 13th March 2009.

Drug, Alcohol & Tobacco

Up in Smoke



With the backing of Swindon Tobacco Control Partnership the students at New College will be supporting No Smoking Day this year on Wednesday 11th March. Each year schools and colleges find new and inspiring ways to help support smokers who want to give up smoking.

Students will be encouraging smokers who want to quit to take the first steps to a healthier body and highlighting some of the financial benefits of stopping. By using the Swindon NHS Stop Smoking Service quitters are 4 times more likely to succeed.

Last year No Smoking Day triggered 1 in 5 smokers to quit. With food bills, petrol

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prices and the cost of living currently rising what better way to save some money rather than seeing it go up smoking. In one month a 20 a day smoker can save over £170.

During the day there will be a fun interactive presentation from Quit Because informing students of some of the perils of smoking. Students who are undertaking physically active, health and beauty and childcare courses will be particularly interested with information on how smoking can affect your physical performance, age your skin and how damaging second-hand smoke can also be to those exposed to it, particularly the young.

No Smoking Day campaign packs will be sent to each school PSHE Co-ordinator in Swindon. Please encourage school nurses and teachers to support the day by using the materials in your school to encourage good health and to discourage the young from starting to smoke.

Lesson plans for Key Stage 3 and 4 and power point presentations to help teachers deliver a lesson on smoking issues can be downloaded from the website www.nosmokingday.org.uk

For details of the Swindon NHS Stop Smoking Service please phone 0800 389 2229. For information on No Smoking Day events please contact Katie White, Health Promotion Officer on kwhite@swindon.gov.uk or by phoning 01793 466040.

Getting to Grips with Substance Misuse Among Young People

The National Treatment Agency for Substance Misuse (NTA) report includes, for the first time, statistics on the number of young people in treatment programmes.

Data shows that drug and alcohol misuse by young people is falling. This is encouraging news but there are still far too many young people who get into trouble with drugs, drinking and other risky behaviour. It is vital

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that early intervention services help young people to prevent their problems escalating.

View report:

http://www.nta.nhs.uk/areas/young_people/Docs/NTA_young_peoples_report_2009.pdf

Stubbing Out Recruitment of Young Smokers



The Department of Health have announced the removal of cigarette displays in shops and prevent underage access to vending machines, putting children and young people at the forefront of the next tobacco control strategy.

This will mean removing cigarette displays in shops and preventing underage access to vending machine, putting children and young people at the forefront of the next tobacco control strategy. Over 96,000 responses were received to the Department of Health's consultation on the future of tobacco control – the largest ever response to a consultation of this kind. Responses overwhelmingly supported removing tobacco displays in shops, and tough action to restrict access to vending machines. Since the ban on tobacco advertising, retail displays in shops are the main way in which tobacco products are marketed to children. These measures will be taken forward in primary legislation through the Health Bill in the next parliamentary session.

For further information, please visit:

http://www.doh.gov.uk/en/News/Recentstories/DH_091689

Sex & Relationships Education

Let's Get Tested

The Terence Higgins Trust has launched a YouTube competition asking young people to

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make a short film about getting tested for sexually transmitted infections. The winner will get £2000 and will work with a leading British director or producer to professional produce their film.

For further information, please visit:

<http://www.tht.org.uk/howwecanhelpyou/youngpeople/letsgettested/>

Brook Tackles end-of-year Teen Pregnancy Rise



Sexual health charity Brook aims to help combat the annual December and January peak in under-18 conception rates with a poster campaign.

Five years of data from 2000 to 2005 show that there is a peak every year in the under 18 conception rates during December and January. On average, rates for those months are some 25% higher than the rates of other months with about 21,000 conceptions among under-18s in these months between 200/05.

The poster campaign "have fun, be careful" highlights this increased risk, reminding young people to use condoms and advising them to contact the Ask Brook confidential helpline (0808 802 1234) or visit www.brook.org.uk to find details of their nearest sexual health clinic. The posters have been sent to schools, colleges and sexual health clinics.

For further information, please visit:

http://www.brook.org.uk/content/M7_POSTERCAMPAIGNDECEMBER_2008.asp.

Contraceptive Pill to be Available without Prescription

Two London Primary Care Trusts are to launch trials this year to test the provision of oral contraception by pharmacists. If the pilots are successful, the pill could become available over the counter like the morning after pill. Officials say this might help reduce the UK's teen pregnancies.

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Currently, the pill is only available via a prescription from a GP or family planning doctor. Pharmacists will offer the pill under an arrangement called a patient group direction – a kind of mass prescription where a doctor authorises other health professionals to supply a product to a certain group of patients.

For further information, please visit:
<http://www.pulsetoday.co.uk/story.asp?sectioncode=23&storycode=4121402&c=2>

Sexual Bullying

The BBC Panorama programme recently looked at sexual bullying in schools, reporting that between 2006 and 2007, 3,500 pupils were excluded from school for sexual misconduct – which included name-calling, explicit graffiti, inappropriate touching and serious sexual attacks. A study by Young Voice, commissioned for the programme, found that one in ten children aged 11 to 19 have been bullied into taking part in sexual acts.

For further information, please visit:
http://news.bbc.co.uk/panorama/hi/front_page/newsid_7811000/7811468.stm

Me-and-Us: 2009 Brochure Now Available

New Resources from Me-and-Us:

- PSHE Strategies and Skills: Risk-Taking.
- PSHE Strategies and Skills: Decision-Making and Communication.
- SHARE Special: an SRE curriculum for young people with special needs.

Coming this Year:

- PSHE Strategies and Skills: Beliefs, Values and Attitudes.
- Songs for Your Body – songs designed to help a person with a learning disability learn about personal, social sexual and health education.

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- 'Sexual Knowledge and Behaviour' – an assessment tool for use with young people with learning disabilities.

To see the brochure or order copies to be sent to you, please visit:

<http://www.me-and-us.co.uk/index.html>

Safety

Safety Day at Brook Field Primary School

Congratulations to Brook Field Primary School who organized a very successful safety day on 10th February 2009.

The varied and interesting day was supported by a number of agencies including the Police and Fire service, all giving the children valuable safety advice in a range of important topics.

If you would like to do something similar in your school the agencies who worked with Brook Field would be very happy to be involved and are part of the Healthy Schools Alliance Group.

For more details contact the Healthy Schools Team on Tel: 01793 464675.

Environment

The Grain Chain

www.grainchain.com



The Grain Chain website explores the farming of wheat, and the conditions needed for wheat seeds to grow.

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Three new videos and activities exploring how bread is made on an industrial scale are the latest resources on the Grain Chain website. Filmed in a bakery in North London, the videos illustrate how thousands of loaves are baked every day, giving students an idea of the scale and mechanism involved in this process. For older students, issues around technology, health and safety are also raised. The videos and activities are designed for use by Key Stage 1-3 students.

The activities are designed to test students' comprehension of the videos and have been developed to work either on an interactive whiteboard or an individual PC.

For Key Stage 4 students, the first in a series of topical podcasts will appear on the website. This exciting new feature will look at some key questions around food and farming. The first podcast examines recent food price changes, starting with the cost of a family broadcast and leading on to interviews with a farmer, miller and representatives from the British Retail Consortium, HGCA and NABIM.

Looking for Inspiration, Then Think Food and Farming!

For schools that want to find out about national and regional growing and cooking activities and information about farm visits, go to: www.thinkfoodandfarming.org.uk. Here you will also find case studies to inspire you to develop food and farming activities with a differences and exciting competitions for your school to enter.

Discover the Story Behind Your Food



On Sunday 7 June 2009, farmers across the country are inviting children and their families to discover at first hand, the story

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behind their food! Organised by LEAF (Linking Environment and Farming), Open Farm Sunday provides a great day out for everyone – to meet the people who grow their food and care for their countryside.

All over the country, visitors of all ages will be given the opportunity to find out more about farming in the 21st Century. Activities for children could range from tractor and trailer rides, sheep shearing and milking demonstrations to picnics, farm quizzes, nature trails and farm walks. Everyone, young and old, will learn more about how farmers care about the environment and the production of wholesome, affordable food.

LEAF Demonstration farms across the country are also available for schools to visit throughout the year, and LEAF can provide educational resources to support classroom activity including the Virtual Farm Walk. For further information, please visit www.farmsunday.org.

Who are Rocket Gardens?

Our main business is selling young organic vegetable, herb and fruit plant collections to people who want to try growing some of their own food.

We work with a number of really great organisations. We have supplied gardens to the Eden Project, The BBC Blue Peter Garden, The Alan Titchmarsh show, Greenpeace for their sustainable garden at Glastonbury and Innocent's Fruit Towers indoor garden. We supply plants to Dorset Cereals for their Edible Gardens project and their winning gardens at Chelsea and Hampton Court Palace. We have also been involved in special projects for Christian Aid and the BBC "Wild About Your Garden" show and we recently released a range of gardens nationwide with Jamie Oliver and his team.

To find out more, please contact:

Mark Jenner-Parson on 07971 534443. Or email: mark@rocketgardens.co.uk.
www.rocketgardens.co.uk

Emotional Health & Well-Being



Conference

(Social and Emotional Aspects of Learning)

For all those involved in promoting the emotional health and wellbeing of our children and young people.

Thursday 30th April 2009 - 8.30am-3.30pm

National Keynote Speaker - Jean Gross

The SEAL Consultancy

Practical Workshops

**Venue: De Vere Hotel, Shaw Ridge,
Whitehill Way, Swindon, SN5 7DW**

**Closing date for bookings: Friday 13th
March 2009**

To apply please complete and return the reply slip (below) to: Primary Behaviour Support Team, Oaktree Primary School, Priory Road, Park South, Swindon, SN3 2HA. Tel: 01793 612874, Fax No. 01793 430609. Email CHolmes2@swindon.gov.uk

Teenage Pupils Get Class Therapy



researchers hope the intervention will

A £1m government-funded trial taking place in Bath, Bristol, Nottingham and Swindon will provide group therapy sessions in class for around 7,000 adolescents. The

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particularly benefit the 20% of teenagers at high risk of depression.

The programme is based largely on cognitive behaviour therapy (CBT) which aims to help people to pinpoint and then change thoughts and actions that cause emotional problems. Pupils taking part in the study will be asked to fill in a short questionnaire to assess their mood and pick out any signs of depression before the sessions and again at six months and one year. The trial, based on an Australian scheme called the Resourceful Adolescent Programme, which was designed to boost “mental resilience”, will include nine sessions given as part of the pupils’ Personal Health and Social Education.

For further information, please visit:
<http://www.hta.ac.uk/1667>

Healthy Eating

Healthy Weight for Children Hub Newsletter

The Healthy Weight for Children Hub has published its latest monthly newsletter. In this issue, they discuss the many initiatives due to take place this year across the region and nationally in a bid to tackle the rising levels of obese and overweight children.

For further information, please visit:
<http://www.healthyweight4children.org.uk/resource/view.aspx?RID=59313>

New Free Education Resources from the Food Commission: Tell us what you think!

New to the Action on Additives website: Schools packs for primary and secondary schools

The Action on Additives Team has developed schools packs for both primary and secondary school teachers. Both packs are designed to encourage debate and to get pupils think

more widely about food and health issues, using the topic of food additives. The primary school resources include an exercise that requires interaction with the Action on Additives website. The secondary pack includes an independent research exercise in which students are required to explore the issue of food additives and hyperactivity from the perspective of different stakeholders, making it particularly useful for lessons on Citizenship or Food Technology.

If you would like to download the packs, please visit the schools section on the Action on Additives website:
<http://www.actiononadditives.com/Schools/>

Also available is the Food Commission's Chew on This website, designed for independent use by secondary school students aged 11-14 (Key Stage 3). The website will also be of interest to anyone who wants to know more about how our food is produced and its effects on our health and the environment. <http://www.chewonthis.org.uk>

For other links useful to schools or parents, see the links page on the Food Commission's website:
<http://www.foodmagazine.org.uk/links/academic/>

We need your feedback to help us to keep giving schools and young people an independent point of view

With more and more education materials being developed in conjunction with the food industry and the Government's current *Change4Life* campaign backed by major companies like Nestle and Mars, here at the Food Commission we feel that it is more important than ever to provide information that is entirely independent of industry sponsorship or advertising. We are seeking funds to update our Chew on This website and to expand the work we already do with schools. You can help by giving us some feedback. Please tell us whether you like our work, if/why our advert free independence matters, whether/how we are useful for young people.

Please write to Anna Glayzer by the end of next week if possible:
anna@foodmagazine.co.uk

Action on Additives campaign update

In September 2007 the Southampton Study showed that six food colours, along with the preservative sodium benzoate, could increase hyperactivity in children. Since the Action on Additives (AonA) campaign started in November 2007, two major policy developments have been celebrated. The Food Standards Agency's (FSA) 'voluntary ban' on the six colours, E102, E104, E110, E124, E122 and E129 was announced in April 2008. The intention behind this policy is a voluntary phase out by manufacturers of the use of the six colours by the end of 2009. In July 2008 The European Parliament voted in favour of labelling foods containing the six food colours with the words "may have an adverse effect on activity and attention in children."

Despite the applause that the UK and European actions generated, the complete removal of the six Southampton colours from all food sold in the UK is by no means secure. The Europe wide warning labels will not appear on products until the end of 2010. Besides the familiar problems with parents finding time for endless label checking, there is no specific requirement concerning position or prominence of the EU warning, which means that labels are likely to be small and tucked away in a position where they are less visible.

The UK FSA decision regarding a voluntary ban was not given Ministerial clearance until November 2008, seven months after it was made. Finally, in February 2009, ten months after the 'voluntary ban,' the FSA published a list on its website of brands and companies that have removed the colours from their products. The list is worryingly short. This list can be viewed at <http://www.food.gov.uk/safereating/chemsafe/additivesbranch/colours/colourfree/> Meanwhile Action on Additives continues to look out for products that contain the

Southampton additives, see the Action on Additives website. Unfortunately, our list is much longer. www.actiononadditives.com

Subscribe to The Food Magazine

Another way to support what we do is to subscribe to The Food Magazine. Get product investigations, research, food campaigns and the latest news on diet and health.

Subscriptions cost £25 to UK individuals and schools, £50 to UK organisations and companies and now includes online access to The Food Magazine back issues. The Food Magazine is published four times a year. For details of the magazine, books, posters and special reports, see: www.foodmagazine.co.uk

Healthy Schools and Let's Get Cooking Working Together



About Let's Get Cooking

Let's Get Cooking is a 5-year Lottery funded programme to set up a national network of 5000 school-based cooking clubs for children and their families (3000 new clubs and 2000 associate clubs).

Let's Get Cooking involves setting up cooking clubs to teach basic cooking skills to children, families and the wider community and to run food activities at school and community events. We provide lots of ideas and resources to help do this and offer a flexible approach.

Let's Get Cooking will soon be offering funding to Swindon schools. You will be contacted via the Healthy Schools Team.

There are two ways schools can join Let's Get Cooking. They can join as a **new club** or, if the school already has an existing cooking club, can join as an **associate club**.

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Let's Get Cooking clubs receive:

- **Funding** for cooking equipment and running costs (which can be put towards supply cover, travel costs etc). New clubs receive £2500 over three years. Associate clubs receive £500.
- **Training** for adult helpers and leaders (new clubs only): If schools are successful in joining Let's Get Cooking as a **new club**, two adults are invited to a 2-hour **Introductory Session**. Two adults will next attend a two-day Cookery Demonstrator Training course. Six adults and pupils are invited to a **Start-Up Day** where they cook and are introduced to lots of ideas for cooking and 'foodie' activities.
- **Resources** including safety advice, recipes, ideas for cooking activities, wall charts and much more!
- **Access to the Club Zone of the website.**
- Access to **regional staff** who can provide support and advice.

Let's Get Cooking can:

- Help schools to meet the requirements of **Every Child Matters**
- Contribute to gaining or maintaining **Healthy School Status**.
- Add to **Extended School** services and activities and the Self Evaluation Form (SEF)
- **Complement curriculum activities** such as Science, PSHCE, and Design and Technology and Food Technology programmes of study.

How are clubs recruited?

Over the first three years of the programme, Let's Get Cooking will write to every school in England to invite them to apply to join Let's Get Cooking.

Each Local Authority is allocated a quota of places, based on the total number of schools and the number of schools with a higher number of pupils eligible for free school meals (over 22.8%).

Schools with more than 22.8% of pupils eligible for free school meals are given priority and are invited to apply via the website 2 days earlier than the remaining schools.

New clubs are recruited by LA and in geographical clusters, so that they can build up a local network and attend nearby training events. Every six months around 450 new clubs are signed up (about 50 from each region); they are invited to apply to join Let's Get Cooking via the website at a certain date and time. Details are provided in an invitation letter. The application time is normally ten working days after schools receive the invitation letter.

Schools who have registered their interest will receive an email a couple of weeks before invitation letters arrive, so they can be looking out for invitation letters.

What do schools need to do to apply? Does it involve a lot of work?

Places for new clubs are allocated on the basis of schools who a) have higher eligibility for free school meals and b) the order of applications received. Schools should apply as soon as possible after 15.45 on the date given. Places sometimes go within minutes after this time. On rare occasions there are very few places left on the date for non-priority schools; applicants can be surprised to go on 5 minutes after application time and find that there are no places left. This is extremely unusual but we always have at least two clubs available on the second application date – for a primary and a secondary. As at November 2008 44% of places are filled by priority schools and 56% by non-priority.

We have put a lot of thought into devising a system which balances time involved to complete the application alongside issues such as giving priority to more needy schools.

When schools receive their invitation they need to:

1. Read through the information and discuss with other interested adults, such as colleagues/parents/school cooks etc who might run the club. They need to agree to follow the agreement and guidelines.
2. If the school already has a cooking club, they can apply to join Let's Get Cooking as an associate club. This can be done at any time from Nov 2008 by visiting the website. If schools don't already have a cooking club, they need to wait until online registration and complete the online form. A sheet 'Problems logging on?' is enclosed with the application to provide help when accessing the website.
3. Whoever is applying needs the following information ready:
 - The invitation code provided in the top left hand corner of the letter.
 - The school's URN provided in the top left hand corner of the letter.
 - The school's postcode as it appears on the letter.
 - The school's contact details including telephone number and email address of the headteacher. They will also need the contact details of the person who would run the club (address, phone number and email if known).
4. They need to check that they are able to access the Let's Get Cooking website. (Some IT systems block certain websites)
5. Schools will receive an immediate response, letting them know if any places are available and if they have been accepted onto Let's Get Cooking. If they are already full, schools can join the waiting list.

What happens after a school is accepted for a club?

Schools who are accepted as a new club receive the information and booking forms for the three training events. In order to become a new Let's Get Cooking club schools must be available to attend one each of the three different training events (this is stated in the invitation letter).

If schools wish, they can use Let's Get Cooking funding towards supply cover and travel costs. However, they should bear in mind that they may need to use funds from the school budget (if teachers are involved in running the club), so should ensure that they have the resources to cover this before applying.

If schools are accepted as an associate club, Let's Get Cooking gets in touch to arrange funding payment and delivery of the Start-Up pack of resources. We are also going to pilot some phone-in ½ hour introductory training sessions in Jan/Feb 09.

Haydon Wick Healthy Eating Week Monday 2nd December – Friday 6th December

Michael Pook went back to his old stomping ground, as Swindon Town Football in the Community launched their healthy eating project at Haydon Wick Primary School recently.

The 22 year old midfielder attended Haydon Wick as a youngster and returned to the classroom to judge a poster competition. He ate a nutritious meal designed by the current pupils, which was all part of another successful education week for the community team.

The week started with Dave Morrison, Adam Wainwright and Shane Hewlett giving Year 4 and 5 pupils a talk about the importance of a healthy lifestyle for everyone – especially footballers – and they set about designing a healthy menu for Pook to try later in the

week, which included homemade soup, pasta, vegetables, salad and fruit.

The youngsters then took part in a press conference where Town Legend Jon Trollope, Youth Development Officer Clive Maguire and former chairman Mike Spearman answered questions on the history of the club, having been prepared by the Swindon Advertiser editor Dave King.

A poster competition was next up as the youngest children in the school sketched their favourite player- with Ben Jack, James Ejsmont, Sophie Allen and Ella Corcoran all getting Pook's thumbs up for the most convincing portraits.

Pupils also undertook coaching sessions and Haydon Wick headmaster Simon Cowley said it had been a great scheme, admitting, "We really enjoyed the week of activities provided by Swindon Town Football Club. The school encountered football fever with a visit from a Swindon legend, football coaching sessions for every pupil, a press conference on the history of Swindon Town and a first team player joining children for a healthy lunch."

Physical Activity

Members of Healthy Schools Team Sign Up To Walk 26.2 miles for Moonwalk



Laura Holmes and Gail McVicar from the Healthy Schools Team are joined by Milly Carmichael from Learning and Development to participate in the 12th Playtex Moonwalk to raise money for breast cancer. On 16 May, London will once again play host to this extraordinary moonlit Marathon which starts and finishes in Hyde Park.

14

Since the first MoonWalk in 1998, this unique challenge has brought together over 170,000 women and men who have the united goal of raising money and awareness for vital breast cancer causes. This year, Laura, Milly and Gail will be part of the 15,000 brave walkers that will be striding out together in their decorated bras.

With 1 in 9 women in the UK expected to experience some form of breast cancer, Walk the Walk emphasises the importance of maintaining a healthy lifestyle which includes encouraging exercise and healthy eating. Joining a Walk the Walk challenge is another step to being fit for life.

If you would like to sponsor Gail, Laura or Milly you can call the Healthy Schools Team office at 463988, email us or visit www.justgiving.com and search for our names.



- Mcarmichael@swindon.gov.uk
- lhomes@swindon.gov.uk
- gmcvicar@swindon.gov.uk

Why Play? Being Active is Child's Play

Why Play?

Children and play go together like strawberries and cream. Every child wants to play – give them the right environment and good access, and watch them enjoy being free, being active and having fun.

Make play part of every day:

Play is a great way for children to develop physical and social skills. Running, jumping

Healthwise

and climbing are an essential part of a healthy lifestyle which makes for happy, healthy children growing into happy, healthy adults.

Did You Know?

- Active outdoor play varies from chase, to roller-skating, to climbing trees, to cycling and exploring with friends;
- Active play is a great way for children to burn off steam, helping them to focus at school and sleep better at night;
- Active play is the perfect way for children to get their daily recommended dose of an hour of physical activity;
- Play can also include walking. Why not make up stories about the animals you see in the park or play an I-spy game when walking along.

Free Easter Holiday Multi Sport Sessions at Quarry Road

Weekdays – 1.00-4.00pm for 7-14 year olds.

6th April-17th April 2009 (excluding Good Friday and Easter Monday)

Emphasis will be on having fun rather than learning new skills

The sessions are provided courtesy of funding through the Football Foundation Barclays Spaces for Sport project, a programme that has funded activities for the past 2 years on the Quarry Road site, David Colclough, Streetgames Development Worker, Swindon Borough Council will be delivering the sessions.

For any further information please contact Rob Allan on Tel: 01793 512828 or rallan@swindon.gov.uk or dcolclough@swindon.gov.uk

MEND
(Mind, Exercise, Nutrition, Do It)
For 5 Year Olds

Leisure Services, in partnership with Swindon Primary Care Trust have successfully delivered the MEND programme for 7-13 year olds for the past year. MEND is a free fun programme for kids to help them and their families becomes fitter, healthier and happier.

Over 65 children and their parents have benefited from the programme to date. The programme is now being adapted to include 5-7 year olds and we are looking for a minimum of 8 families to pilot this programme. For further information contact Emma Creighton on ecreighton@swindon.gov.uk or Tel: 07971 712310.

Promoting Physical Activity for Children

The National Institute for Health and Clinical Excellent (NICE) has issued guidance on promoting physical activity, active play and sport for all children and young people up to the age of 18 in family, pre-school, school and community settings.

The guidance is aimed at everyone who has direct or indirect responsibility for promoting physical activity for children and young people, including those working in: The NHS, education, local authorities and the wider public, private, voluntary and community sectors. The guidance may also be of interest to parents and other carers. The recommendations include:

- National policy
- High-level policy and strategy
- Local strategic planning
- Local organisations: planning and training

View:

<http://www.nice.org.uk/Guidance/PHPG/Wave12/16>

BPM BOOTCAMP★
THE ULTIMATE FITNESS WORKOUT FOR KIDS

bpm active launch the latest workout to their GXFitness Programme from Easter 2009

Don't delay; book your school programme today!

The **bpm bootcamp** has been developed for children aged 7-11 years and takes fun fitness classes to a whole new level. This ultimate workout fuses classic drill-style exercises along with a variety of formats such as Power Cardio, Chaos Circuits and Team Relays.

This workout can be conducted indoors or outdoors and utilises the most progressive, innovative and creative exercises in fun fitness for kids.

The bpm bootcamp: -



Develops agility, balance and co-ordination



Promotes teamwork



Helps build self-confidence



Increases aerobic and muscular fitness



Is challenging, fun and energising

bpm bootcamp is one of many fitness concepts that bpm active offers. To find out more, book your classes or to arrange a school fitness programme to suit your needs contact Ian Baker at bpm active now!

www.bpmactive.co.uk

info@bpmactive.co.uk Mob: 0773 242 7882

body improvement through physical movement



Kids Fitness Workouts



order form

4 exciting workouts of high-energy fun, with a variety of intensity levels to suit everyone!

Have Fun, Get Fit and Feel Great!

Suitable for ages around 8 and over.



Name:

Address:

.....

Contact Number:

Email:

Order Ref No.

Price: • Set of 4 DVDs, includes Fitness Cheerleading, SoccerJam, Body Active and STRIKE - £18.00

DVD Price:

Postage and Packing:

Total Price:

For multiple orders please order online at

www.bpmactive.co.uk

Please tear off order form and send to PO Box 3130, Swindon, SN2 9BQ.

School Travel Case Studies Competition



Have you DONE something amazing about active school travel?



Case studies from schools around the UK are one of the most popular items on the Sustrans School Travel website www.saferoutestoschools.org.uk

The Sustrans School Travel team would like a new set of case studies to feature on their website and in their publications.

There will be 7 categories:

- 1 Rural primary school
- 2 Rural secondary school
- 3 Urban primary school
- 4 Urban secondary school
- 5 Rural SEN school
- 6 Urban SEN school
- 7 Independent school

We are looking for case studies that include elements of the following:

- Children's contribution
- Innovation
- Behaviour change
- Inspirational
- Community involvement

How to enter:

1. Click [here](#) to download the case study template entry form
2. Fill in the details of your school travel initiative
3. Attach or cut and paste photos
4. Email to schools@sustrans.org.uk

Please attach photographs; those entries which include photos are more likely to be featured in our publications.

The best case studies will appear on our website and the top 40* will receive a **£25 book token** for their school. A small number of case studies will also be featured in our regular newsletters that go to schools across the UK.

*20 from England, Wales and NI, 20 from Scotland.

COMPETITION DEADLINE is noon on 31st March 2009, winners announced early May.

BOOKING FORM
Primary/Secondary/School-Based Early Years

For all those involved in promoting the emotional health and wellbeing of our children and young people



(Social and Emotional Aspects of Learning)

Thursday 30th April 2009
8.30am-3.30pm

National Keynote Speaker
 Jean Gross
 The SEAL Consultancy

Practical Workshops

Venue: De Vere Hotel, Shaw Ridge, Whitehill Way, Swindon, SN5 7DW

Closing date for bookings: Friday 13th March 2009

To apply please complete and return the reply slip to: Primary Behaviour Support Team, Oaktree Primary School, Priory Road, Park South, Swindon, SN3 2HA. Tel: 01793 612874, Fax No. 01793 430609. Email CHolmes2@swindon.gov.uk

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SEAL Conference – 30th April 2009

Name(s) of people attending:	
School/Agency: Address:	
Contact Telephone Number:	
Email address for confirmation of place:	
Special Dietary Needs:	

**Healthy Schools Network Training
Terms 4, 5 & 6**

Date	Title	Venue	Time
Tuesday 17 th March 2009	Primary - Teaching the 'Safety' of SRE - How the Body Works & Changes - (AM) - Boundaries and Staying Safe - (PM)	Underground	9.00- 4.00pm
Tuesday 28 th April 2009	Secondary - Teaching the 'Safety' of SRE - Getting the Facts - (AM) - Pregnancy Options - (PM)	Underground	9.00- 4.00pm
Thursday 30 th April 2009	Primary - Teaching the 'Relationship' of SRE - Family Relationships - (AM) - Personal Skills - (PM)	Underground	9.00- 4.00pm
Tuesday 5 th May 2009	Drug Incident Management	Underground	9.00- 12.00pm
Tuesday 2 nd June 2009	Secondary - Teaching the 'Relationship' of SRE - Getting the Facts - (AM) - Pregnancy Options - (PM)	Underground	9.00- 4.00pm
Tuesday 9 th June 2009	Drug Awareness	Underground	9.00- 4.00pm
Tuesday 16 th June 2009	Alcohol & Tobacco	Underground	9.00- 4.00pm

All the training sessions are taking place at the Underground – next door to North Swindon Library (opposite JJB) at the Orbital Shopping Centre, Thamesdown Drive, Swindon SN25 4AN.

**Healthy Schools Team
Swindon Borough Council
Wat Tyler House, 3rd Floor,
Beckhampton Street
Swindon SN1 2JG**

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