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# Swindon Healthy Schools and Colleges Newsletter

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

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*Health at the Heart of Education*

**January 2009**

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**Please Display on Staff Notice Board**

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Welcome to 2009 and I hope you had an enjoyable and relaxing break. Unless you are lucky enough to have an iron will you no doubt have over-indulged a little over the festivities and might now be thinking about putting all those New Year resolutions into practice, which is never easy! It is often easier to implement a healthy lifestyle when it is done as part of a group and there are some suggestions below for how you might like to do this in your school. But firstly, some news to show why it is really important to keep working at promoting healthy eating and physical activity.

The latest figures from the national weighing and measuring programme of reception and year 6 pupils were released in December and overweight and obesity rates are high across

the country and Swindon is no exception. Schools who are going to be involved in the first phase of Healthy Schools plus will already know that one of the key priorities is obesity and we will be working on a number of interventions to promote healthy eating and exercise.

Schools of course cannot be held responsible for turning the tide on a problem common throughout the Western world and increasingly even parts of developing nations, however, schools can and do have significant influence on children and young people. The Healthy Schools Plus programme aims to provide support and guidance in this area on how you can make a real impact on the healthy lifestyle choices of the children and young people you work with.

The Department of Health will also be launching their "Change4Life" campaign, which will include TV advertising, posters, leaflets and lots of practical ideas about promoting healthy lifestyles. Information about this campaign can be found on the Department of Health website: [www.dh.gov.uk](http://www.dh.gov.uk).

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I recently met with a representative from "Food for Life", a partnership led by the Soil Association that include the Health Education Trust, the Focus on Food campaign and Garden Organic. This organisation helps schools and their communities to reconnect with where their food comes from and inspire families to cook and grow food. We are very fortunate to have a "Food for life" flagship school in Swindon as there are currently only 13 flagships school in the whole of the South West region. There are a number of schools in Swindon who are already involved in producing very good quality food who would be in an ideal position to become more involved with this organisation. For more information see the website: [www.foodforlife.org.uk](http://www.foodforlife.org.uk). (See detailed items in the Healthy Eating section.)

If you would like any support on healthy initiatives or ideas for your school please get in touch.

### Training

Thank you to everyone who attended Network Training in terms 1 and 2. It was nice to meet so many of you and to get your feedback and comments. We are now planning the training we can offer throughout 2009 and the list is likely to increase as we identify further training needs. Your input is really important and if there are areas that you would like covered, please let us know and we will do our best to accommodate you.

### Continuing Professional Development for Teachers of PSHE

We are running a one day workshop for **secondary** PSHE teachers on 21<sup>st</sup> January. The workshop will look at practical resources for delivering effective PSHE, input from the PSHE association's regional adviser on the new curriculum and an introduction to the CPD course validated by Roehampton University. **There are only 3 places left on this workshop** so if you wish to attend please get in touch to book your place. (A contribution

## Healthwise

to supply cover will be paid to schools releasing a member of staff for this training).

To book your place contact Surbjit Gill on 464675 or email: [sgill@swindon.gov.uk](mailto:sgill@swindon.gov.uk)

We will be running a similar workshop for primary PSHE co-ordinators later in the year.

Best wishes for a healthy and active 2009

**Angela Milliken**

**Healthy Schools Programme Manager**



### Anti-Bullying Week

17 – 21 November 2008

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

We are very pleased that a number of Swindon schools have made significant progress towards gaining anti-bullying accreditation for their schools. Bullying remains an area of concern and schools that are working towards anti-bullying accreditation have commented on improvements in their schools, particularly around better communication and willingness to talk about bullying and resolve issues quickly and effectively. There has also been clearer understanding amongst pupils of what bullying is and the behaviours that constitute bullying. When schools start working on anti-bullying strategies it is not unusual for the reported instances of bullying to increase as pupils have more confidence to talk about the issue, however after this initial period bullying incidents decrease significantly.

Anti-bullying work continues throughout the year, and the focus on this area takes place in November. It seems a long way off, but we are keen for schools to be much more involved in the planning, organising and

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participation of the 2009 event. Schools working towards anti-bullying accreditation are in a prime position to get involved, as there is student representation on anti-bullying groups in school.

There is also a wealth of talent in the schools and we would like to see more music, drama, dance, art and creative writing next year, particularly from some of the younger children.

I will be in touch to ask for your input and suggestions in the coming weeks. In the meantime if you would like any support with your anti-bullying work please get in touch.

#### **National Healthy Schools Programme Anti-Bullying Guidance**

The long-term impact of bullying on children's health is being pulled into sharp focus with the launch of a brand new Anti-Bullying Guidance for schools. Produced in partnership with the Children's Commissioner for England's 11 Million initiative and the Anti-Bullying Alliance, the Healthy Schools Anti-Bullying Guidance is a tool for primary and secondary schools across the country.

The Guidance aims to ensure that all children and young people are safe in school and enjoy their childhood. It introduces a range of creative approaches for dealing with bullying and its devastating effects on children and young people, including 'hands on' practical advice, case studies and reflections from schools. It also highlights the minimum criteria which schools must meet to demonstrate that they have a clear policy on bullying, and to achieve the Government's National Healthy School Status. View:

<http://www.healthyschools.gov.uk/Resources/Detail.aspx?ResID=1102>

**Angela Milliken**  
**Healthy Schools Programme Manager**

## **Healthwise**

### **Winners of the Anti-Bullying Competition**



#### **First Prize – Katherine Cenaj – St Joe's Who Was There To Stop It?**

Black and White

Silent tears and humiliation

Separated by colour

Who was there to stop it?

Women and men

Silent tears and humiliation

Separated by gender

Who was there to stop it?

Foreigners and people of the land

Silent tears and humiliation

Separated by nationality

Who was there to stop it?

People of one religion and people of another

Silent tears and humiliation

Who was there to stop it?

No one was there to stop it

Till they saw the light

But then it was too late

Who was there to stop it?

#### **Second Prize – Tess Pringle – St Joe's**

I can't forget the jeers,

I try to ignore them but it doesn't work,

I ask, "Can I sit with you?"

But it's the usual "No!"

It's not right,

But it happens.

Maybe it would be better if I had friends,

But I have none because,

I'm apparently a "geek" and a "loser,  
Someone trips me; I lie on the floor thinking,

It's not right,

But it happens.

Next time, I stay behind in class.

"Excuse me, miss, it may sound silly but,

I think I'm being bullied."  
Her face turns stern and she replies  
"It's not right,  
And it stops now."

### Special Commendations

#### Daniel Stuart – Snowball

If the first time it happened I made it stop,  
then maybe it wouldn't be like this.  
On and on and on, an insult is more than just a  
word; it can be a deadly weapon.  
Bullying, it's a thing that an unfortunate amount  
have face. This is a poem about bullying.

#### Snowball

One word, one word is all they need. Once a  
bully has that word it's like a snowball.  
It's insignificant the first time, barely a reaction.  
But again and again and again they say it,  
Eventually becoming more, more than just a  
word.

It's a weapon, a weapon that can be used to  
destroy your very way of thinking.  
Anger, hate and sadness, three emotions that  
flood from your head to heart whenever you  
hear that word.

But, no, it's not a word, it's a weapon.  
Wait; think that if you told someone about  
that word, that word wouldn't have been a  
weapon.

It wouldn't be a weapon; it wouldn't destroy  
the way you thought,  
It wouldn't fill you with anger, hate and  
sadness.

You would be able to face that person; they'd  
have no weapon, nothing that could hurt you,  
Nothing that could stand in your way.  
It could've all just been, one, little word.

#### Joan Fernandes - Beat The Bully

Beat the bully, that's what they say;  
I know it's hard but you've got to do it  
someday.

So you're chilling with your mates playing  
footy in the yard  
Then the bully strolls over to you because he  
thinks he's hard.

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So you do what he wants, you act like he's a  
king.

OK: I know a football is a small thing.  
But as the days go on he demands for more  
You live with it as first, but then the tears start  
to pour.

So when you are doing a test,  
Don't think of him and the rest,  
You know you have to do your best,  
For you belong with the rest.  
Stand up for yourself don't ever let anyone  
take the micky,  
Because 9 out of 10 that bully are as soft as a  
kitty.

So put a stop to bullying,  
Tell your Mum, tell your Dad,  
Tell your Teacher, tell your Nan,  
Or otherwise it'll be a pity to see you so sad.  
So take advantage of your life, don't hurt  
people because that's not cool,  
And now I'll tell you something you never  
heard at school!

The ones that have a big mouth,  
Are the ones you don't need to worry about.

#### Abbie Fiore - Bullying Hurts

Bullying Hurts, Bullying Hurts,  
Bullying Hurts, Bullying Hurts.

Bullies can make you feel bad and sad,  
Bullies think they have the power.  
Bullies want to make you hurt inside,  
Bullies want to see you cry.

If you see something,  
You should say something  
To help solve this problem.  
To help solve this problem.  
We can sort this out.

If we all work together,  
We can stand up for others.  
A circle of friends  
Risen to stand up we can sort this out.

We can sort this out. We can sort this out.  
We can sort this out. We can sort this out.



- **Healthy Schools**
- **PSHE**
  - Drug, Alcohol & Tobacco Education
  - Sex & Relationships Education
  - Safety
  - Environment
- **Emotional Health & Wellbeing**
- **Healthy Eating**
- **Physical Activity**
- **Training**

## Healthy Schools

### Life Education Centre Update



The schools I will be visiting in term 3 are; Wroughton Infants, Wanborough, Chiseldon, St Catherine's Catholic Primary School, King William Street, Robert Le Kyng, Lethbridge, and Westlea. By the end of term 4 I will be starting the cycle again. How time flies when you are having fun with Harold!

**Donna McDonald**  
Life Education Centre Educator

## PSHE

### All Pupils to Get Healthy Lifestyle Lessons



All pupils in state schools will now receive high quality lessons in everything from first aid and personal finance to relationships and the consequences of drugs misuse as Personal Social and Health Education (PSHE) will become a compulsory part of the curriculum from Key Stage 1 to 4 (ages 5 to 16).

The announcement comes in response to the principal findings of both the Review of Sex and Relationships Education (SRE) in Schools and the report by the Advisory Group on Drug and Alcohol Education, which both recommended that good PSHE was vital to providing a healthy, rounded education. Updated guidance will be produced covering the content of the curriculum, based on the existing non-statutory programme of study.

Some of the topics schools can cover include:

- **Sex and Relationships:** at primary school this means recognising that animals produce offspring, naming parts of the body, preparing for puberty and being able to talk about feelings and friendships. At secondary school it includes learning how to develop mutually respectful personal relationships and the importance of stable relationships to family life and how risky sexual behaviour contributes to the spread of STIs and unplanned pregnancy.
- **Drugs and alcohol:** at primary level pupils might look at how medicines and toxins can affect the body. At secondary they might study laws around drug and alcohol misuse and their personal and social risks and impacts.

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- Healthy lifestyles: at all ages learning about a balanced diet and the need for exercise. Older children might talk about the interplay between physical, emotional and mental health. Also basic first aid.
- Money: how to manage personal finance, employability, enterprise and making career decisions.

Review of SRE in schools:

[http://www.teachernet.gov.uk/\\_doc/I3030/SRE%20final.pdf](http://www.teachernet.gov.uk/_doc/I3030/SRE%20final.pdf)

Government response:

[http://www.teachernet.gov.uk/\\_doc/I3030/7924-DCSF-Sex%20and%20Relationships%20A4.pdf](http://www.teachernet.gov.uk/_doc/I3030/7924-DCSF-Sex%20and%20Relationships%20A4.pdf)

Drug alcohol review:

<http://www.everychildmatters.gov.uk/health/su bstancemisuse/>

### **'Tell Us 3' - A Survey of Children and Young People**

'Tell Us 3' is a survey of children and young people in England in 2008 which asks about their experiences and views of their life, their school and their local area. The survey asks children and young people questions about their satisfaction with local services, school, what worries them, and questions relating to the five Every Child Matters outcomes. There are questions on Health and Wellbeing, alcohol, drugs and cigarettes, sex and relationships, bullying and how safe they feel in school.

Full report about the survey, including results for each authority:

<http://www.ofsted.gov.uk/Ofsted-home/News/Majority-of-youngsters-are-happy-new-survey-finds-but-many-worry-about-bullying-drink-and-drugs>

## Healthwise

### Drug, Alcohol & Tobacco

#### Alcohol: How Much Is Too Much?



The Drinkaware Trust has launched a new public education campaign to raise consumers' awareness of excessive drinking in the home by

highlighting how often they fill their recycling bins or visit bottle banks.

- New research shows one in six people worry about the amount they drink based on the number of drinks bottles they recycle\*.
- Britons now drink more frequently in the home than in pubs/bars/restaurants – nearly two days per week at home versus 1.5 days outside (on average).
- One in four British adults regularly drink at levels that put their health at risk.
- 81% of population are still unaware of recommended unit guidelines.

The £1 million pound campaign 'Alcohol: how much is too much?' invites audiences to reflect on their own alcohol intake in relation to the government's recommended unit guidelines. It will run in selected cities around the UK with provocative advertising on display in train stations, on bus sides and in outdoor locations. To coincide with the launch of the campaign, Drinkaware has extensively re-vamped its website which now offers clinician-reviewed health fact sheets, lifestyle features, and a new and improved drinks diary and units calculator.

Read more:

<http://www.drinkaware.co.uk/features/homepage/top/excuses>

## Young People Spearhead £10 Million Appeal to Halt Teen Drug and Alcohol Abuse

Addaction, Britain's biggest specialist drug and alcohol treatment charity is launching a major awareness campaign for drug and alcohol treatment in the UK. An advertising campaign for a £10 million fundraising appeal will target head-on the perception of drug and alcohol treatment as an unfashionable and unpopular cause to support. The appeal has been launched to respond to the scale of drug and alcohol addiction among young people in the UK.

The fundraising will help tackle the serious levels of drug and alcohol misuse among young people. Programmes will support children living with drug or alcohol dependent parents, young street drinkers, young people at risk of exclusion from school and young people who drop out of support as they enter young adulthood.

Read more:

[http://www.addaction.org.uk/?page\\_id=1293](http://www.addaction.org.uk/?page_id=1293)

## Education Project Aims to Help Control Antibiotic Resistance Across Europe



The Health Protection Agency's e-Bug teaching resource uses interactive games and lesson handouts to explain to primary and

secondary school pupils the need for prudent antibiotic use. It will be made available to schools across the UK and the rest of Europe from 2009. It includes information on good microbes, bad microbes and the importance of hand hygiene as well as warning about the over-use of antibiotics.

The teaching pack is being launched to coincide with the first ever European Antibiotic Awareness Day. The European Centre for Disease Prevention and Control is coordinating the day which will see a series of campaigns launched across the EU states. The

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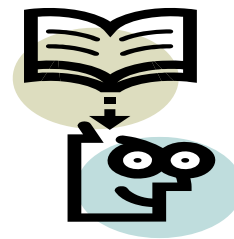
ECDC will also unveil a breakdown of how each country is doing in tackling antibiotic resistant infections.

In England, the Department of Health will relaunch its Antibiotics! Do You Need Them? Advertising campaign, which was first run at the start of this year. Throughout the UK, MRSA rates have begun to fall, although the HPA recently warned of a rise in a new breed of antibiotic-resistant bugs.

For further information, please visit:

<http://www.e-bug.eu/>

## Home Office New Drug Use Figures



Overall drug use in England and Wales is at its lowest level in a decade, according to new figures released by the government. The Home Office's 'Drug Misuse Declared: Findings

from the 2007/2008 British Crime Survey' found that 9.3% of 16-19 year olds reported using an illicit drug in the last year, compared to 12.1% in 1998. The survey also reported a decline in overall drug use from last year's figures. Alongside 'statistically significant' falls in the use of cocaine powder and ecstasy from 2006/07, cannabis use continued to follow the downward trend of the previous five years. Opiate use within the general population remained stable, supporting evidence that the UK's heroin population is stabilising.

Read more and access full survey at:

[http://www.drugscope.org.uk/newsandevents/currentnewspages/BCS\\_0708\\_released.htm](http://www.drugscope.org.uk/newsandevents/currentnewspages/BCS_0708_released.htm)

## Sex & Relationships Education

Sexual health and HIV charity Terrence Higgins Trust (THT) is offering a series of free training sessions for professionals working with young people across

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**England and Wales. Starting in November, THT will provide training in areas such as sex and relationships education, HIV awareness and tackling homophobia.**

Each of the one day training courses will take place at THT's office in King's Cross, London. The courses are designed to build up people's knowledge around HIV as well as helping to build up an awareness of the needs of young lesbian, gay and bisexual people.

A number of the courses will be available up until March next year. Courses are available on the following areas:

- Understanding, addressing and tackling homophobia.
- HIV and young people.
- Delivering sex and relationships education for young gay and bisexual men.
- Sex and Relationships Education (SRE) and HIV awareness delivery and training techniques.
- Creating inclusive schools and youth settings for lesbian, gay and bisexual young people.
- Mental health issues for young lesbian, gay and bisexual young people.

Phillip Wragg, for THT said: "These courses are aimed at anyone wanting to increase or refresh their knowledge around young lesbian, gay and bisexual people's needs. The courses are ideal for anyone who works in education, youth or clinical settings who might benefit from taking part".

THT can also deliver bespoke training courses tailored for your team or organisation at your place of work.

To book a place on a scheduled course or for more information on the bespoke training,

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contact the Health Promotion team on 020 7812 1791/1795 or email [health.promotion@tht.org.uk](mailto:health.promotion@tht.org.uk)

### Sexual Health Guidance for Scouts



The Scout Association has launched new guidance to promote good sexual health amongst young people. Scouting has always promoted safe and responsible relationships amongst its youth membership, but for the first time sexual health advice and visits to sexual health clinics will be included in the activity programme.

The new guidance focuses on helping young people develop the confidence, maturity and self-esteem to resist peer pressure to be sexually active until they are ready to make safe and informed decisions.

Scouting can provide an essential addition to the information already provided by schools because while young people may feel uncomfortable discussing these issues with teachers, the informal setting and trust within a Scout Group means it is easier to signpost information and broach issues which are harder to tackle elsewhere.

View guidance: <http://www.scouts.org.uk/shis>

### Online Chlamydia Tests to Reach More Young People



A free online Chlamydia screening service has been set up to better target young people. The service has been

developed by test provider Preventx and is being supported by sexual health charity Brook. Research carried out by Preventx on social networking site Facebook ahead of the initiative found that seven out of ten young people preferred the convenience of an online test. The government is currently funding a

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free national Chlamydia screening programme, but this mainly directs young people to clinics or GP surgeries.

Brook says that young people also prefer ordering a test online as it avoids visiting a chemist or sexual health clinic, which some find embarrassing. Young people can order a free test by visiting the website. Those ordering can also choose how they would like to receive their test results, by SMS, email or via a secure online tracking website.

View website: <http://freetest.me.uk/>

### Resources for Parents of Teenagers

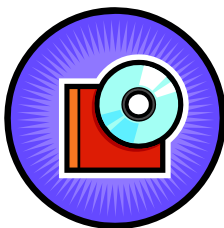
Parentlineplus have recently launched a website for parents of teenagers.

[www.gotateenager.org.uk](http://www.gotateenager.org.uk)

This features message boards, email support, questions and answers and e learning modules. Check out the message boards, many interactions between parents discussing their fears and concerns around under age sex and teenage pregnancy.

### New DVD from fpa About Abortion

[www.fpa.org.uk/products/sex\\_and\\_relationship\\_education%20\\_videos/detail.cfm?contentid=588](http://www.fpa.org.uk/products/sex_and_relationship_education%20_videos/detail.cfm?contentid=588)



Why abortion?

Understanding why women choose to have an abortion is a new DVD which explores the realities faced by women with an

unplanned pregnancy and considering abortion. Using short drama pieces the viewer is asked to make choices based on the information presented to them. A users' manual helps professionals who work with young people or adults examine how unplanned pregnancy impacts on the lives of those involved, the options available when facing an unplanned pregnancy, and the factors that influence the decision making process.

**Audience** Young people aged 14 and over and meets curriculum guidance for KS3.

## Healthwise

### Swindon Young People Launch Homophobic Bullying Lesson and DVD

This project has been supported by ITV Fixers



itv if you would like our support go to [www.itvlocal.com/itvfixers](http://www.itvlocal.com/itvfixers)



**Pride Youth:  
Swindon's  
Lesbian, Gay,  
Bisexual &  
Transgender  
Youth Group**

In support of Stonewalls *Education for All* campaign to end homophobia in schools, Pride Youth Swindon, has undertaken its own campaign to help bring an end to homophobic bullying in Swindon schools. In particular, Pride Youth Swindon has developed a DVD with the help of ITV Fixers, in addition to lesson plans for Citizenship or PSHE classes for use in secondary schools on the issue of homosexuality and homophobic bullying. The project is aimed at offering students that may not be taught of the issues of homophobia, the chance to learn more about the issue in a frank and honest manner.

On **21<sup>st</sup> January 2009** at **Goddard Park School** as part of the Continuing Professional Development day for secondary PSHE teachers, Pride Youth will be presenting this work, contact SRE Adviser, Gail McVicar ([gmcvicar@swindon.gov.uk](mailto:gmcvicar@swindon.gov.uk)) or go to [http://projects.itvfixers.com/anti\\_bullying\\_fix](http://projects.itvfixers.com/anti_bullying_fix).

### Shocking Seat Belts Advertisement Aims to Save a Life Each Day

A shocking new £2.6m Think! Campaign highlights the deadly consequences of not always wearing a seat belt. New statistics show one life could be saved each day if all drivers and passengers belt up every time they get in a car. Graphic images of the fatal damage caused to internal organs are shown in a new TV advertisement highlighting the three devastating crashes you experience in a road accident if you are not wearing a seat belt.

Research on numbers of lives saved by seatbelts:

[http://www.trl.co.uk/store/report\\_list.asp?pid=211&pno=7&searchtext=&advancedsearch=&al/words=&submitted=1the](http://www.trl.co.uk/store/report_list.asp?pid=211&pno=7&searchtext=&advancedsearch=&al/words=&submitted=1the)

Strapping Yarns: Why people do and do not wear seat belts:

<http://www.dft.gov.uk/pgr/roadsafety/research/rsrr/>

### Government Steps up Efforts to Keep Children Safe in the South West

A new £1.5m THINK! campaign is warning children about the dangers they can face on our roads, following new research that shows today's 6-11 year olds need bolder and more forthright communication about road safety than ever before.

The television adverts will be accompanied by a new website with interactive games for children and educational material for teachers and parents. The Government is also investing £140m in the Travelling to School project and another £140m in cycling, which includes funding for an extra 500,000 10 year olds across England to take part in Bikeability cycle training, while the THINK! Copycat campaign

reminds parents of the need to set a good example to their children on road safety.

### School Travel Plans

If you are planning to submit your School Travel Plan this year please remember that final drafts must be with me **by the end of February**. This allows time for any amendments before submission to DCSF at the end of March.

All survey data must be less than 18 months old, and there must be evidence within the document that all members of the school community have been consulted during the development of the plan.

### Once You've Developed Your Plan, What's Next?

It's important that travel plans are living documents; they should evolve as things change in and around the school. We have just signed up to the **National School Travel Plan accreditation scheme**, which will provide incentives and rewards for schools that really embrace travel plan development and implementation. Those that go well beyond the minimum requirements will be celebrated as national examples of good practice. Further details and materials will be sent to all schools shortly.

### Resources

If you are planning to include travel- and transport-related topics in your curriculum work, please be aware that we do hold some resources for classroom use. These include Big Books for KS1/2, display materials and teaching packs. I am also happy to visit schools to support curriculum activities with talks or workshops. Please contact me to discuss individual requirements.

Jane Deeley  
School Travel Advisor  
Swindon Borough Council  
01793 466335

### **Domestic Violence Messageboard for Children and Young People**

Women's Aid has launched a messageboard for children and young people so they can talk about domestic violence. If you work with children or teenagers please let them know about this new service.

Website:

<http://messageboard.thehideout.org.uk/>

### **Women's Aid Launch National Domestic Violence Education Toolkit**

As part of Women's Aid's expect respect awareness campaign for children and young people, Women's Aid launched a new Education Toolkit for use in schools and youth work settings. The launch of this national resource follows an announcement by the Home Affairs Select Committee Inquiry into Domestic Violence and Forced Marriage which recommended that the issue be made a compulsory part of the school curriculum.

The Education Toolkit can be accessed at: <http://www.womensaid.org.uk/page.asp?section=0001000100280001&sectionTitle=Education+Toolkit>

### **Environment**

#### **Schoolchildren to Have Success All Mapped Out**

Ordnance Survey is giving away 'Free-Maps-for-11-year-olds' to encourage children to get out and discover the world around them. Every Year 7 pupil in England, Scotland and Wales can receive a free 1:25 000 scale OS Explorer Map of their local area.

Since its launch in 2002 the initiative has had an overwhelming response. Each year,

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Ordnance Survey distributes over 700 000 maps to pupils through their schools. They also receive a copy of the leaflet "Map reading made easy peasy". The free maps scheme and treasure hunt are designed to encourage geography and environmental studies - both in and outside the classroom - helping to get pupils to explore their local community with their families and learn about practical map reading.

Read more:

<http://freemaps.ordnancesurvey.co.uk/freemapsfor11yearolds/>

### **Emotional Health & Well-Being**

#### **Anti-Social Behaviour**

**This is the story of Hannah Bell who was 14 years old when she was given an Anti-Social Behaviour Order. Hannah has given her permission for her name to appear in the paper because she is proud to be out of trouble now. This is Hannah's account of the events that led to her being put on an ASBO.**

"When I was younger I attended Mountford Manor Primary School. I went on to Churchfields Secondary School. In Year 8 my friend started at the school as well.

A group of us went to primary school together, including my friend, started skiving lessons. We were just missing a few lessons to start with. We used to hide in the Design Technology block, write in people's schoolbooks, smoke or sometimes go to the park and just sit on the swings.

I started to skive with my friend more often; we used to run around the school when we should have been in class. We would go back to have lunch and then skive again in the afternoon. Sometimes if no-one was in at my friend's house we went there.

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The teachers noticed that we were missing and started to get suspicious. They made phone calls to our parents and sent letters home informing them that we were not attending school. The letters warned that we would be excluded if it carried on.

For a few weeks or so we stopped skiving, but then it started again. We started going back to Mountford Manor Primary School. We skived there for a couple of weeks which ended up in us getting an Acceptable Behaviour Contract (also known as an ABC).

We stopped going to Mountford Manor and started attending school and doing well there. After a while I got a bit out of line and started skiving again. This time we were constantly running around our school and going back to Mountford Manor.

Mountford Manor made complaints to our school and to the Police about us climbing on roofs and banging on windows. We also got blamed for things that other people were doing like throwing stones and eggs.

At this point the Community Safety Partnership Team and one of its Anti-Social Behaviour Investigation Officers got involved. They sent a letter to my mum at first. Then they got more complaints about us.

The officer came to my house about 7 o'clock one morning. They were banging the door down to issue me with an ASBO and court date. He came in and talked me through the order.

The conditions were that I stayed away from my friend, stayed at home between 8am and 7pm and were not allowed anywhere near Mountford Manor school or surrounding areas.

My name was made public and my picture was put in the newspaper. I still feel really discriminated against and embarrassed because some people have done much worse than I have and they don't get ASBOs.

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I got arrested twice in the first couple of months and got kicked out of school. I have lost so many friends and I realized how close I was to getting a custodial sentence. I knew that I had no choice but to stop. After going back to court from breaking my ASBO for the second time I knew that I had to stop offending.

I have been on the ASBO for 15 months now, I also have a court order (separate to my ASBO) so have been working with the Youth Offending Team (YOT) too. I have engaged in lots of different projects. The ASBO and the work that I have done at the YOT has helped me. However, I don't think that it was the orders alone that helped me to stop getting into trouble. It was my own decision to get on with my life and be good. I was fed up with the way things were going and I wanted to stop it all.

I have not got into anymore trouble since. I realize now that all that I got into was just a waste of time. It upset me and my family and lots of other people. I never meant to upset anyone but we used to get so bored. I know that it is not an excuse, but there is nothing for young people to do so we ended up getting into trouble. I am glad that I have got the opportunity to prove to people that I am a good person. I have not been in trouble for a year now. I have improved in school and I am starting college in September".

**Hannah is now 15 years old. She is no longer working with the Youth Offending Team because her order was revoked for excellent progress. It is expected that Hannah's ASBO will also be revoked soon because she has shown that she is keeping out of trouble.**

## Healthy Eating

### Food – A Fact of Life Make-Over

Food – a fact of life is currently aimed at children aged 5-11 years but will be expanding the website in both directions so the site will support children and pupils age 3-16 years. New resources for the 3-5 age phase will be added in the next few weeks, and resources for secondary school pupils will follow in the New Year. All of the resources on the site still exist, but have been tidied up to make room for the new material. Look out for the new look website which will be launched very soon. View: <http://www.foodactoflife.org.uk>

### Food in Schools

Food in Schools is a national initiative in England for primary schools supported by British Nutrition Foundation, Design and Technology Association, National Primary Headteachers and the Specialist Schools and Academies Trust, funded by Department for Children, Schools and Families (DCSF). Schools receive:

- Free training using a DCSF accredited trainer;
- Free access to resources, follow up advice and support and accreditation for all staff involved;
- All the benefits, as part of your Healthy Schools initiative (a vital ingredient of the Every Child Matters agenda) for your school community, pupils, staff, governors and parents.

Schools register for the programme by emailing [foodinschools@data.org.uk](mailto:foodinschools@data.org.uk)

### Food Standards Agency Launches Tools for Schools

The FSA has launched two new interactive teaching tools as part of its programme to 'help young people to choose, cook and eat

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safe, healthy food'. 'Myfoodspace', is an interactive DVD that helps 9 to 11 year olds learn about food labels. Using the concept of a class party and four characters, the DVD guides young people through different games and exercises that teach them about food and food labels. Including a traffic light food labels game, recipes and video shoots, the DVD shows the characters producing their party food under the guidance of a chef. There's also a teachers' section with video information about front of pack labels and the eatwell plate, which shows the proportions of foods that make up a healthy diet.

'Dish it up', a CD for 11 to 12 year olds, shows how to make better food choices by taking young people through a virtual day of meals, split into breakfast, lunch and an after school club. Learners can make their food and lifestyle choices and get feedback on their decisions. The resource can also be used by teachers to help young people explore food safety, physical activity, energy balance and body image. The CD includes a glossary on common food and nutrition terms and the 'Balance-a-tron', a food choice game that is based on the FSA's eatwell plate.

Find out more:

<http://www.food.gov.uk/news/newsarchive/2008/nov/toolsforschools>

### National Salt Awareness Week 2009



National Salt Awareness Week 2009 will take place from 02 – 08 February 2009.

For further information: <http://www.actiononsalt.org.uk/>

### 'Transforming School Meals in Swindon'

There is a lot of work happening at the moment to help support and improve the

school meals provision in Swindon. Below are some of the current initiatives that we are working on:

### **Capital Funding For School Kitchens:**

In September 2006, the Secretary of State announced that funding would be made available to support the installation of kitchens in schools where there were none, and where there was exceptional need which could not reasonably be funded from other sources. £150m of targeted funding was made available between 2008 and 2011. £47m of the grant was allocated to a number of authorities.

Swindon was successful in securing £2m to develop kitchen facilities in Swindon schools. We are now working with the 23 schools that were part of the bid to help them develop solutions that will ensure our pupils have access to hot, nutritious school meals.

The remainder of the original amount of funding is now being offered to all authorities who submit plans to increase school lunch take-up by building or refurbishing school kitchens or improving dining areas and facilities.

We are planning to put in a further bid for some of this funding, and are currently working with schools to develop our expression of interest.

### **Nutrient Analysis Software for Schools:**

New Nutrient Based standards for Primary school meals were introduced this September. This will be followed by similar standards for Secondary schools in September next year. These standards are mandatory, and will be monitored by Ofsted on an ongoing basis.

Swindon Borough Council have fully funded a nutrient analysis software package for one year to assist schools that have their own 'in house' meals provision in analysing their meals and implementing these new standards.

Schools had to opt-in to benefit from this package, and have responsibility for analysing

their own menus. Costs will be tied down for 3 years as part of the contract.

Group buying has reduced the cost of implementing this in schools, and the package has included initial training on the software (funded by SBC), and ongoing support from the provider.

Schools are now working towards being fully compliant with the Government's nutrient based standards for school meals.

Swindon Borough Council and Swindon College – Working in Partnership

Swindon College is working with schools offering FREE\* workshops and training funded by Swindon Borough Council's 'Transforming School Food' initiative.

Working with the school curriculum and within the Every Child Matters framework, the programmes are tailored to meet the needs of each school.

These workshops will give pupils a chance to really touch, feel, smell, taste and get involved with food. They are particularly relevant to the 'Be Healthy' and 'Enjoy and Achieve' aims of Every Child Matters.

An event that has proven particularly popular is our 'Ready Steady Cook' evening. Qualified chefs pitch their skills and prepare a feast in front of an audience of pupils, parents and staff. Schools can set the budget, sample the food prepared, and then vote for the winning recipe. Pupils and adults love the pace and excitement of the whole event, and really engage with the preparation and finished results!

Swindon College is also offering FREE\* training funded by Swindon Borough Council for school staff members, including cooks, managers, mid-day supervisors, and those involved with preparing school food.

These courses include:

- Basic Food Preparation, Level 1.

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- Certificate in Nutrition and Health (Healthy Eating), Level 2.
- Providing a Healthier School Meals Service.

If you have any questions about 'Transforming School Food', please contact Kerry Davison, School Meals Project Manager, on 01793 465764, or email [kdavison@swindon.gov.uk](mailto:kdavison@swindon.gov.uk).

\* or co-funded training if schools have already accessed this fund before.

### **'Cook Me Eat Me' School Cook book**

Wanborough Primary School Healthy Eating Cookery Club, have produced their own cookery book featuring recipes tried, tested and recommended by the children at the school.

As well as being a collection of recipes, 'Cook me Eat me' has been designed to present a carefully balanced reflection of the good times, new food experiences and inspiring opportunities that healthy eating and cooking has brought to the children of the school. The school has worked hard to provide positive experiences for its pupils, and actively encourage food education throughout the school day. By presenting exciting, enjoyable and interactive opportunities, the school is able to creatively educate pupils in health and nutrition issues, addressing and embracing the key concepts of 'Every Child Matters', as well as promoting vital life skills which children can carry forward into their adult lives.

The school host a well supported Healthy Tuck Shop offering home-made produce, a successful Cookery Club, an on-site allotment providing fresh ingredients, and some extremely popular food events and workshops for children and their families to experience together.

Many of these opportunities were sponsored by Swindon Borough Council Healthy Eating incentives; such as the 'Ready, Steady, Cook'

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evenings, which were immensely popular and feature in the book.

With the support and funding from Kerry Davison and the School Meals Project Team, the newly refurbished DT room created a purpose built kitchen which is used daily and has been an invaluable resource to support and enhance food education and learning in school.

Look out for your copy of the book which will be distributed shortly to each school in Swindon.

For additional copies or further information please contact Siobhan Finnegan at Wanborough Primary School on 790269 or Kerry Davison, School Meals Project Manager on 01793 465764.



**The newly refurbished kitchen – a superb resource within the school**



**Some of the keen Cookery Club members**

## Obesity in the South West

21.4% of men and 18.8% of women in the region are obese according to research highlighted by the Department of Health. In addition 14.8% of children aged between 2 and 15 years are classified as obese in the South West.

The Change4Life coalition is a lifestyle revolution involving thousands of local organisations and charities which will help mums, dads and families eat well. Move more and live longer. Under the banner Change4Life, the Government is aiming to galvanise support from everyone in the country from grass roots organisations to leading supermarkets and charities.

Read more:

<http://www.southwest.nhs.uk/news/obeseinthesouthwest.asp>

### Healthy Weight for children Hub Prepares for Launch

The Healthy Weight for Children Hub went live on 11<sup>th</sup> December 2008. Developed by the SWPHO, the website will provide an evidence base and networking forum for anyone with an interest in child weight issues. The site will include:

- A searchable database of obesity intervention and healthy weight promotion projects.
- A networking area with discussions around key issues.
- Data sets, intelligence tools and analysis.
- Information for parents.
- Guidance on evaluating interventions.
- News and events listings.
- Links to useful, regional, national and international resources.

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The Healthy Weight for Children Hub is part of a larger project, 'Targeted interventions for Child Weight Management', managed by the Government Office for the South West and funded by the Department of Health.

More information:

<http://www.swpho.nhs.uk/resource/browse.aspx?RID=41931>

### Physical Activity



bpm active's GX Fitness Programmes are taught with current safe and effective training principles and provide fun and challenging workouts for all ability levels. Led by professionally qualified instructors, these workouts are an excellent way for young people to engage with physical activity and try out new fitness and dance styles.

**SoccerJam** - Try out this fusion of football, dance and fitness. This new football based workout includes using the ball to get fit and perform fitness techniques and drills. Try something new in this unique, fun and exciting session designed for everyone!

**Fitness Cheerleading** - Join in the fun with the latest fitness craze 'Fitness Cheerleading' Learn the basic arm lines, add a few funky foot patterns, put on the music and have a great workout!

**Urban Funk** - Dance your way to fitness with this fun hip-hop inspired workout. Set to uplifting funk and dance music this session is easy to follow, the moves are fantastic and the end result – full of flava!

**STRIKE** - Martial Arts Fitness - Incorporating exciting martial arts skills and techniques from a variety of different styles, STRIKE offers a non contact, power packed workout will help

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you kick, strike and punch your way to fitness, the fun way.

**Body Active** - Using a variety of fun fitness equipment and exciting circuit training systems, this full body workout helps to develop muscular strength and endurance, aerobic fitness and flexibility as well as motor fitness such as balance, co-ordination and agility.

**Step Fitness** - Step Fitness incorporates the use of the legendary Step platform and provides an alternative and fun way to exercise. Routines are great fun, easy to follow and taught to motivating music.

**Bollywood** - Indian dance moves incorporated to create a fun, energetic and stylised workout. A great alternative way to get fit and try out some amazing routines inspired by Bollywood films and dance sequences.

**Cardio-Cycling** - A must try cardio-cycling fitness class set to the latest music in the amazing atmospheric cycling studio. This fun, exhilarating and energetic workout is one of the best ways to get fit and feeling fantastic! This session takes place at David Lloyd Health Club

Contact bpm active on [info@bpmactive.co.uk](mailto:info@bpmactive.co.uk) for more information and a programme tailored to your needs.

### **FREE Kids Fitness Programme at The Link & The Rec**

Want your family to be fitter healthier and more confident? If you have child 7-13, who you feel maybe unhealthy or even overweight; then you can join a free, fun 10 week health and fitness programme. Starting at The Highworth Recreation Centre on Monday 12th January or Tuesday 13th January at The Link Centre, the MEND (Mind, Exercise, Nutrition, Do it!) programme is a great way for kids to make new friends and learn about healthy eating.

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Research has shown that active kids are happy kids. So far, over 5,000 children have completed courses at 300 MEND centres. MEND in Highworth and Swindon is funded by Swindon PCT.

The sessions include interactive discussions about how to improve self confidence as well as information on portion sizes and reading food labels. Parents or carers are required to attend with children, and it is hoped these activities will be beneficial, introducing a healthier lifestyle to the whole family.

If you are interested in the joining the programme, please register as soon possible. All of the schemes are free of charge and children will qualify based on their age, weight and health.

For more information about the MEND initiative, visit: [www.mendprogramme.org](http://www.mendprogramme.org)  
For further information about schemes or to register for places, call Ben Humphrey on: 07815 776593 or email: [bhumphrey@swindon.gov.uk](mailto:bhumphrey@swindon.gov.uk)

**There are a few places left on multi-agency training courses running in the New Year and we welcome applications from teaching and non-teaching staff from primary, secondary and special schools across Swindon. For more information contact Milly (MCarmichael@swindon.gov.uk) or Tracey (TBrown2@swindon.gov.uk)**

**Tuesdays January 13th & 20th    Self-Harm and Eating Disorders (phase 2 : 2 day event),  
booking forms to be in by January 6th**

We recommend that you have attended the phase 1 day on 'Understanding Child and Adolescent mental health' before coming to this event, or have previous equivalent training or experience. It is facilitated by Danielle Kemp, mental health nurse working with the Youth Offending Team and, a new addition to our trainer's pool, Candace Collier who recently joined the Primary Mental Health Team. Both come with a wealth of experience and skills working with young people in this area.

Recent expansion to a two-day course has allowed us to cover these two important issues in more depth and this course is a sound introduction to the subject with useful tools and skills to take into your own practice.

**Thursday January 15th &                    Condom Scheme Introduction (phase 2 : 1 day event)  
Tuesday February 17th  
booking forms to be in by January 6th and February 3rd**

Essential training for any organisation wanting to join the **Swindon Condom Introductory Scheme for young people under age 25**. In this one day training, you will taken through all supporting guidance and policy, practice the initial teaching and registration process, learn about Swindon's unique on-line registration and reporting system, and discuss common legal and ethical dilemmas that may arise. The scheme goes live in January 2009 and the aim is to have at least 25 sites up and running as soon as possible. If you think your organisation or service could register new users and/or distribute condoms to existing scheme members, please book onto the training soon.

**Tuesdays February 3rd & 10th    Understanding Child and Adolescent Mental Health  
(phase 1 : 2 day event)  
booking forms to be in by January 20th**

**Newly extended course!** In line with the other introductory courses, this course will now run as a 2 day event giving more time to focus on the importance of attachment and to practice skills in communicating with children and young people about mental health concerns and the promotion of emotional well-being. Facillitated by Olivia, and Aimee Georgeson from the Primary Mental Health Team, this is a recommended core skills course which, with the other foundation courses in sexual health and substance use, forms a sound foundation of skills and knowledge for working in these sensitive areas with children and young people.

Wednesday February 4th  
day event)

**SUIT (Substance Use Identification Tool)** (phase 2 : 1

**booking forms to be in by January 20th**

We recommend that you have attended the phase 1 days on 'Understanding Alcohol and Other Drugs' before coming to this event, or have previous equivalent training or experience. It is ably facilitated by Esther Schmidt from U-Turn and Laura Holmes, schools drug adviser from the Healthy Schools Team. If you ever need to make initial assessments of young people's drug and alcohol use, this is the course for you. It introduces and allows you to practice using an assessment tool that will inform your case management and referral to specialist services. Previous delegates have included, school nurses, supported housing workers, YOT team members, primary mental health team members, social workers and education welfare officers.

Wednesday February 11th

**Understanding Sexual Health** (phase 1 : 2 day event)

Wednesday February 18th

**booking forms to be in by January 26th**

A recommended introduction to key themes in sexual health for young people. Covering definitions and scope of sexual health, sex and the law, contraception choices, STI's, principles of delay and much more. Facilitated by Milly and Laura Hill from the Sexual Health Department at GWH with support from the SARC manager, Jools James, outreach nurse Claire Watts, Pride Youth rep, Josh Chesterman and healthy Schools sexual health lead, Gail McVicar. If you want to get to grips with the fundamentals of sexual health and meet the leading lights in Swindon's local services to boot, this is the course for you. We particularly welcome applicants from those working with primary age children and children in care.

Tuesday February 24th

**Assessing Sexual Health Risk in Under-16s**  
(phase 2 : 1 day event)

**booking forms to be in by February 3rd**

We recommend that you attend the phase 1 day on 'Understanding Sexual Health' before coming to this event, or have previous equivalent training or experience. If you work with under 16s and have concerns about their sexual activity or sexual risk taking, this introduction to a locally designed assessment tool will be invaluable. All those working in organisations offering the condom distribution scheme will be recommended to attend this training and it dovetails very well with the Delay course too. In light of recently highlighted national concerns about child protection procedures, this is a timely and very helpful course to ensure Swindon continues to respond appropriately and responsibly to the Bichard recommendations.

Tuesdays February 24th and March 3rd  
(phase 1 : 2 day event)

**Understanding Alcohol and Other Drugs**

**booking forms to be in by February 3rd**

Another highly recommended introductory course to key themes in substance use for young people. We spend a day focusing on alcohol and core skills and a day focusing on other drugs of choice; introducing valuable resources, skills and techniques to enhance your practice in this area. Facilitated by Laura Holmes from the Healthy Schools Team and Milly.

## Healthy Schools Network Training

### Suggested Training 2009

<b>1</b>	Drug Awareness	9.00-4.00pm
<b>2</b>	Alcohol & Tobacco	9.00-4.00pm
<b>3</b>	Drug Incident Management	9.00-12.00pm
<b>Teaching the Safety of SRE (Secondary)</b>		
<b>4</b>	“Getting the Facts”	AM
<b>5</b>	“Pregnancy Options”	PM
<b>Teaching the Safety of SRE (Primary)</b>		
<b>6</b>	How the Body Works & Changes	AM
<b>7</b>	Boundaries and Staying Safe	PM
<b>Teaching of SRE (Secondary)</b>		
<b>8</b>	Relationships & Delay	AM
<b>9</b>	Difference & Diversity	PM
<b>Teaching of SRE (Primary)</b>		
<b>10</b>	Family Relationships	AM
<b>11</b>	Personal Skills	PM

**We will contact you with further details of dates and a reply sheet for you to select your preferences.**

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Swindon SN1 2JG**

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