



## Welcome to the 2018 Christmas edition of the Newsletter !

2018 has been a good year for Healthy Schools, 80% of Swindon schools are now engaged on the programme. The Healthy Schools Mental Health Award is more embedded into schools practice. Beat the Streets was a success with Swindon primary schools. The Swindon Healthy Schools Early Years Programme was launched in September and 10% of the centres have registered onto the programme. A big thank you and well done to all Schools, who are committing to improve the health and wellbeing of our young people.

The How Are You Survey went out to Secondary Head Teachers for Year11 students. This survey helps us gain a picture of young people's health choices and behaviours. We have added a few new questions to learn about their knowledge on homelessness, gambling, forced marriages and FGM. To inform you about their readiness for exam season, we have included questions to find out what will help them feel more prepared and ready for their GCSE's. Schools can preview the survey, using the [teacher's link](#). The survey takes 6minutes to complete and pupils can access it on their phones. Please ensure all surveys are completed by Friday 21st<sup>th</sup> December 2018.

To keep young people smoke free we are running our annual Year 7 workshops. Dates and times for schools to book sessions have also been emailed to Head Teachers and PSHE leads. Please make sure you book your school session by Tuesday 18<sup>th</sup> December 2018.

Commitment to PSHE network meetings have been rather patchy. Good attendance one meeting and no one at the next, so I'm trying a new approach. I have organised two sessions on 23<sup>rd</sup> January 2019 (venue yet to be confirmed); first session at 10am - 12.30pm and the second at 1pm – 3.30pm. Please email me to confirm your attendance. The focus of this meeting will be Mental Health and preparing you for statutory PSHE.

As always I would ask you to look at the awareness dates and promote these messages in your school. You can share your schools achievements in the [schools news section](#) on the [Healthy Schools website](#) or send them to us and we will publish them for you.

Finally I would like to wish you all a restful and enjoyable Christmas break and look forward to your return in 2019.

Surbdeep Rai (Su)



## Important Awareness Dates

[1 – 31 January, Dry January](#)

[03 January 2018 Festival of Sleep Day](#)

[12 -18 January National Obesity Week](#)

[31<sup>st</sup> January Young Carers Awareness Day 2019](#)

[31st January National Bug Busting Day](#)

[4-10 February Sexual abuse & Sexual violence awareness week](#)

[5<sup>th</sup> February Safer Internet Day](#)

[4 - 8 February Children's Mental Health Week](#)

[25 Feb – 1 March Eating Disorders Awareness Week](#)





Healthy Schools  
SWINDON

## Well Done

### Congratulations!

The following schools have achieved

**Healthy Schools Bronze Awards**

**Award:**

Ferndale Primary

Nythe Primary

King William Street



### Congratulations!

To

**King William Street**

for Achieving the

Swindon Mental Health Award



## Congratulations Swindon Public Health Team!

### Bid won to support children!

#### Funding to support children with alcohol dependent parents

Swindon Borough Council's Public Health team have been awarded £577,400 over three years through a £4.5 million innovation fund from the Department of Health and Social Care and the Department for Work and Pensions.

The fund, which is managed by Public Health England (PHE), has today been awarded to just nine projects across the country. The programme aims to help families whose lives have been affected by alcohol.

In Swindon the programme will support children whose lives are being negatively impacted by their parents' alcohol use, while also encouraging parents to reflect on how their drinking habits are affecting their children. The funding will be used to build a multi-agency, family-focused team to identify and meet the needs of children whose parents are alcohol dependent.

This will see three specialist support practitioners being employed to offer children and young people a safe space to talk in order to help them express and understand how alcohol, domestic abuse and parental mental health has impacted on them. The practitioners will also uncover the extent of parents' alcohol use. A child and adolescent mental health services (CAMHS) outreach service will also be used to target children of alcohol-misusing parents where the child is displaying poor mental health.

In addition, a specialist post within the adult alcohol treatment team will be created with a focus of engaging with an increasing number of parents with alcohol dependency issues and adult mental health primary care services (IAPT LIFT) will provide support for adults addressing alcohol-related parental conflict and specialist trauma support for those experience domestic abuse.

The new team will be supported by training and peer mentoring from a range of partners including Jigsaw PHSE, who will be making specialist training available for schools. We want to provide support to those vulnerable children, but also engage with parents to ensure they receive the help they need to overcome their own problems with alcohol. The project will provide a virtual hub working with schools, substance misuse services, adult and children's mental health services, peer support services and training providers to tackle the harm to children caused by alcohol misuse. It is estimated we have 419 alcohol-dependent parents living with children in Swindon and an estimated 765 children who live with these parents. We know that we are not reaching all of those parents and children and this project will target support where it is most needed to support parents to address their dependency and the impact their drinking has on their children.

The success of the funding bid also allows us to shine a light on the issue and to encourage anyone who is concerned about how alcohol is affecting them or a loved one, to access initial support through Turning Point at: <http://wellbeing.turning-point.co.uk/swindon-and-wiltshire>



## Fun cycling activities for the classroom, playground and home

[HSBC UK Ready Set Ride](#) is a simple learn to ride programme for kids aged 18 months to eight years, created by British Cycling and HSBC UK together with the Youth Sport Trust. Schools and families can introduce pedalling to playtime and be part of a child's learn to ride journey, helping them to become confident and happy cyclists for life.

The learn to ride process is broken down into three stages, with each stage a collection of fun games and activities that can all be delivered within the school gates. All of the content is freely available from the Ready Set Ride website, with easy-to-follow video guides for each game and handy activity cards that act as simple lesson plans. There is also a free app to take all of the activities outdoors and you can reward children with stickers and certificates as they complete each of the stages.

It's easy to promote back to the child's home to encourage cycling as a healthy habit and a way to get to school – plus the programme does not even need a bike to get started. The first series of games focuses on fundamental movement skills to help the children brake, steer, grip and pedal. For schools looking to invest in bikes and helmets, prices are reduced on [quality, lightweight bikes from Ridgeback](#) – and by ordering schools can link up to a local bike shop for ongoing support and advice.

Take a look at the video filmed at a primary school in central Manchester:

<https://readysetrider.co.uk/schools> , [explore the website](#) and start using this with schools and families. If you need further details and information get in touch with Sarah or Charlotte, on 0161 274 2129 or email either at [sarahlewis@britishcycling.org.uk](mailto:sarahlewis@britishcycling.org.uk) , [CharlotteConnolly@britishcycling.org.uk](mailto:CharlotteConnolly@britishcycling.org.uk)





Young children are consuming **too** many calories - and, in particular, too much sugar. Teenagers in England are the biggest consumers of sugar-sweetened drinks in Europe. The Scientific Advisory Committee on Nutrition (SACN) recently concluded that sugar consumption increases the risk of consuming too many calories, the risk of tooth decay, and that consumption of sugar sweetened beverages is associated with increased risk of type 2 diabetes. It is also linked to higher weight in children. A single 330ml can of a soft drink with added sugar (which can contain as much as 35g of sugar), this is over a child's maximum recommended daily intake of sugar.

With nearly a third of children aged 2-15 overweight or obese, tackling childhood obesity requires us all to take action. Government, industry, schools and the public sector all have a part to play in making food and drink healthier and supporting healthier choices for children

In Swindon we are encouraging schools to support this agenda by reducing sugar intake and promoting healthier eating habits. We are asking schools to review or develop a school food policy which includes reducing sugar on the lunchtime menu and enforce low sugar [snacks](#) in packed school lunches. We want schools to work in partnership with parents to cut down on sugary and processed products at home and raise their awareness to the [sugar smart app](#).

[Holy Family Primary School](#) have managed to achieve this and it can easily be achieved by other Swindon schools. Section 3 on the healthy schools audit has a focus on healthy eating, revisit this section fill in how you support this agenda and resubmit your audit.

You can also get involved with the Change4Life campaign in January. This campaign aims to support parents to reduce sugar by swapping for healthier options and provides an appropriate everyday snack swap. There will be a comprehensive schools programme, with take-home packs being distributed to pupils in most state-funded schools and fun new teaching resources on the [School Zone](#).



[@swindon.gov.uk](#)

[@swindon.gov.uk](#)



## Relationship Bookmarks - Swindon Soroptimists

"Swindon Soroptimists are the local club of an international, volunteer organisation that works through actions and advocacy to improve lives of women and girls. One ongoing key theme and project is violence against women and have created some 'Love Is / Love Is Not' bookmarks to highlight the good and bad examples of relationship traits and a suggested lesson plan. The bookmarks are an ideal tool to trigger conversation and debate in senior schools. If you would like some free bookmarks and feel you can make use of them. Please contact Lydia Cardew on [lcardew@yahoo.co.uk](mailto:lcardew@yahoo.co.uk) and view our website [www.sigbi.org/swindon](http://www.sigbi.org/swindon)

### Suggested Lesson Plan

#### He Loves Me !



In pairs, list all the things that make a good relationship  
Share with the group – write ideas on board  
In pairs, rate your top 3 points, which is the most important?



#### He loves me not!

In pairs, list all the things that make a bad relationship, what would make someone feel uncomfortable or upset? Share with the group, write ideas on the board.

#### Learning points:

- Hand out bookmarks – compare the ideas on the bookmarks with the ideas the class has discussed.
- Go through **Loves Me Not!** - bookmark – discuss each point – are there times when it is better to finish a relationship?
- Signpost to resources/phone numbers for support when needed.
- Go through the **Loves Me!** bookmark – what are the 5 most important aspects of a good relationship?



# Resources



Public Health  
England

The [Change4Life](#) and [Rise Above for Schools](#) programmes have been off to a busy start this academic year, with a number of exciting new resources:

1. **Change4Life** has created [dental lesson plans](#) to support primary school teachers in educating their pupils about how to keep their teeth healthy.
2. In recent weeks, *Our Healthy Year* [calendar wallcharts](#) have been sent to Reception and Year 6 classes in England. The wallcharts will get pupils eating well and moving more in the year in which they participate in the National Child Measurement Programme.
3. A new **Rise Above for Schools** [resource](#) has been created to help prepare secondary school students for puberty and support teachers in starting conversations about this sensitive subject.

Coming soon:

**Rise Above for Schools** teaching resources to help students **cope with change**

**Change4Life** resources launching in January to help primary school teachers, pupils and their families learn more about **nutrition and eating well**.

# Resources



Dr Pooky Knightsmith

Mental Health Advisor

A round up of resources and videos from Dr Pooky Knightsmith

- [Self-harm: 3 common myths and misconceptions](#)
- [How to sign: 10 feelings in sign language - teaching resource](#)
- [Suicide: 3 common myths and misconceptions](#)
- [Eating Disorders: Managing the festive period](#)
- [Looking after you - ideas for school staff who support pupils with wellbeing issues](#)
- [Eating Disorder Recovery: 8 ideas for positive mealtimes](#)
- [10 tips for teaching about mental health safely sensitively](#)

## NSPCC Learning

- **Talk PANTS** - PANTS (the Underwear Rule) lesson plan, slide presentation, curriculum links, classroom activities and supporting information.

[PANTS Resource](#)

- **Making sense of relationships** - PSHE lesson plans for children aged 10-16 (key stages 2-4) on personal safety and healthy relationships.

[Making sense of relationships](#)

- **Share Aware**

Lesson plans and classroom guidance about staying safe online.

[Share Aware Resources](#)

NSPCC



## PSHE Association

### #Knifefree lesson plans: survey & reminder

The Home Office #knifefree campaign can be used as a stimulus for discussion. PSHE lesson plans set out to help challenge the myths and communicate the realities of carrying a knife. Materials can be [downloaded \(free\) from the site](#), and complete a quick survey.

[Complete the #knifefree survey](#)

The short feedback survey will help establish how and where the materials have been used, and how to develop and build on the #knifefree activities in schools.

PSHE association are supporting the Government Equalities Office (GEO) anti-homophobic, biphobic and transphobic (HBT) bullying project by reviewing and highlighting a range of resources produced by six project partners – Stonewall; Barnardo's; The LGBT Consortium; Learn Equality, Live Equal; The Rainbow Flag Award; and the Metro Charity.

These organisations have been funded by the GEO to reduce the incidence of HBT bullying in primary and secondary schools in England by transforming the culture of how schools prevent and respond to the issue.

A standards framework has been designed to ensure consistency and quality of partner organisations' work over the course of the project. Whilst much of their work has focused on training for school staff and others, they have also produced a range of materials for use in the classroom, including workshop packs, teaching resources, factsheets and posters. The new online hub highlights materials produced by each project partner:

[Download your free anti-HBT bullying materials](#)

## Roadmap to statutory relationships and sex education launched

The PSHE Association and Sex Education Forum have launched a joint roadmap to statutory relationships and sex education (RSE). From September 2020 all secondary schools will be required to deliver RSE, and all primary schools will be required to deliver 'relationships education'. The government have also committed to statutory health education, meaning the majority of personal, social, health and economic (PSHE) education will be compulsory from 2020.

### **What is the 'Roadmap to statutory relationships and sex education'?**

This free roadmap is a guide to support school leaders in preparing to provide high quality RSE (and relationships education) as an identifiable part of PSHE education and is supported by five leading unions — NAHT, NEU, ASCL, UNISON, and Voice.

The roadmap includes 10 steps based on established good practice and evidence of what works. It provides practical tools and advice for schools on everything from what policies and resources to have in place, to effectively using student voice in developing their RSE provision.

[Download the Roadmap](#)

## Sleep Factor: new lesson plans for KS2, 3 & 4

Children and young people's sleep is an increasingly important issue. Poor quality and insufficient sleep can be both the cause and effect of wider health problems.

It was good to see recognition of this issue in the [Government's statutory health education guidance](#), which suggests that all pupils should understand 'the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn'.

We are therefore delighted to launch new PSHE education lesson plans and guidance for members on developing and promoting healthy sleep habits. The key stage 2 lesson introduces changes to sleep that occur during puberty, and the key stage 3 lesson explores healthy sleep routines; at key stage 4 we explore the impact of quality sleep on performance and wellbeing. These lessons help students:

- recognise what good quality sleep is and why it is important
- identify habits and routines that promote good quality sleep
- understand how sleep patterns change during adolescence.

[Download The Sleep Factor lessons & Guidance](#)

## Top Tips for Good Mental Wellbeing over Christmas



**Drink Alcohol sensibly**, it's a depressant and can make us feel irritable, resulting in low mood and occasionally aggressive behaviour. The safe units of alcohol guideline recommended in order to sustain good mental health over Christmas period. See [www.drinkaware.co.uk](http://www.drinkaware.co.uk).

**Be Active**, Physical exercise releases those "Feel-good chemicals which help us feel relaxed, happy and boost our mood. Cycling, walking, jogging, or joining in Christmas games, can reduce anxiety, decrease depression and improve self-esteem. Sports activities can develop physical skills and focus our minds. Exercise also supports our immune system against colds, flues and viruses during winter months. [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk). Try being [active for 10mins](#) every day.

**Eat Well**, Over indulgence is part of Christmas, so it is important to think long-term about diet for the following year. Maintaining a balanced diet of fruit, vegetables, carbohydrates, protein and omega 3 (fish oils) sources, will help us work toward weight loss.

<http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

**Social contact** and activity. The festive period brings opportunities to increase face to face communication which produces the hormone, oxytocin; this benefits our immune system, heart health and cognitive function. A New Year's resolution to see our friends and family more often can help boost our own mental wellbeing, and that of others.

<http://www.mentalhealth.org.uk/help-information/mental-health-a-z/F/friendship/>

**Relax** Christmas can produce stress and difficulties sleeping, producing long term effects on your mental health. By exercising more regularly or practicing mindfulness – meditation, yoga, breathing techniques and a less judgemental openness to situations, thoughts and feelings – can alleviate the symptoms of your stress and gain more control when coping with difficult situations. - [www.bemindful.co.uk](http://www.bemindful.co.uk).

**Sleep**. Evidence has highlighted the role of sleep in mental wellbeing, quality sleep results in improved mental well being. The New Year should include a return to your regular routine, in addition to reducing alcohol. Implementing regular exercise and alleviate your stress, will also promote good sleep. <http://www.nhs.uk/conditions/insomnia/pages/introduction.aspx>



## Will you gain weight this Christmas?

### Christmas Dinner calorie breakdown

Roast turkey per slice – 101  
Nut roast – 230  
Roast beef per slice – 213  
Stuffing ball – 123  
Bread sauce – 141  
Roast potato – 200  
Vegetables – 20  
Christmas pudding – 330  
Brandy sauce/butter (100ml) – 97  
Trifle – 220  
Mince pie - 230



### Christmas Drinks in Calories

Champagne (175ml) – 133  
Red wine (175ml) - 126  
White wine (175ml) - 133  
Baileys (50ml) - 180  
Brandy (50ml) – 150  
Mulled wine (175ml) - 119  
Port (100ml) - 160



Walk it off! - Focus on brisk walking & not just 10,000 steps, say health experts!

