



**Welcome** to the spring edition of the Healthy Schools Newsletter. It's been a very encouraging and engaging term with schools wanting to achieve the Silver HS Award, schools volunteering to pilot the draft Mental Health Award, schools eager to achieve the Sugar Swaps certificate and two schools working towards the Gold HS award!

The school celebration event this summer will certainly be vibrant with so much to celebrate and promote. The celebration event will take place in July. I will forward details to schools near the time.

Take a look at the important school dates column on the right. Please pay particular notice to April, the stress awareness month. We need to be mindful of stress levels for both staff and students. Last year NASUWT did a survey and the results showed that 83% of teachers reported to have experienced workplace stress and over three quarters of women teachers reported the job affected their mental health and well-being, (no data has been reported for our male colleagues). Share your stories direct in the news section of the HS website and let us know how you plan to reduce stress in your school.

Other news to share... ASH Wales are running workshops for Year 7 students to support and prevent the uptake of smoking. Shortly in the resources section there will be an online needs assessment survey for schools to complete with KS4. Healthy Schools have been supporting a new PSHE programme which Swindon Secondary schools will soon be able to pilot. We will be contacting all PSHE Coordinators to resurrect the PSHE network group, I believe with SRE being compulsory on the curriculum PSHE will not be far behind.

As it's nearly Easter, enjoy the chocolate, have a happy and relaxing break,

Finally, I would like to remind you that Swindon Healthy Schools is a **FREE** programme, so please take advantage!

Surbdeep Rai (Su)

## Important School Dates

[April is Stress Awareness Month](#)

April 21<sup>st</sup> – [National Skipping day](#)

[May National Walking Month](#)

May 2<sup>nd</sup> – [World Asthma Day](#)

May 8<sup>th</sup> – [Sun Awareness Week](#) & [Mental Health Awareness Week](#)

May 14<sup>th</sup> – [National Childrens Day](#)

May 14<sup>th</sup> – [Dementia Awareness Week](#)

May 15<sup>th</sup> – [National Smile Week](#) & [Walk to school Week](#)

June 5<sup>th</sup> – [Child Safety Week](#)

21<sup>st</sup> June – [Global Mind Awareness Day](#)

26<sup>th</sup> June – [International Day of drug Abuse and Illicit trafficking](#)

30<sup>th</sup> June – [Wallace and Gromit's Wrong Trousers Day](#)

Well Done



## Bronze Healthy Schools Awards

### Congratulations to:

Beechcroft Primary

Colebrook Junior School

Kingsdown School

Oliver Tomkins School

Oakhurst Primary School

for achieving the Bronze Healthy Schools award.



A big thank you to the following schools for piloting the new Mental Health Award:

Westlea Primary

Oliver Tomkins Primary

Colebrook Juniors

*Please contact us if you would like to pilot the award*

## Congratulations to Swindon's First Sugar Smart Schools



Lethbridge Primary School

Holy Family Primary School

## Oral Hygiene



A healthy mouth is a vital part of a healthy body. Having a healthy mouth allows us to speak, smile, kiss, taste, chew, swallow and cry.

We have recently reviewed the oral health in Swindon:

- Almost 3 in 10 5 year olds have more than 3 decayed teeth.
- Nearly 3 in 10 12 year old children have tooth decay.

Children having an unhealthy mouth, may lead to reduced school readiness, school absence, pain, embarrassed to smile, difficulties eating, difficulties socialising, problems speaking and reduced growth.

Some key reminders for children to improve oral health:

- Brush teeth twice a day with a fluoride toothpaste.
- Don't rinse your mouth after brushing.
- Limit sugar intake.
- Have a healthy lifestyle, eat healthy food – (eating healthy is good for the whole body, including teeth, gums and mouth).
- Visit the dentist regularly.

The following link is a guide for parents and young people, in helping to improve oral hygiene:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/601834/healthy\\_mouth\\_children\\_quick\\_guide.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/601834/healthy_mouth_children_quick_guide.pdf)





Healthy Schools  
SWINDON

## News

# STOP LOAN SHARKS

Intervention . Support . Education

## Bid for proceeds of crime money

### We have some money available for schools in Swindon to spend!

This project has been run with schools across the country and schools have come back with ideas of how they would like this project to work in school. Suggestions have included: role play i.e. producing a loan shark play – (we have a script available), credit unions (promoting junior saving schemes within the school) and even a Stop Loan Sharks mosaic designed by pupils around a pond.

Up to £2000 is available for individual projects that meet the following criteria:

- Contributes to raising the awareness of the dangers of using loan sharks (a loan shark is someone who does not have the correct permission / a licence to lend money)
- Prevents crime and disorder and publicises the Stop Loan Sharks message
- Promotes the work of the Illegal Money Lending Team (IMLT) in communities
- Encourages reporting of loan sharks

**For an application form please email Wendy Loades -**

**[wendy.loades@birmingham.gov.uk](mailto:wendy.loades@birmingham.gov.uk)**

**CLOSING DATE FOR APPLYING – 31st May 2017**

**SUCCESSFUL APPLICANTS WILL BE NOTIFIED - 9<sup>TH</sup> JUNE 2017**

**PROJECTS MUST BE COMPLETED BY 31<sup>ST</sup> MARCH 2018**

## STOP LOAN SHARKS TEAM

**If you think you or someone you know may have borrowed money from an illegal lender then please call out hotline in confidence**

**Confidential Hotline 0300 555 2222**



Healthy Schools  
SWINDON

## News



The Anti-Bullying Alliance is a programme which aims to reduce bullying especially for disabled children and those with SEN.

From April 2017 – September 2018, the Alliance are able to offer the following:

- Access for schools to become All Together schools online via their All Together online hub which includes access:
  - o Free CPD online training
  - o A wellbeing questionnaire of pupils which can be completed termly
  - o Access to comprehensive school audit tool and action plan which can be updated and support schools to make whole-school change
  - o Eligibility to apply to become an All Together school (bronze/silver level) at the end of the programme which includes a certificate and a logo
  - o Access to 100's of resources to help schools make whole-school change
- Access to a free online parent tool which gives information to parents and carers about all bullying issues
- Access to free CPD online training for school staff and the wider children's workforce about all bullying issues. If you are interested in this programme or becoming an All Together school, please contact:

Martha Evans - National Coordinator Anti-Bullying Alliance

020 7843 6083 / 07595 202 028 [mevans@ncb.org.uk](mailto:mevans@ncb.org.uk)

## News



Teenage Cancer Trust offers FREE talks for KS4 students.

The presentation covers:

- What is cancer?
- Types of Cancer
- Early warning signs
- Treatments
- The impact of cancer on young people
- Healthy living
- What the Trust offer and how students can get involved

Teenage Cancer Trust have visited several schools in the area including: Faringdon Community College, Hardenhuish School, Wiltshire College Chippenham and Lakham, Farmor's, Maidenhill, Marling with others booked in over the coming months.

Please see the flyer below for further information or if you would like them to visit your school, please contact Michael Willis on [Michael.willis@teenagecancertrust.org](mailto:Michael.willis@teenagecancertrust.org) and he can arrange a



Education  
Programme A5 Flyer.

date to come in.



Healthy Schools  
SWINDON

## News

### Food for Life programme offer



Soil Association's Food for Life (FFL) programme helps schools and other settings to enhance their 'good food' culture and increase healthier eating through an awards based structure. The [FFL School Award](#) supports schools to take a whole school approach that sees them grow their own food; organise trips to farms; source food from local producers; set up school farmers' markets; hold community food events; provide cooking and growing clubs for pupils and their families; serve freshly prepared, well-sourced meals and provide an attractive dining environment so lunchtimes are a positive feature of the school day.

A Food for Life Schools Award is a great way to demonstrate that your school is doing fantastic work to provide healthy school meals, great lunchtimes and food education that has a positive impact on both pupils and the wider community.

**The Offer** Soil Association and Swindon Borough Council have come together to provide funding to support up to 10 schools to take part in the FFL School Award; to develop the provision of healthy school meals, to create great lunchtimes and offer food education within the curriculum that has a positive impact on both pupils and the wider community. The Soil Association has agreed to provide the FFL School Award at a reduced cost and Swindon Borough Council will subsidise just over 50% of this cost.

The school pays £320 plus VAT (full price £780) and will receive 2 years support if they have in-house caterers or 3 years support where the caterer has the Catering Mark or is working towards it. To achieve bronze award the school caterer must also have the FFL Catering Mark.

As part of the offer there will also be an introduction to Food for Life run by Soil Association in. This session will enable schools to become more familiar with the award criteria, resources, FFL portal and pick up tips from existing FFL schools and start to develop a local network.

To take advantage of this fantastic offer please email to [fdickens@swindon.gov.uk](mailto:fdickens@swindon.gov.uk) or to discuss the Food for Life Award please contact Sian or Faye at Soil Association on 0117 314 5180 or at [ffl@foodforlife.org.uk](mailto:ffl@foodforlife.org.uk) who will be happy to provide more information about the award.

*Applications need to be submitted before the end of April!*





## Food Smart

Change4Life's new healthy eating campaign 'Be Food Smart' was launched in January. Be Food Smart brings food labels to life by showing just how much sugar, saturated fat and salt is in our everyday food.

Without realising it, we are all eating too much sugar, saturated fat and salt. Over time this can lead to harmful changes on the inside and increases the risk of serious diseases in the future. Childhood obesity is a growing issue with figures showing that in England, more than 1 in 4 children aged 4-to 5-years-old and more than 1 in 3 children aged 10 and 11-years-old are overweight or obese.

The Be Food Smart campaign empowers families to take control of their diet by making healthier food and drink choices. The free app works by scanning the barcode of products, revealing the total sugar, saturated fat and salt inside and providing hints and tips for adults plus fun food detective's activities for kids.

The campaign also includes distribution of 4.6 million free Be Food Smart packs to primary aged children and their families at local events across England.

The Be Food Smart app is available from the [iTunes store](#) or [Google Play](#). Search Change4Life for more information.

The Change4life '[School Zone](#)' has a range of resources available for primary teachers, and provides curriculum-linked materials and inspiration to help teach pupils about healthy eating and being active.

In Swindon we are starting to see '[sugar smart](#)' schools, can you also become [food smart](#) schools?



## betty for schools

betty for schools is a new, curriculum-linked period education programme.

It has been created for teachers of 8-12 year olds to encourage open, respectful and honest conversations about periods and the way they affect girls.

The resources are suitable for PSHE lessons and are fully accredited by the PSHE Association's Quality Assurance Mark.

The programme includes a bus tour of UK schools and on-board, students can take part in interactive activities, enhancing their learnings from the lesson.





## Supporting pupils with the Westminster terrorist attack

In the wake of the terrorist attack in Westminster, pupils may want to discuss what has happened and may be experiencing a wide range of emotions. Whilst PSHE education should not be a series of knee-jerk responses to events in school or in the wider world, in instances like this it is likely to be in PSHE or Citizenship lessons where there is the space and opportunity for discussions to take place that provide support for pupils at a difficult and sensitive time.

A discussion guide published last year, [a generic framework for discussing a terrorist attack](#), is helpful in structuring and safely facilitating discussions with pupils.

Also a series of four lesson plans on preventing extremism for key stage 4 (in partnership with Medway Public Health Directorate) which can be downloaded and incorporated into schemes of work for PSHE education, which can be found [here](#).

'Disrespect NoBody' resources on preventing teenage relationship abuse. The Home Office **Disrespect NoBody** PSHE education teaching materials are designed to support the Government's campaign to help prevent abusive behaviours within young people's relationships. The PSHE Association has worked with the Home Office to update these discussion guides and lesson plans for 2017, these are available to [download free](#). This version includes **two new discussion guides: one for those working with 8-12 year olds and one for those working with 16-18 year olds**, as well as three updated lesson plans covering relationship abuse, consent and sexting.

The **Disrespect NoBody** materials support campaign adverts developed by the Home Office. These teaching materials can be easily integrated into your PSHE education programme and are designed to help pupils understand and maintain healthy relationships while learning about consent and challenging controlling behaviour, violence and abuse. The resource also focuses on developing key skills and attributes intrinsic to healthy relationships - such as empathy, respect, communication and negotiation.

News



Public Health  
England

**New free walking app from Public Health England**



Public Health England has launched a new app to support people to walk more. It is called Active 10 because the initial aim is to walk for 10 minutes/day. Public Health England says 'Active 10 tracks your walking and shows you when to increase your pace to benefit your health. The app is designed to quickly and simply help you do more brisk walking in bursts of ten minutes, known as Active 10s. It tracks all you're walking and rewards your progress'- <https://appadvice.com/app/one-you-active-10-walking-tracker/1204295312>.

The app is slick, very friendly and motivating. It can track the difference between walking and brisk walking.



**Easter Calories - Walk it or Work it !**



= 3hrs walking or 1hr circuits



= 50mins walking 20mins running



1 egg = 1 min running



= 1 hour front crawl swim or 3 hours walking



# Can You Help?



## OXFORD BROOKES UNIVERSITY

### **PSHE Research what are teachers views on content and delivery?**

Oxford Brookes University is doing some research to develop new tools to support the teaching of PSHE. The focus of this research is alcohol, drugs, relationships and well-being.

The research team would like to understand views of teaching staff so they are informed of how to develop new tools which will support in the delivery of PSHE. By taking part in their online survey, you can help influence how the resources are developed at the beginning of the process. The link below will provide more information about this work and the survey.

<https://tinyurl.com/PSHE-Teachers>

As a thank you for your support and for taking part in the survey, individual participants will have the opportunity to enter a prize draw to win £100 shopping vouchers.

For further details about the aims of this research or the study please visit,

<http://psych.brookes.ac.uk/research/pshe.php>

