

# Swindon Healthy Schools Newsletter



**Welcome** to our Spring Healthy Schools Newsletter. Regardless of the recent weather and some of the winter bugs still hanging around, the Healthy Schools team has continuously been working to support you with improving health and wellbeing of the young people in Swindon.

Recently, we introduced a draft Swindon Healthy Early Years Programme (SHEYYP), because we want every child to get the best start in life. We know that the learning in early years builds the foundation for future life chances. Therefore, SHEYYP is designed to recognise the achievements of the individual centres and see how they support the health and wellbeing of the children and the families that are linked to their settings. The programme is currently being piloted in three Swindon early year's centres. We will get feedback and an official launch in the summer at the Early Years Conference.

Other news to share; ASH Wales have been running workshops for Year 7 students across the town to support and prevent the uptake of smoking.

We have commissioned the How R You? Survey again. This survey looks at young people's perceptions and behaviours on health. We have been following the same cohort of pupils for the last two years to see how their behaviours have changed and this year the pupils are in year 11.

In addition to the Mental Health Award, Dementia Friends workshops are becoming popular in schools too.

The PSHE network meeting is scheduled to take place a little later this term, if you have not booked a place yet, please get in touch.

I would like to thank you for your cooperation and continued work in supporting the health and wellbeing of our young people, which ensures they are happy, healthy, active and achieving the best they can.

Please see the awareness dates on the right for you to promote within your school and as always share the good work and news with us.

Finally, remember Swindon Healthy Schools is a **FREE** programme!

Surbdeep Rai (Su)

## Important School Dates

23rd - 27th April  
[Family Safety Week](#)

1<sup>st</sup> May - [National Walking Month](#)

5<sup>th</sup> May - [Save Lives, Clean Your Hands](#)

9<sup>th</sup> May - [Bike to School Day](#)

11<sup>th</sup> May - [Eat What You Want Day](#)

14<sup>th</sup> May - [Sun Awareness Week](#)

15<sup>th</sup> May - [National Smile Month](#)

21<sup>st</sup> May - [Dementia Awareness Week](#)

21<sup>st</sup> May - [Walk to School Week](#)

31<sup>st</sup> May - [World No tobacco Day](#)

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

June 11<sup>th</sup> - [Healthy Eating Week](#)

**Well Done**



**Bronze Healthy Schools  
Awards**

**Congratulations to:  
Westrop Primary**

**Moredon Primary**

For achieving the Bronze Healthy  
Schools award.



A **Big Thank You** to the  
following schools for piloting  
the Early Years Award:

**Robert Le Kyng**

**Rodbourne Cheney**

**Moredon Primary**

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



**Well done to:**

**Grange Primary**

**Chiseldon Primary**

For becoming  
Dementia Friends

## Helping to make a Dementia Friendly Generation

A third of children and young people are likely to know someone with dementia. We want every child and young person to understand what dementia is, what it's like to live with dementia, and how they can make a difference to reduce fear and stigma in Swindon. With this aim, we are offering free 45 minute Dementia Friends sessions tailored to the age group of the children in your school. This can be delivered by class, or as a school assembly and at a time and day to suit you. This month we have visited The Grange Junior School in Stratton St Margaret and Chiseldon Primary School which ties in with work we are doing to make these communities dementia friendly in partnership with the Parish Councils in these areas.



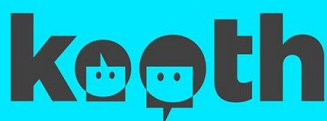
Grange School, Stratton St Margaret

As ever, we were impressed with how the children attentively listened. There were so many great answers to questions we asked, and the children thought logically and creatively about ways they could help people who they come across with dementia.

We hope that more schools across Swindon will be interested in dementia friendly sessions for their pupils and staff. The sessions are fun, interactive and contribute towards pupil welfare and safeguarding provision, as well as developing students' PSHE skills such as resilience and empathy.

Please contact: [Susan.lambert@swindon.gov.uk](mailto:Susan.lambert@swindon.gov.uk) or mob: 07980 933636 to arrange your sessions or for further information.





## Free, safe and anonymous online support for young people

The Swindon Public Health Team and Swindon Borough Council have commissioned XenZone, pioneer of online counselling services, to give children and young people access to professional mental health counsellors through its online [Kooth](https://kooth.com/) service.

The commission is key to improving accessibility, promote resilience and to better support young people's emotional wellbeing and mental health. The online service, is an effective early help for emerging mental health problems and can reduce the stigma sometimes associated with seeking help for mental ill-health.

Incorporating Kooth in the new flexible support model will give children and young people – from age 11 until their 26th birthday – access to professional help when they need it; Kooth provides support from qualified counsellors seven days per week, until 10pm.

Young people register anonymously on the site, which gives them access to drop-in or booked online chats with [British Association for Counselling & Psychotherapy](https://www.bacp.co.uk/) (BACP) certified counsellors, psychotherapists and emotional wellbeing practitioners. They can log in to Kooth through any connected device.

Kooth offers moderated peer to peer support, as well as giving young people access to downloadable self-help resources, forums and discussion groups. They can also read and contribute to the Kooth online magazine.

As part of this effort, Kooth provider XenZone will engage with secondary schools, further education colleges and alternative secondary provisions to raise awareness of the service. It will also help address any specific mental health issues, such as exam stress, bullying or resilience, while promoting a whole schools approach.

Kooth will work alongside existing local services: the CAMHS provider, schools, GPs, voluntary services, Local Authority Children's Services, such as early help, social care and the school nursing service, as well as the Safeguarding Children Board adult services and voluntary organisations.

<https://kooth.com/>

### Year 11 How R You Survey

The How R you survey, has been commissioned by Swindon Public Health, to support young people in making positive life choices. We have been following a cohort of pupils over the last two years to see how their behaviours and perceptions change. The attached PDF shows the results of the last two years.



Year 10 How Are  
You - key findings f

This year the students are in Year 11 and we would like as many students as possible to complete the survey for the final time, so we can monitor any changes in health choices as they mature. The survey will take about 7minutes to complete and there is an opportunity for students to enter a prize draw

To minimize work for schools we suggest that you send the survey invitation with the survey link to the students and while we would like you to encourage them to take part in the survey, we do not want you to be responsible for the completion.

A letter will be coming to schools in the very near future with all the relevant details and the survey link. we have attached a test link below for you to have a look at the questions.

<https://www.smartsurvey.co.uk/s/HRUY11TEST/>



The Alcohol Education Trust works across England providing the highly evidence talk about alcohol programme to schools and colleges. With over 30 lessons on topics such as alcohol and the law, units and alcohol and its effects for ages 11-18 according to the time available and knowledge of the children, the engaging but practical programme is free for you to download here:

<http://alcoholeducationtrust.org/teacher-area/download-teacher-workbook/> . Just 4 lessons taught in year 8 and two top up lessons in Year 9 are enough to really change teenagers behaviour around alcohol according to detailed evaluation of AET's work.

In addition, there is a more detailed resource which includes the 100 page workbook, plus a DVD of 4 BAFTA award winning best secondary school films of true stories, 60 activity cards and 6 bespoke picture and story led lessons designed for children with moderate learning difficulties. This complete resources is available for just £90 and can be ordered here:

<https://alcoholeducationtrust.org/store/>

The AET also host parent talks and teacher training sessions.

For more information, please email [kate@alcoholeducationtrust.org](mailto:kate@alcoholeducationtrust.org) or ring 01300 320869



@talkalcohol

Registered Charity Number 1138775

**[www.alcoholeducationtrust.org](http://www.alcoholeducationtrust.org)**

**[www.talkaboutalcohol.com](http://www.talkaboutalcohol.com)**

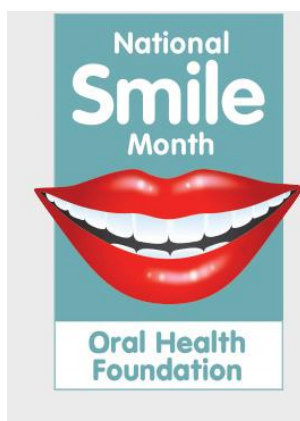


## Web-based rewards for Year 6 pupils

Incentive for pupils to make lifestyle changes- called 'Our Healthy Year'

- Utilising the OHY content, these badges encourage pupils to make some small, achievable lifestyle changes, while looking ahead towards a healthier future.
- The badges direct pupils towards Change4Life campaigns such as '10 Minute Shake Up' and the 'Food Scanner app'.
- School nurses and primary school teachers can encourage pupils to complete three badges – 'My healthy pledge', 'My healthy living challenge' and 'My healthy future' – in chronological order.
- Once a task is completed, they are rewarded with a digital badge, which sits on the 'Know Your Health' area of the Makewaves website.
- The badges are part of the Know Your Health series from PHE and can be accessed via the School Zone website. The challenges and badges are free to access.





National Smile Month is the UK's largest and longest-running campaign to promote good oral health. The campaign highlights three key messages, all of which go a long way in helping us develop and maintain a healthy mouth. They are:

- Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist regularly, as often as they recommend.

The aim of National Smile Month is to ultimately improve UK's oral health. The campaign hopes to raise awareness of important health issues, and make a positive difference to the oral health of millions.

The campaign will take place between May 14<sup>th</sup> – June 14<sup>th</sup> and will encourage all dental and health professionals, schools, pharmacies, community groups, colleges and workplaces – in fact anyone with an interest in good oral healthcare, to join in and help educate, motivate and communicate positive oral health messages and improve the quality of smiles all around the UK.

Swindon and Wiltshire Oral health team have produced a resources to support primary schools to improve children's oral health. Please see an outline of the programme with lesson plans, below in the resources section.





## Oral health resources for schools

**Happy Smiles Programme** - The oral health promotion team have developed a fantastic programme to support schools with improving children's and their families' oral and general health. The programme includes:

- Classroom activities,
- Evidence based messages for teachers,
- Printable resources for the classroom activities,
- Information for parents.

To apply for a copy of this programme, send the completed [application form](#) to [oralhealthpromotion@gwh.nhs.uk](mailto:oralhealthpromotion@gwh.nhs.uk). For further questions and queries contact GWH on this email address.

### Oral health resources

The resources below have been produced for schools; all content is in line with national curriculum and support the PSHE programme.

There are messages on the back of the books for parents and some activities may include parental support.

### Dental Work Books:

[Series 1](#) - For year 1 & 2

[Series 2](#) - For years 3 & 4

[Series 3](#) - For year 5 & 6

### Colouring sheets:

The [colouring sheets](#) can be used in the foundation years as part of a tooth fairy story.

There are many story books available with good oral health messages that including why the tooth fairy comes! Children in foundation years lose their first baby tooth at around the age of 5 years, so they are really appropriate.

### Certificate:

If you choose to take part in the tooth brushing activities, you can award the pupils with a [certificate](#).



## Be the 1<sup>st</sup> school to promote the Daily Mile in Swindon

### What is the Daily Mile?

The Daily Mile aims to improve physical, social, emotional and mental health and wellbeing of children – regardless of age, ability or personal circumstances.

It is a simple concept, which any primary or nursery school can implement and completely free of charge. It does not require staff training. Its impact can be transformational – improving not only the children's fitness, but also their concentration levels, mood, behaviour and general wellbeing.

The Daily Mile is a social activity, where the children run or jog – at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for the full 15 minutes.

Research has shown that The Daily Mile can even increase attainment in primary school, and parents have reported an increased interest in health and wellbeing from their children after they have started The Daily Mile.

### All the resources you need to get started:

[Starter Pack](#) [A5 Flyer](#)

[Risk Assessment](#) [Letter to Parents](#)

If you are still confused or unsure of this initiative contact the [Daily Mile Team](#)

*The Daily Mile has been an excellent initiative and it is very encouraging that it is being taken up by an ever increasing number of schools. It has introduced physical activity into the everyday life of the school in an easy, inclusive and fun way.*

*Jeremy Hunt, Secretary of State for Health and Social Care*



## Resources

### PSHE SUPPORT

#### **Indecent images of children: guidance for young people (Home Office)**

This guidance aims to help young people understand the law on making or sharing indecent images of children.

The Home Office have also produced a **supporter pack** to help educate young men on the law relating to indecent images of children online. To better protect potential victims and reduce demand on the criminal justice system, the campaign aims to prevent offending before it occurs and disrupt the escalation of harmful offending behaviour. The supporter pack includes more information about the campaign and materials you can use such as videos, posters, infographics and social media messages.

#### **Mentally Healthy Schools website available nationwide (Place2Be)**

The Mentally Healthy Schools website, a landmark project from Heads Together to help schools better support children's mental wellbeing, is now available nationwide.

**Mentally Healthy Schools** is a free and easy-to-use website for primary schools, offering teachers, school leaders and school staff across the UK reliable and practical resources to help them support the mental health of their pupils. Created by Heads Together partners Place2Be, the Anna Freud Centre for Children and Families and YoungMinds, the site will provide over 600 free, easy-to-use lesson plans, activities, assemblies and more. More info on the aims of the site from the Anna Freud Centre for Children and Families **here**.

#### **Obesity risk doubles for teens bombarded with junk food adverts (Cancer Research UK)**

Teenagers are more than twice as likely to be obese if they can remember seeing a junk food advert every day compared to those who couldn't recall any over a month, according to a **report by Cancer Research UK**. This included ads on TV, billboards and social media, and is the largest survey of its kind to make a link between these forms of advertising and weight. Obese teenagers were more likely to recall social media adverts than the other mediums, so this platform had the greatest association with obesity. The report was based on a YouGov survey which questioned 3,348 young people in the UK between 11-19 about their TV viewing habits, diet and their BMI. **Press release** from Cancer Research UK. RCPCH **response**.

### **Intervening early to prevent gang and youth violence: the role of primary schools (Early Intervention Foundation)**

This report explores the extent to which young children at risk of gang involvement or youth violence are supported through evidence-based early intervention, particularly within primary schools. It draws on qualitative interviews with schools, local government officials, police and voluntary sector organisations within the London boroughs of Lambeth and Wandsworth, and builds on **earlier EIF research** which indicates that risk factors for gang involvement and youth violence can be spotted as early as age seven.

EIF's research paints a picture of primary school staff who know their children and local families well, and who go above and beyond to try to provide strong, positive role models and to support children's emotional wellbeing. However, there is also a strong sense that some school staff are intensely frustrated and feel unsupported in their efforts to work with vulnerable children. Some staff expressed anger and sadness as they told EIF that they feel unable to change children's outcomes in spite of their best efforts.

### **Using e-Bug to educate young people on infection prevention and control (Public Health England)**

This Public Health Matters blog concerns how PHE have created a free health resource called e-Bug, consisting of lesson plans, worksheets and multimedia for educators and students from ages 4 to 18 designed to educate students on infection prevention and control. This blog report looks at the research going in to the development of eBug, peer education and getting involved to help prevent antimicrobial resistance (AMR).

### **Absence rates by gender, age and free school meal status (Department for Education)**

Data examining if girls are missing school because they cannot afford sanitary towels or tampons. Examination of school absence data for evidence that disadvantaged girls are not attending school due to 'period poverty'.

### **Skippping breakfast, overconsumption of soft drinks and screen media: longitudinal analysis of the combined influence on weight development in primary schoolchildren (BMC Public Health)**

Background: Regular breakfast and well-balanced soft drink, and screen media consumption are associated with a lower risk of overweight and obesity in schoolchildren. The aim of this research is the combined examination of these three parameters as influencing factors for longitudinal weight development in schoolchildren in order to adapt targeted preventive measures.



### **betty for schools reaches half a million pupils in first year of period education**

betty for schools, the period education programme, is celebrating its first birthday and a wave of success across schools in the UK. The programme designed to highlight both the emotional and physical aspects of period education. Nearly half a million pupils aged between 8-12 have experienced both the workshops and resources, contributing towards the goal of creating a generation of girls and boys who are comfortable and confident in talking about periods. The betty bus used by facilitators to support and enhance learning, visited a total of 210 schools across the UK reaching approximately 17,000 pupils, and the PSHE accredited online teaching resources were downloaded over 60,000 times and shared with over 500,000 pupils. The combined efforts of both the programme's workshops and resources resulted in reaching over half a million pupils and 3,700 schools in the UK.

The resources are suitable for PSHE lessons and are fully accredited by the PSHE Association's Quality Assurance Mark. Film-led, with a mix of animations, quizzes and interactive activities, they have been created with education experts and young people, to empower teachers to deliver sessions with confidence. Research commissioned by the betty team after the first year of school visits found that, 69% of girls said they felt less scared or worried about starting their period, and 81% of boys stated they felt they knew how to support someone if they were feeling unwell or emotional due to their period.

The betty for schools programme plans to build on the year's successes and looks to 2018 as a year for change, with the aim of reaching every boy and girl aged 8-12 in the UK. With period poverty dominating current conversations, and many schools ill-equipped with the resources they need to teach period education, betty for schools is tackling the issue by donating 40,000 pieces of femcare to the most deprived schools in the UK. The team will also bring period education to more schools for another year, with 900 schools currently on the waiting list for a visit from the betty bus

### **About betty for schools**

- betty for schools 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. Film-led, with a mix of animations, quizzes and interactive activities, the resources have been created with education experts and young people, to empower teachers to deliver sessions with confidence.
- The betty for schools programme has been designed by betty, together with education experts and young people, to create a generation of girls and boys who are truly at ease talking about periods. It encourages open, respectful and honest conversations about periods and the way they affect girls.
- The resources are designed to empower teachers to deliver sessions with confidence. Teachers can access the free resources by registering via: [www.bettyforschools.co.uk](http://www.bettyforschools.co.uk)

# PSHE Association

## Google and Parent Zone free KS2 internet safety resource gains our Quality Mark

Google and Parent Zone have collaborated on a new Key Stage 2 teaching resource on internet safety. The **Be Internet Legends** resource has received the PSHE Association Quality Mark and is [free for all KS2 teachers to order](#).

Containing lesson plans, support materials, worksheets, poster and stickers, these curriculum packs will encourage discussion and exploration of issues such as appropriate behaviour, critical thinking and risk-spotting. These resources aim to make young people safer and more confident explorers of the online world and help teachers get across important messages with age-appropriate activities, tips and discussion points.

Be Internet Legends assemblies will also be visiting schools in 2018, with an interactive character-based presentation supporting and engaging pupils in the Be Internet Legends' principle pillars of being Sharp, Alert, Secure, Kind and Brave.

[Order your free internet safety teaching resources pack](#)



## Resources

PSHE  
Association



A [new PSHE resource on promoting resilience to gambling](#) has been launched by Demos and GambleAware, following a pilot study showing the effectiveness of such prevention education in schools. The PSHE Association were involved in the initial study and resource development and have granted the resource our Quality Mark.

This free resource includes three lesson plans, a teacher guidance booklet, supporting PowerPoint materials, lesson activities and handouts. Whilst primarily aimed at year 10 students, the material could be adapted for students aged 13 upwards, based on maturity and needs.

**PSHE Association Subject Specialist Anne Bell says:**

*“Tried and tested resources such as these can help teachers to effectively address the development of skills and attributes which can help young people to manage risk in various situations. This resource has proven its capacity to deliver learning on gambling effectively whilst also supporting learning in other connected PSHE topic areas.”*

[Download your free gambling resources](#)

The resources have been piloted in schools, and an extensive [‘Reducing the Odds’ report](#) (also published today by Demos) shows the positive impact of addressing gambling education through PSHE education in this way. It was shown to help improve understanding of gambling, how to make good decisions when in any risky situation and how to help a friend or family member experiencing problems.

In order to address this increasingly sophisticated issue, Demos suggests gambling education sits naturally within a broader PSHE education programme, alongside teaching around drugs, alcohol and other risky behaviours. The report shows that PSHE delivered by skilled teachers enables students to develop the knowledge, skills and resilience to manage the risks gambling poses to wellbeing. While identifying PSHE education as the best home for this type of prevention education, the report raises questions about the effect of PSHE’s non-statutory status on its potential to benefit all students.

**It will soon be summer!!**



### **UK schools can win £5,000 in school trips with Boots Soltan**

With the warmer weather approaching and the prospect of enjoying the great outdoors becoming more of a reality, the Soltan Sun Ready Schools programme from Boots is offering primary schools the chance to win £5,000 for school trips, by taking part in the Sun Ready Photo Challenge. Four runners up will receive £500 and a set of school bibs for sports day.

The Sun Ready Photo Challenge encourages schools to submit photos of how they stay safe and have fun in the sun, whether that's wearing their best sunglasses or donning their favourite summer hat. The competition is part of Boots Soltan Sun Ready Schools, a curriculum-linked programme providing free teaching resources that help to equip teachers and pupils with all the knowledge they need to stay safe on warmer days.

Boots Soltan is a leading brand that offers 5\* UVA protection to prevent permanent skin care damage, and by educating young people aged 5-11 about how to stay safe in the sun, the campaign is ensuring that they adopt healthy sun safety tips at an early age that will last a lifetime. This is even more important as 23% of sun damage occurs before the age of 18.

As many schools work hard to allocate budgets evenly throughout the school year, the prize money offered by Boots Soltan will provide the opportunity for teachers and pupils to travel outside the school gates to an activity day, visit, or experience which will help enhance skills like teamwork, leadership and educational curiosity.

The first 100 schools to download the pack to enter the Sun Ready Photo Challenge will receive a Sun Ready Schools outdoor banner featuring top sun safety tips for their school, and free samples of Boots Soltan sun cream.

To enter the Sun Ready Photo competition, go to (LINK)

To download the fun, free, curriculum-linked resources go to:

<http://bit.ly/SoltanSunReadySchools>