



Welcome back to school and another new academic year. Hope you had a restful and enjoyable summer break.

The summer term ended with another successful schools excellence celebratory event at the Marriott Hotel in July. Healthy Schools awarded 11 certificates this year, these included the pilot of the Swindon Healthy Early Years Programme (SHEYP). SHEYP is now available to all Early Years Centres. Visit the [Healthy Schools Website](#) or [contact us](#) if you would like more detail about engaging with this programme. Three schools completed the [Mental Health Award](#). Four Healthy Schools Silver awards were achieved and for the second year running Westlea Primary maintained their Gold status.

A big well done to all teachers, who worked diligently to support the health and wellbeing of pupils at their schools. Celebratory photos can be seen on the [Healthy Schools website](#).

I am really pleased the PSHE network meetings are seeing more engagement and attendance, from both KS3 and KS4 leads. Take a look at the details of the new [Draft PSHE guidance](#). We can discuss this at the next meeting, to ensure we develop a strong and cohesive PSHE programme for Swindon schools. The next PSHE meeting is scheduled to take place in October, please email me or [Swindon Healthy Schools](#) with dates that suit and if you are willing to host the meeting at your school.

The important school dates column on the right, has many awareness days that you can get involved in. You can invite our Dementia Friends team to deliver an assembly to pupils during the week of national Alzheimer's day. You could encourage all pupils to walk to school, during the 'walk to school month'. As it is the year of Mental Health and young people are the key focus, I would encourage you to engage with Swindon's [World Mental Health Day](#) and share your pledges on the schools [news section](#) of the HS website, or forward them to me and I will promote the pledges for you.

Finally, remember Swindon Healthy Schools is a **FREE** service for schools, funded by Public Health. We are one of the few Boroughs in the South West who do not trade the service. If you don't have Healthy Schools status or it's due to expire, contact us to support you in becoming a Healthy School.

Surbdeep Rai (Su)

Important School Dates

- 21 September 2018
[World Alzheimer's Day](#)
- 22 September 2018
[Jeans for Genes Day](#)
- 24 September 2018
[National Eye Week](#)
- 24 September 2018
[Sexual Health Week](#)
- 26 September 2018
[Everywoman Day](#)
- 26 September 2018
[National Fitness Day](#)
- 28 September 2018
[World's Biggest Coffee Morning](#)
- 01 October 2018
[Dyslexia Awareness Week](#)
- 01 October 2018
[International Walk to School month](#)
- 01 October 2018
[ADHD Awareness Month](#)
- 01 October 2018
[Stoptober](#)
- 05 October 2018
[World Smile Day](#)
- 10 October 2018
[Swindon World Mental Health Day](#)
- 11 October 2018
[World Obesity Day](#)

Well Done



Bronze Healthy Schools Awards

Congratulations to:

East Wichel Primary Schools

St Francis C of E Primary School

Millbrook Primary

Crowdys Hill School

for achieving the Bronze Healthy Schools award.



The following three schools have completed the Mental Health Award. They have identified areas they need to improve and develop to ensure positive mental health of young people .

Well Done:

Covingham Park Primary School

Rodbourne Primary School

Haydonleigh Primary School



Swindon Healthy Early Years Programme (SHEYP)

Congratulations and well done to:

Rodbourne Primary Pre School

Moredon Primary Pre School

Central Robert Le Kyng Pre School

for piloting the Swindon early years award



Healthy Schools
SWINDON

Well Done

Healthy Schools Silver Awards



Congratulations to the following four schools for achieving the Silver Healthy Schools Award;

Colebrook Juniors

Covingham Park Primary

Lawn Primary

Oliver Tomkins Primary



Healthy Schools Gold Again!



Sarah Sumner, Deputy Head at Westlea Primary has been working with Healthy Schools for the last three years. Having achieved the Mental Health Award, Sugar Smart Certificate and the Gold Award last year, Westlea continued the great work and have successfully maintained their Gold award for 2018.

Sarah's team have supported and embedded good practice for young people across the school. They encouraged healthier food choices, reduced sugar intake, increased physical activity, focused on improving mental health through confidence building strategies.

A **HUGE** well done to Sarah and Westlea for being the first school in Swindon to achieve this award two years running!

Dementia Awareness in Schools

Bishopstone Primary School and Beechcroft Primary School both had [Dementia Friends](#) Assemblies. The children enjoyed an interactive and informative session about dementia, including, what it is, how it can affect someone's behaviour and what they can do to help by becoming a 'Dementia Friend'.

It is great for us to be invited into schools to talk to children about dementia. When we ask "who knows someone with dementia?" - large number of hands go up, which reflects how dementia is impacting all of us.

We always get positive feedback from schools, both from pupils and staff. Beechcroft Primary School said *"Thank you for coming to our school to tell the children about dementia. They were very interested and all had good follow up discussions in classrooms. It was nice for the children who are already affected by dementia to be able to talk about it"*.

The photo below shows pupils from Bishopstone School. It's very encouraging how well the children have taken on board key messages from the session. A refresher session is planned at this school next year.



We are really keen to come into as many schools as possible, both primary and secondary. We are flexible to work within your timetables, providing a 'Dementia Friends' assembly or delivering sessions to smaller groups in classrooms.

If you would like your pupils to become dementia aware and be accredited with dementia friend's awards, please contact Susan Lambert our Dementia Friendly Coordinator. To make arrangements and discuss this further email:

susan.lambert@swindon.gov.uk or call 07980 933636

Watch This Space!

As well as dementia, falls and fractures are another serious health issue faced by older people. Each year, hundreds of thousands of people over the age of 65 are admitted to hospital due to falls in England. Unaddressed falls hazards in the home are estimated to cost the NHS over £400 million a year. In Canada, a pioneering programme called [Safety Superheroes](#) has taken an intergenerational approach to addressing this issue. The programme aims to educate school children about home hazards and how to keep their grandparents safe from falls. Health professionals in Swindon are working with the Healthy Schools programme to develop a similar programme for Swindon schools – ***watch this space!***

Swindon's World Mental Health Day



What's it all about?

Mental Health is something that every single one of us have and different life events could have an impact on our mental health, the same as it might on our physical health. If we all have it, then hopefully we can all understand how important it is to take positive steps to look after it.

October 10th is [World Mental Health Day](#), an international campaign which has been set up by the World Federation for Mental Health. This day gives us all a great opportunity to inspire action and support each other to prioritise looking after our mental health in the busy and sometimes chaotic world we live in.

This year we are looking to run a town wide campaign to promote positive messages around mental wellbeing and we want to open this up to all local people to get involved.

How can you get involved?

It's very simple, we are asking everyone to pledge to do something to promote a positive message around mental health. This could be as simple as going for a walk, meeting a friend for a coffee and a chat or something larger like running a mental health awareness event at your place of work.

You can do this activity on your own, with colleagues, friends or family, but we want a town wide approach and we would love you to be as creative as possible.

We are encouraging everyone to wear something green to promote positive mental health, is this something you can do on Oct 10th?





Beat The Streets

A fun, **free** walking and cycling game is coming to Swindon, called Beat the Street. This game takes place between **12th September and 24th October 2018**.

Beat the Street is a fantastic opportunity to bring together your school by getting staff, pupils and their families involved. There will be hundreds of pounds worth of prizes and the chance to see which school can climb to the top of the leader board and be crowned winner of the competition. All primary schools, including special schools, have been sent information about this. If you want information or to get in touch and confirm your participation, please email ben.taylor@intelligenthealth.co.uk. Beat the Street Swindon is being funded by Sport England and Swindon Borough Council.

To find out more about how Beat the Street works, please view the short video below:

[Beat the Street how to play](#)

Beat the Street is designed to inspire people to make small changes, such as walking or cycling to school every day, to improve health and help re-set the way in which we embed physical activity into everyday life. In 2017, 1100 schools played the game and more than 300,000 people took part across the UK and Ireland. Participation in Beat the Street not only supports children's physical activity but may also:

- Add impact to the Primary Sports Premium funding.
- Provide evidence for Healthy Schools applications.
- Provide evidence which can be used as supporting evidence in the Wellbeing aspect of school inspections.
- Act alongside or as a precursor to the Daily Mile programme.
- Help the school and its pupils to achieve the Department of Health's physical activity target of 60 minutes per day for young people.
- Reduce traffic around the school.

Hate Crime Awareness week is from 13-20th October 2018.

National Hate Crime Awareness Week 2018

The national theme this year is **H.O.P.E.**

This stands for;

Hate Crime Awareness- running awareness events to increase public knowledge

Operational response – encouraging people to think about how they would respond if a hate crime happened to someone they know

Prevention – preventing hate crime where possible

Empowering communities –to report hate crime and work together

Wiltshire Police will be running a poster competition for primary schools and a Video Blog competition for secondary schools in September to support National Hate Crime Awareness Week.

We will be asking schools to consider how they can promote a message of **'HOPE'** - think about how to value difference, be inclusive, promote kindness and the impact of our actions on others.

Details of the competition will be launched week commencing 3rd September. Entries will need to be submitted by Wednesday 3rd October....please look out for details. You can find useful [resources and information](#) here to start planning Healthy Schools Programme Hate Crime with [teachers' resources](#).



News

Reducing Obesity and maintaining a healthy weight



Public Health
England

Core messages to promote a healthier weight for school age children

Why is a healthier weight important?

Research shows that children who stay a healthy weight and lead a healthy lifestyle tend to be fitter, healthier, have better attendance in school, and, be more self-confident. They are also much less likely to have weight-related health problems in later life.



Promote the Eatwell Guide to support individuals to get the **healthy balanced diet**. Eat at least five portions of fruit and vegetables daily. Foods and drinks high in fat, salt or sugar should be consumed infrequently and in small amounts.



Ensure **portion sizes** are appropriate. When buying package snacks promote snacks with no more than 100 kcals, and two a day maximum.



Encourage families to **prepare healthy meals at home**. Recommend reading food labels, using healthier ingredients, and controlling how much sugar, fat and salt is used.



Encourage all children (5-18 years) to engage in moderate to vigorous intensity **physical activity for at least 60 minutes** and up to several hours every day, indoors or outside.



For those children above the 91st BMI centile, offer to make a referral to a **local weight management service**.



Children, young people and their parents/carers should be made aware that drinking alcohol, even at age 15 or older, can be hazardous to health. An **alcohol-free childhood is the healthiest and best option**.

[Eat Well guide](#)

[Healthy Balanced diet](#)

[Portion sizes](#)

[Healthy Meals](#)



Ready Set Ride Launch

British Cycling, together with support from HSBC UK and the Youth Sport Trust, has launched a new learn to ride programme for children aged 18 months to 8 years.

HSBC UK Ready Set Ride empowers parents, school staff and carers to introduce pedalling to playtime and be part of a child's learn to ride journey. The programme includes fun, active games that anyone can get involved with – in almost any space.

The stages of HSBC UK Ready Set Ride:

- **Prepare 2 Ride:** A series of short games introduce the core skills for braking, steering and pedalling – also helping children to develop physical literacy. The activities are perfect anywhere you don't need a bike to get started.
- **Skills 2 Ride – Balance:** With balance bikes children can scoot around, controlling their movement while having a go at fun challenges. Through play they will develop new cycling techniques, gain core balance and confidence to try new things.
- **Skills 2 Ride – Pedals:** The final step is about introducing pedalling. Children are encouraged to progress their skills to become competent cyclists. These games help to improve speed control and bike handling to ensure safety and promote enjoyment for life long riding.

Take a look at the HSBC Ready Set Ride : readysetrider.co.uk/schools

HSBC UK Ready Set Ride is for everyone, it's a **free resource** to encourage parents, teachers, outdoor instructors and relatives to give it a go.

Videos to support:

Bubble boy: Introducing @HSBC_UK Ready Set Ride from @BritishCycling, the fun and easy way to learn to ride a bike. <https://readysetrider.co.uk/> #readysetrider

Silly stabilisers: Introducing @HSBC_UK Ready Set Ride from @BritishCycling, the fun and easy way to learn to ride a bike. <https://readysetrider.co.uk/> #readysetrider.

Introduce pedalling to playtime with quick and easy games from @BritishCycling & @HSBC_UK that will help teach kids how to ride: <https://readysetrider.co.uk/> #readysetrider
Did you know you can start learning to ride without a bike? Teach children by playing fun @HSBC_UK

Ready Set Ride games for free at <https://readysetrider.co.uk/> #readysetrider.



Child Trafficking: Children's Voices Informing Practice



Gelb, 2011 Flickr

Interactive Seminar

FREE TO ATTEND

Aimed at public sector front-line staff coming into contact with children and young people: police, social workers, YOT, foster carers, interpreters, immigration solicitors, housing and librarians.

Speaker: Dr Alinka Gearon, University of Bath

8 November 2018 at 13:00

Marriott Hotel
Bratton Suite, Pipers Way, Swindon SN3 1SH Free parking

LIMITED PLACES

BOOK NOW: <https://www.trybooking.co.uk/FMG>



BE INFORMED

*Hear from children
and young people
directly*

DISCOVER

*New research how
children & young
people experience
child trafficking &
services*

DEVELOP

*Share challenges
with other
practitioners to
improve practice*

New Funding for School Breakfast Clubs (England)

The UK Government has announced a boost to breakfast provision in schools that will be funded through the soft drinks industry levy. Targeting the most disadvantaged areas of the country – including the Department for Education’s 12 Opportunity Areas – the funding will benefit over 1,770 schools to help make sure every child gets the best start in life. A share of £72 million will help create opportunities and raise education standards in parts of the country where children and young people face greater challenges.

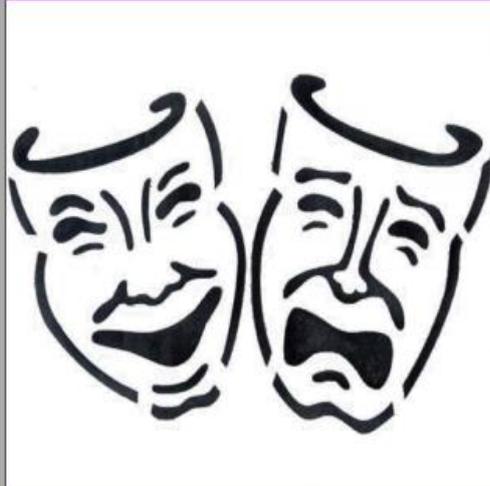
The new National School Breakfast Programme in England is being delivered by Family Action and Magic Breakfast. This scheme has its own criteria for eligibility with schools required to fill in an “Expression of Interest” Form to find out if they are eligible for support- this is related to if your school is in a disadvantaged area of England.

Magic Breakfast currently supports schools across England with over 35% Free School Meal eligibility, or 50% Ever 6 FSM, working with them to reach the children most in need of a healthy start to the school day.

Please click here to download the “Expression of Interest” form, then please email your completed form to nsbp@family-action.org.uk

<https://www.magicbreakfast.com/apply-for-magic-breakfast-provision>

Are your students aware of the risks of youth homelessness?



Natural Theatre Company in partnership with Developing Health & Independence (DHI) are putting on a short production to show the realities of youth homelessness to make students aware of how this can happen with the aim of early prevention

- WHEN?** 5th to 30th November inclusive
- WHAT?** A FREE 20 minute production by the Natural Theatre Company with 15 minutes Q&A
- WHERE?** We will come to your school for your production
- WHO?** Years 11, 12 & 13
- INTERESTED?** Call Nik Browne on 01225 422156 or email nikbrowne@dhi-online.org.uk for more information



New relationships and sex education schemes of work for KS1-3

The launch of new age and stage appropriate relationships and sex education schemes of work for key stages 1, 2 and 3, produced in partnership with Medway Public Health. The materials include a suite of detailed lesson plans and complement our [recently published packs](#) for helping you prepare for statutory RSE and relationships education within your PSHE curriculum.

Medway Public Health Directorate have been working with the PSHE Association for a number of years to support teachers in their area to deliver high quality PSHE education and have kindly agreed to share these new materials with PSHE Association members across the country. The materials are tailored to the needs of Medway schools but provide an example to others who can adapt them for their own learners, in line with best practice. The schemes include the following lesson plans:

- **At key stage 1:** the resource provides lesson plans about identifying special people; growing up (human life cycle) and about bodies
- **At key stage 2:** lessons look at positive and healthy relationships, including friendships; growing up and changing, including the physical and emotional changes that occur at puberty
- **At key stage 3:** lessons revisit themes such as puberty and healthy relationships and go on to include relationship values and expectations, parenthood, consent, sexual diversity, sexual health and contraception

A detailed teacher guidance document accompanies each year group's lesson pack. This includes a more detailed outline of each scheme of work and further resource recommendations to supplement materials included in the pack.

[Download the Medway scheme of work here](#)

British Red Cross first aid resource gains PSHE Association Quality Mark

[First aid learning for young people](#) – a comprehensive resource from the British Red Cross – has just been awarded the PSHE Association Quality Mark for PSHE education resources. The resource is **free to access** and gives **11 to 19 year-olds** the skills, confidence and willingness to step in to help in a first aid emergency.

‘First aid learning for young people’ includes engaging videos, thought-provoking case studies, online quizzes, skill guides and role-play activities which can be used to develop short sessions or a whole programme of lessons as part of your PSHE curriculum. The British Red Cross supports PSHE as a means to deliver first aid education and this resource aims to provide you with what you need to do in an effective, straightforward and engaging way, without needing any first aid training yourself.

We have previously quality assured [Life. Live It.](#) from the British Red Cross for **5 to 11-year-olds**, should you teach younger learners.

[Find out more and access the resources](#)

Share your story

Already teaching first aid? The Red Cross is looking for stories from young people who have stepped forward in a first aid emergency. They would like to use their story to inspire others to learn first aid in school. Please email rededucation@redcross.org.uk

Preparing for statutory RSE and relationships education within your PSHE curriculum

A new *Preparing for statutory relationships education and RSE: PSHE lead's packs*, available in versions for [key stage 1 and 2](#) members and those teaching in [key stage 3 and 4](#) settings.

Under the Children and Social Work Act 2017, the government committed to making relationships education (primary) and relationships and sex education (secondary) statutory in all schools, including LA maintained schools, academies, free schools and independent schools. The new packs will help ensure you're prepared to meet these requirements when they come into place and implement any changes effectively within your PSHE curriculum.

The pack brings together guidance and useful resources to help you to:

- Assess the needs of young people in your school in relation to RSE
- Refresh your RSE policy and ensure it is up to date and fit for purpose
- Review your current RSE curriculum
- Update your curriculum, with ideas on how to embed RSE within your PSHE programme
- Equip your staff, including guidance on training available for your teaching team
- Prepare to monitor and evaluate your updated RSE provision
- Communicate effectively with your parent community

You can download the resources here.

[Download your PSHE lead's pack](#)

Home Office #knifefree lesson plans for KS3&4

New PSHE education lessons today that have been developed to challenge the myths and communicate the realities of carrying a knife to secondary school students, using the Home Office #knifefree campaign as stimulus for discussion.

The free-to-download lessons – one for key stage 3 and one for key stage 4 – will inform young people of the consequences of carrying a knife and inspire them to pursue positive alternatives, using real life stories of young people’s experiences as a basis. Accompanying teacher guidance will help you plan the lessons into your PSHE curriculum safely and effectively.

Well-planned and delivered PSHE education provides an ideal context for this learning, as the subject develops knowledge and understanding of key concepts such as risk, identity and power, and skills relating to decision making and managing peer influence. These lessons are therefore best suited for delivery alongside topics exploring personal safety or gang crime.

The lessons aim to help students to:

- Recognise and evaluate the risks of carrying a knife
- Challenge common misconceptions about knife crime
- Develop strategies to manage peer influence to carry a knife
- Explore how young people can choose to live knife free and achieve their potential

[Download #knifefree lesson plans](#)

New PSHE education planning framework for pupils with SEND

The PSHE Association has created a brand new PSHE education planning framework to address the needs of pupils with special educational needs and disability (SEND) in both special school and mainstream settings. Based on the PSHE Association Programme of Study, this unique framework identifies topics of particular relevance to learners with SEND and maps out progressive learning opportunities within each topic from key stage 1 to key stage 4.

The framework may be used in a variety of ways and enables teachers to plan class, group or individual learning. It provides guidance on how to assess and evidence pupils' progress and achievement in PSHE education. It will support you to ensure that pupils with SEND experience a high quality PSHE curriculum which equips them to manage the issues and everyday realities of their lives. Pupils in special schools, external bases, nurture groups, alternative provisions and mainstream settings will benefit from the cohesive approach presented in this resource.

[Download your SEND PSHE education planning framework](#)

ONE YOU



Public Health
England

The Active 10 campaign is in full swing, and the app has now been downloaded 684,000 times since it launched in 2017. We've seen some fantastic activity around the country and are thrilled that so many people are using the app – **but we'd like to get even more people active**

To keep encouraging adults to get active, take a look at **the resources that can help maintain momentum.**

Have you started your workplace challenge yet? Or made the most of the social media posts you can use to tie in your messaging with national sporting events taking place? You can find resources and more on the PHE Campaign Resource Centre.

- Social media posts for [Twitter & facebook](#)
- Social media [guide](#)
- Workplace Challenge

[View the Active 10 resources](#)

Be the first school to engage and promote the active 10 programme with your staff and share highlights and success on the [Swindon Healthy Schools](#) website or forward them on to us to share your news.

