

Swindon Healthy Schools Newsletter



Welcome

Welcome back to school and the first newsletter of the year. I hope you had a restful and enjoyable Christmas break. As always the newsletter is full of information and key resources to help you.

In October we launched [Swindon's Mental Health Award](#), please find all the [relevant paperwork](#) on the [Healthy Schools](#) website under resources and more detailed information is available inside.

The government has raised concerns about the amount of sugar young people are consuming. Therefore we have amended the Healthy Schools audit to support you in becoming a sugar smart school. The additional questions will inform us of what you are doing to cut sugar intake. If you can answer 'yes' to the questions, we will send you a 'Sugar Smart School Certificate'. If you already have healthy schools status, revisit your [online audit](#), complete this section, submit it and let us know to claim your certificate.

The PSHE Jigsaw programme is very popular amongst Swindon primary schools. Therefore, Jigsaw has invited secondary schools to pilot their new secondary programme. If you are keen to get involved please get in touch.

Over the last few years secondary schools have participated in the Social Norms project, this work has informed us about young people's perceptions of their peers. This year we have decided to purchase the programme from Healthy Attitude as a DIY kit, so you can run it in your own time and decide which interventions you want in place, more detail will follow on how to access this kit.

We have also been working with ASH Wales to develop a smoking prevalence workshop for year 7 students. A letter has gone out to all head teachers informing them the lead co-ordinator from ASH will be in touch to organise the workshop in your school.

Please promote the important dates in the box and share the outcomes directly with us or on the healthy schools website ([in schools news](#)).

Finally, happy 2017 and hope it's been a good start to term two.

Surbdeep Rai (Su)

Important School Dates

Blue Monday
January 16th

Dignity Action Day
February 1st

World Cancer Day
February 4th

Sexual Abuse & Sexual
Violence Awareness Week
February 6th - February 12th

Safer Internet Day 2017
February 7th

Eating Disorders Awareness
Week 2017
February 27th - March 5th

★ ★ ★ **AWARDS NEWS** ★ ★ ★



Bronze Healthy Schools Awards

It's been fairly quiet over the summer but we have had a few schools working away on the Healthy Schools Award during the holiday period.

Congratulations to:

Shawridge Primary

Lainesmead Primary

Goddard Park Primary

for achieving the Bronze Healthy Schools award.



Change 4 life

Become Swindons 1st



Sugar Smart School

Watch this space to see which Swindon school becomes the first Gold Award Healthy School !



Thank You !

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

Westlea Primary

Oliver Tomkins Primary

Commonweal School

Please contact us if you would like to pilot the award and get your young people to design a logo for the award!



News

Sugar Smart Schools

Almost 9% of 4 to 5 year olds and 17% of 10 to 11 year olds in Swindon are obese. Over 21% (4-5 year olds) and over 32% (10-11 year olds) are overweight, (NCMP data 2015/16). Consumption of sugar and sweetened drinks is particularly high in school aged children. Evidence shows that lowering the sugar content of the food and drinks offered in shops, restaurants, takeaways and other places we eat, including work and institutions such as schools and hospitals could be a successful way of changing sugar consumption.

No single action will be effective in reducing sugar intake. This is more serious than relying on individuals changing their behaviour in response to health education and marketing, or by better provision of food information. Intervention and implementing a structured programme to reduce consumption, reduce sugar content of food and drinks, support people in making healthier choices through information and education of impact, is likely to achieve meaningful reductions in sugar intakes.

To support Swindon schools in reducing sugar consumption, we have adapted Section 3 of the Healthy Schools audit by adding a few extra questions. The response to these questions will tell us the strategies you are using to reduce sugar across the school. You can tell us how you have measured the change in young people and staff through this work.

If you already have Healthy schools status log back in and amend your existing audit by completing these questions. Don't forget this could help you achieve the Healthy schools [Silver award](#).

To recognise this good work we want to reward schools with sugar smart certificates, so you can showcase and share the good practice with other schools and parents.



Smoke Free School Gates



Smoke free regulations in the UK came into force on July 1st 2007. Smoking was banned in all public places, work places, public transport, work vehicles and company cars.

In July 2015 we saw the introduction of a smoking ban in cars if carrying someone under the age of 18. The law was implemented to protect children and young people from the dangers of secondhand smoke. A fine of £50 could be applied to the driver and the smoker.

The culture of smoking is becoming socially unacceptable and we are seeing more and more smoke free areas. This year Swindon's Central Bus station became smoke free. Now we would like to see Swindon school gates become smoke free areas too. Please complete the [short survey](#) and let us know if you are already doing this or you would like to become a school who has smoke free school gates.



If you have ever been ill at home with diarrhoea and vomiting lasting one to two days, this is likely to have been caused by Norovirus. It is estimated that Norovirus affects between 600,000 and a million people in the UK each year. It is most common in the winter months but can occur at any time.



Viral Gastroenteritis can affect people of all ages and can cause outbreaks when people are confined in close proximity to each other in settings such as schools, hospitals, cruise ships and military bases and similar settings.

Viral Gastroenteritis is easily transmitted from one person to another:

- by contact with an infected person,
- by consuming food or water contaminated with viral particles,
- by contact with surfaces or objects contaminated with viral particles,
- by swallowing the virus in the air after someone has had projectile vomiting,
- also, rarely from raw or undercooked food, particularly shell fish, as this may be contaminated with raw sewage.

Recently we sent out a [letter to all head teachers](#) informing them of the several outbreaks of Norovirus in Swindon schools. The letter is to advise appropriate staff of what to do if there is an outbreak in the school. There is a contact number should the school need to speak to the local public health centre. Also attached is a template that maybe considered when informing parents and guardians.

Your support in preventing further spread into the community is greatly appreciated.

Free Staff Training



Wiltshire and the Charlie Waller Memorial Trust are offering various Free training courses for school staff.

Please look at the list below and book yourself a place:

[Click image for link to pdf](#)

Emotion Coaching

Using 'Emotion Coaching' to support children and young people to recognise and manage overwhelming emotions

Managing Exam Stress

Understanding how exam pressures impact young people and how we can support them

Young people who self-harm

Understanding self harm and supporting young people who self harm

Bereavement and Loss

Supporting children and young people who have experienced bereavement or loss

Disadvantaged Learners

Modelling successful transition practice for secondary pupils and their families

Supporting Vulnerable Learners KS3/4

Understanding and responding to the mental health needs of vulnerable learners
Session One: 'Using a resilience approach to improve mental health'

Positive Practice in School Transition

Supporting the emotional well-being of children

Supporting Vulnerable Learners KS1/2

Understanding and responding to the mental health needs of vulnerable learners
Session One: 'Supporting anxious learners'

Challenges to Emotional Wellbeing KS1/2

Understanding and responding to some of the challenges to emotional wellbeing
Session One: supporting the emotional wellbeing of children who bully or who have been bullied



Free Jigsaw Training

Jigsaw are offering all Swindon schools a
free training session
of their
PSHE programme, at Lydiard Park
on
Tuesday 31st January 2017.

If you are interested contact:
Angela Milliken – angela@jigsawpshe.com
to confirm your booking.



Jigsaw!
The mindful approach to PSHE

An invitation to Jigsaw schools
in Swindon

**Jigsaw Refresher/
Keep in Touch meeting**

At Lydiard Park Swindon SN5 3PA
On 31st January 2017 from 3.30-5pm

With tea and biscuits

FREE OF CHARGE
All Swindon schools welcome

RSVP to angela@jigsawpshe.com
Looking forward to seeing you again soon!
The Jigsaw team.

www.jigsawpshe.com +44 (0)1202 377192

Change4Life – New January 2017 Campaign



Look out for Change4Life's new healthy eating campaign launching in January!

The exciting new campaign will be supported by an app that will build on the success of Sugar Smart 2016, and help families make healthier choices.

Free consumer packs and **A4 posters** are also available to order **via pre-order forms**. Resources are limited so **please place your orders as soon as you have received the forms**. A range of digital resources will also be available to download on the Campaign Resource Centre.

Consumer packs will include **leaflets, stickers** and **quiz cards** providing hints, tips and recipes, and fun activities for parents and children to do together, or to incorporate into school lessons.

Digital resources available to download on the Campaign Resource Centre will include artwork for you to tailor to your local needs. The resources include:

- web and social media banners and post copy
- still adverts for TVs and screensavers
- A4 posters
- an email signature
- out of home advertising artwork
- a printable pull up banner that can be used to support your local events
- easy to use guides for PR, digital and social media, and ideas for local activities

Roadshow events will also be take place, dates and venues are yet to be confirmed.

Change4Life also have a new webpage on [healthier lunchboxes](#).



This gives hints and tips on what to put in children's lunchboxes as well as easy-to-prepare child friendly choices. It provides ideas for whole lunchboxes or you can design your own from their range of choices to provide a nutritious lunchbox.



Resources

PSHE Updated Programme of Study for PSHE Education (key stages 1-5)

A new and updated version of the PSHE education programme of study for Key Stages 1-5 is now available.

Through its three core themes (health and wellbeing, relationships, living in the wider world) the Programme of Study provides schools with a framework to create resources which match pupils' needs. It covers the breadth of PSHE from sex and relationships education to developing skills and attributes for employability, setting out suggested content for each key stage.

This version has been expanded to cover key stage 5. The key stage 5 section builds on key stages 1 – 4, with age-appropriate learning across the three core themes.

Schools already using the primary scheme of work toolkit can find the new learning opportunities at the end of each key stage. The toolkit will be fully in line with the new programme of study and publishing a new scheme of work toolkit for key stages 3 and 4 in the Spring.

Childnet 'Crossing the Line' online safety PSHE toolkit gains PSHE Association Quality Mark

The 'Crossing the Line' PSHE education toolkit encourages young people to reflect on their online behaviour, whilst also equipping them with the knowledge of how to respond to online safety issues, report any concerns and make positive choices.

'Crossing the Line' is [free to download](#) and has been created by internet safety charity [Childnet](#) as part of their role as the [UK Safer Internet Centre](#). This toolkit - which contains a series of films and accompanying lesson plans - has achieved the PSHE Association Quality Mark for PSHE resources and will help teachers cover four key areas:

- Cyberbullying
- Sexting
- Peer pressure
- Self-esteem

Although aimed at key stage 3 pupils, the teaching materials can easily be tailored to meet the needs of key stage 4. In addition, there are some activities which may be suitable for upper key stage 2.