

Swindon Healthy Schools Newsletter



Welcome

Welcome back to another new academic year. I hope you had a restful and enjoyable summer break. Last term we finished with a very positive event, celebrating Swindon schools' excellence and achievement. Healthy Schools awarded the first Silver Awards to Holy Family Catholic Primary and Westlea Primary Schools for their excellent health improvement projects. [Photos](#) and [Tweets](#) can be seen on the [Healthy Schools website](#).

I hope this award will inspire more schools to take on the challenge to improve health and raise the attainment of young people. It would be great to celebrate more Swindon Schools achieving the HS [Silver Award](#). You may also want to challenge yourselves and aim for the [Gold Award](#).

We would like to thank the secondary schools who participated in the ASH Wales smoking prevalence workshops for year 7 and the Healthy Attitude Year 9 needs assessment survey last academic year. The final evaluation revealed that all year 7 students who participated in the workshops said they were unlikely to take up smoking. The results from the needs assessment survey with [1000 Year 9](#) students revealed 93% of students don't smoke, 98% don't use drugs and 88% never or rarely drink alcohol. This is great news and we will aim to improve these figures each year.

As usual you will find the HS newsletter full of interesting articles and resources for you to use in PSHE lessons. Having looked at some recent Ofsted reports, it appears they are very keen to look at and comment on schools' PSHE programmes. Make sure your PSHE schemes of work are up to date.

Take a look at the health dates and let us know how you plan to raise awareness of these days in your school.

We would also like to thank you for all your updated contact details. Please do email us using the healthy schools email address with suggestions of anything you would like to see in this newsletter.

Finally, I hope it's been a good start to the term.

Best wishes

Surbdeep Rai (Su)

Important School Dates

Stoptober
1-28th October

Global Handwashing Day
15th October

World Food Day
16th October

World Anti Obesity Day
26th November



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:

Haydonleigh Primary

Ferndale Primary

Eldene Primary

Kingsdown School

for achieving the Bronze Healthy Schools award.



Change 4 life



The recent Change 4 life campaign 'Sugar Swaps' has been a real hit with one of our Primary schools. Holy Family Catholic primary School (HFCP) decided to reduce whole school sugar intake by trialling the sugar swaps programme just before the summer break, [read further](#).

HFCP recently achieved their Silver Healthy Schools award on the basis of running this project. The project lasted 12 weeks and produced fantastic results, such as improving concentration in the classroom, improved lunch boxes, improved snack choices in the canteen and some staff weight reduction.

HFCP are now aiming for the Gold Healthy Schools award by sustaining this project next term and introducing a daily 10min 'shake-up activity'

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



News



National Child Measurement Programme (NCMP) Letters

The National Child Measurement Programme (NCMP) whole school level data letters have been sent out to all Swindon Head teachers. The NCMP is an important element of the Government's work programme on child obesity, and is run by Public Health England and the Department of Health (DH).

Every year, as part of the NCMP, children in Reception (aged 4-5 years) and Year 6 (aged 10-11 years) have their height and weight measured during the school year to inform local planning and delivery of services for children; and gather population-level surveillance data to allow analysis of trends in growth patterns and obesity.

The NCMP also helps to increase public and professional understanding of weight issues in children and is a useful vehicle for engaging with children and families about healthy lifestyles and weight issues.

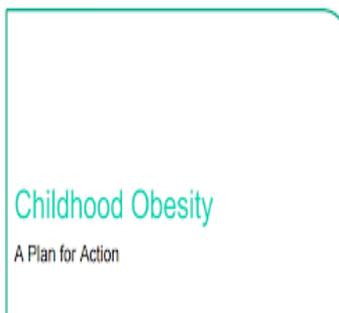
At school level information is intended to inform action at a whole school, rather than individual, level. Useful resources are highlighted that support schools in promoting pupil health and wellbeing. For more information on the NCMP in Swindon please contact Fiona Dickens, Public Health Programme Manager, Swindon Borough Council, email: fdickens@swindon.gov.uk

Public Health England is developing information on the Change4Life website www.nhs.uk/change4life for parents who receive NCMP feedback letters. Basic content will be introduced by September 2016, with further information available on the website by spring 2017. Teacher toolkits for Reception Year and Year 6 will be launched on the [School Zone](#) in September 2016.

News

New Childhood Obesity Strategy

What does it mean for schools?



Obesity is a major public health priority, due to rising rates in the UK and internationally. It is associated with a range of chronic diseases. In some deprived areas rates of child obesity are almost double the rates of obesity in the least deprived areas. Reducing inequalities in childhood obesity is particularly important as it can have long-lasting effects into adult life. The new obesity strategy which starts in 2017, recognises the challenges of changing behaviour and it includes more onus and support for young people via school. The [new obesity strategy](#) starts in 2017, Ofsted will undertake a thematic review of obesity, healthy eating and physical activity in schools. This will provide examples of good practice and recommendations on what more schools can do in this area.

To support you with this challenge we have reviewed our [Healthy Schools audit](#) so that you can record evidence and showcase to Ofsted how you are supporting young people of Swindon to combat obesity.



News



Get Kids Active Sainsbury's Inclusive PE launches "back to school" videos

The [Sainsbury's Active Kids for All Inclusive PE Training](#) programme is releasing eight videos highlighting the key principles of inclusive Physical Education delivery which are addressed through the initiative. Over 8,300 teachers, trainee teachers and school staff have improved their confidence, knowledge and skillset as a result of [attending the training](#), and are now better able to include, challenge and progress all pupils by embedding inclusive practices in their schools.



Walk to school rates decline to the lowest level ever

The results of the annual National Travel Survey show the number of children walking to primary school is at the lowest figure ever. This is despite a small increase in walking trips for all ages.

Where 70% of primary school children in the 1970s used to walk to school, less than half of today's pupils (48%) usually do so. Such a decline impacts on children's health, air quality, traffic congestion and road safety. Living Streets wants the Government to take action to reverse this decline and get our children walking more-

[View the full news item.](#)

News

Why has cigarette packaging been standardised?



One in five people in Swindon smoke and preventing young people from smoking is key to improving the opportunity for a long and healthy life. One way to reduce the appeal of smoking is to standardise cigarette packaging.

Evidence shows that standard packs are less attractive, particularly to young people, and the health warnings are far more effective and reduce the risk of misleading consumers about harmful effects of smoking

The new regulation came into effect on 20th May 2016, Retailers have been given a transitional period to sell off old stock but all UK must comply with the regulations by May 2017.

May 2016 **ash**
Action on Smoking and Health

Quick facts, standard packs:

- In May 2016 the rules surrounding the way tobacco packaging looks changed.
- These changes were included in two sets of regulations: [Standardised Packaging Regulations](#) and the revised [Tobacco Products Directive](#).
- The purpose of the briefing is to explain the changes and to consider how the new packaging might be used to encourage smokers to quit.

WHAT'S CHANGING ON CIGARETTE PACKS?



When did the changes come into effect?

- The new regulations came into effect on 20th May 2016.
- There is a one year transitional period to allow for the sell-through of old stock.
- This means all tobacco products on sale in the UK must comply with the regulations by May 2017.

Why are packs changing?

- Smoking is an addiction of childhood: two thirds of smokers start before they are 18 and the vast majority while still teenagers ([ONS, 2013](#)).
- Every day hundreds of children in the UK start smoking ([Hippinson et al., 2013](#)).
- There is good evidence that standard packs are less attractive, particularly to young people ([Hawton, 2012](#)).
- As well as being less attractive a [quality](#) of peer reviewed research shows that **standard packs make health warnings more effective** and reduce the ability of the packaging to mislead consumers about the harms of smoking.

LET'S BEAT CANCER SOONER
ask.org/tobacco

ash
Action on Smoking and Health

CANCER RESEARCH UK

[Click image for link to pdf](#)



Resources

Dove Self Esteem Resources

[Dove's Self-Esteem Project](#) is offering a free workshop and teaching resources for students aged 11-14. The Project aims to address self-esteem, body confidence, mental health and digital literacy. All the materials from Dove are accredited by the PSHE Association's Full details [are available here](#), including images, logos and suggested Tweets:



Low self-esteem in young people is a growing concern for schools; this workshop could be an opportunity for teaching staff to network and learn how to support Swindon's young people. The Dove self-esteem training will take place at Royal Wootton Bassett School on 3rd November 2016 from 16.30 -17.30.

Alcohol and Drug Education Resources.

Mentor is a charity who works with schools to prevent young people from uptake of alcohol and drug misuse. They offer staff training and resources for teachers to use in the classroom.

Please read further to [learn more](#).



[Click image for link to pdf](#)



KS 1 & 2 PSHE Planning Toolkit

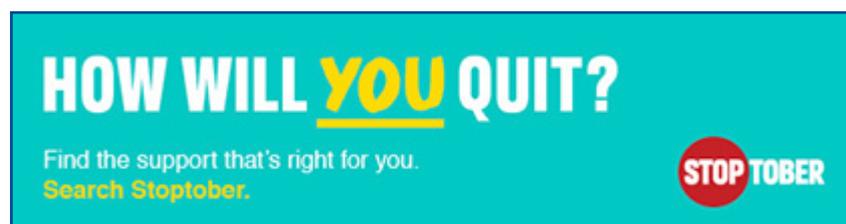
To help you plan an effective PSHE programme, the PSHE association have recently launched a **Scheme of Work Planning Toolkit for key stages 1 and 2**. It includes **medium term planning grids**, broken up into easy-to-use year by year learning objectives, mapped to the PSHE Association Programme of Study.

The toolkit will support you to create a **developmental PSHE programme** which builds on prior learning and in turn provides **evidence for school inspections**, including Ofsted judgements on safeguarding and personal development, behaviour and welfare; requirements for independent schools; as well as Spiritual Moral Social and Cultural (SMSC) and British values.

STOPTOBER



Please promote [Stoptober 2016](#), to support young people and school staff to quit or prevent the uptake of smoking. The Stoptober campaign runs from 1st – 28th October



Mental Health Training

Free new Mental Health website for Swindon and Wiltshire young people.

A new website www.onyourmind.org.uk is now live. The website is part of a new range of support for Swindon and Wiltshire schools to help address pupil mental health. The online service is available 24hours for students to access.



The three key objectives of this resource are:

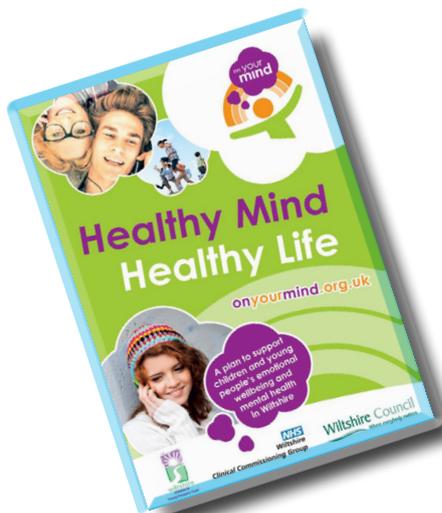
1. Promote good mental health, build resilience and identify and address emerging mental health problems among young people early on.
2. Provide children, young people and families with simple and fast access to high quality support and treatment.
3. Improve care and support for the most vulnerable or disadvantaged children by having access to variety of services. Improving support at key transitions and tailoring service to meet the students need.

Dr Pooky Knightsmith is hosting a [mental health conference for schools on 14th November at Harris City Academy Crystal Palace](#). Learn more to attend or exhibit [here](#). It's completely free and there is no limit per school free resources including a copy of her [self-harm and eating disorders book](#).

Speakers include; Pooky and members of the CWMT team, [Jonny Benjamin](#) ('finding Mike campaign – and the 'stranger on the bridge' documentary) Jonny will talk about his journey from feeling suicidal to feeling hopeful. There will be a brief policy update from the DfE. [Magna Carta School](#) will talk about their pupil developed wellbeing app and pupil led wellbeing mentoring scheme.

Dates for similar upcoming events in Stirling (25th November) and Durham (2nd December where Natasha Devon will keynote). These events will also be free.

If you'd like to be a host school, please let Pooky know - pooky@cwmt.org



Join Let's Get Cooking with the Tesco Eat Happy Project

Let's Get Cooking with The Tesco Eat Happy Project gives schools the chance to be part of established network of clubs, teaching children essential cooking skills.

There are places available for primary, junior/middle and special educational needs schools, as well as pupil referral units located in England.

View the [Let's Get Cooking website](#) and complete the application form, or return the completed form by post to:

The Children's Food Trust, 3rd Floor, 1 East Parade, Sheffield S1 2ET



What Let's Get Cooking Clubs get:

1. **FREE Training** - Events run from October 16 to March 17 at venues throughout England. Club leaders and volunteer helpers will be trained by expert staff. The training will cover the essential skills needed to make your club a success.
2. **£150 funding per year from The Tesco Eat Happy Project** - Funds are provided to help you buy ingredients and essential equipment for your club.
3. **Resources galore!** - You will receive a package of educational resources that have been specially designed for cooking clubs. From recipes, 4-week lesson plans and safety advice to colourful wall charts and activity ideas.
4. **Termly Newsletters and Activity packs** – You will receive termly information, full of cooking inspiration, top tips, advice and latest news.
5. **Expert support** – You will receive support as and when you need it, regional staff and head office team are on hand whenever you need them. With years of experience in supporting clubs, they will be able to answer questions and guide you to any resources you may need.

Tesco Eat Happy surprises and delights! – View the [Let's Get Cooking website](#) to register

