



It's that time of year again and I'm sure you will all be relieved the SATS and GCSE exam period is over. Although term 6 is fairly short, with all the disruption of bank holidays, I know it is the most stressful school term for teachers. Managing exam season, planning / hosting transition of the new intake, organising sports day, school trips and trying to prepare for next academic year - it's a lot to squeeze into 6/7 weeks. However, the sunshine and the long awaited summer break will soon be with you and another school year will be over.

Healthy Schools would like to thank you for all your hard work in supporting the young people of Swindon. The work you do is invaluable, today, tomorrow and in the forthcoming years. I am very pleased to announce that our partnership is always improving and increasing, we are seeing more and more commitment from schools to the programme. More than 50% of Swindon schools are now engaged with the new Three Tier Award. We also have four schools working towards achieving the Silver level. Recently we conducted a Social Norms survey with 9 Secondary schools and the results were very positive and encouraging, showing our young people are making positive life choices. So we all have a lot to celebrate and we will do that at the schools celebration event on July 14th at the Steam Museum.

Once again our newsletter provides information, resources for you to use and share. I am trialling a new format for our newsletter and I would appreciate some feedback. Please can you complete the short survey on the last page and return it to me. Also please visit our refreshed website. You can now see live Tweets, upload and share all your good news, in the news section.

In the meantime I look forward to seeing as many of you as possible at the schools celebration event and those I don't get to see, I would like to wish you a very happy and relaxing summer break.

Surbdeep Rai (Su)

Congratulations!

The following schools have achieved Healthy Schools status at Bronze award level:

Even Swindon Primary
Holy Family Primary
Lethbridge Primary
Robert Le Kyng Primary
Tregoze Primary
Covingham Park Primary
Haydonwick Primary
Grange Federation (Infant & Juniors)
Abbeymeads Primary
The Chalet School
Isambard Community School



News! News! News!

Click on the PDF's or links to read the articles in this newsletter

Swindon teenagers make positive choices - We conducted a survey with 1000 year 9 students from 9 Swindon secondary schools. The results are extremely pleasing, so we have created a poster for each school to display and share the good news with their students.



YEAR 9 HRU leaflet
final PDF.pdf

Swindon and Wiltshire Police offer support to schools - Wiltshire and Swindon police force have joined forces to support our schools and deliver various safety activities. The new school offer leaflets are available to download; please follow link: <http://www.wiltshirehealthyschools.org/partnership-projects/wiltshire-police---in-the-classroom/>

News from Association Chief Trading Standards Officers (ACTSO):

From 26th May 2016 it will become illegal to supply any so-called "legal highs" for human consumption. This includes selling them or giving them away for free, (even to friends) when they are going to be taken for psychoactive effects for more information, follow link: <https://www.gov.uk/government/news/trade-in-so-called-legal-highs-now-illegal>

Some more resources for you to display in school; new legal highs display material



NPS young peoples
leaflet.pdf



NPS young persons
poster.pdf

News from Public Protection on smoking:

Standardised packaging of tobacco products came into force on 20th May this year. Retailers will have a year to roll through old stock but must be fully compliant by 20th May 2017– and Teen star in a Film to Highlight the Importance of Standardised Tobacco Packaging to watch video, follow link <http://www.seethroughtheillusion.co.uk/news/>

Some useful and interactive resources to use in PHSE or in daily lessons on healthy relationships and staying safe:



Safe Risky - Year 6s
Instructions.doc



Safe Risky Activity
Cards.doc



Safe Risky Place
Cards.doc

Schools Health Education Unit (SHEU)

To access health and wellbeing research on the Internet about children and young people (Age groups: 5-11: 11-16: 16+) on topics including Food, Drugs, RSE, Exercise, Health, Education, SHEU have many areas covered for a variety of age ranges follow the link:

http://sheu.org.uk/links_to_research/reslink/0316=7990

South West Public Health England (PHE) Centre

Obesity Public Health Bulletin: June 2016 is out to read, follow link: [South West PHE Centre](#)

Obesity support resources to consider: <http://oceanrecoverycentre.com/guides/ultimate-guide-to-ending-your-food-addiction/>

Mental Health Resources:

For ground-breaking online mental health resources for families; plus take part in research study programmes and access more information on why we need to talk about self-harm: follow the link:

<http://www.inourhands.com/emotional-wellbeing/need-talk-self-harm>

Reading well for young people and support for some mental health conditions such as depression, anxiety and stress or working with SEN students? This could be a great resource to reinforce their knowledge:



SEND teacher
workbook without live

The SouthWest National Health education group has recently put together a very good mental health support package for KS3 & 4; <http://www.directorofpublichealthaward.org.uk/content/positive-mental-health-ks34-and-6th-form>

Health and Social Care Information Centre (HSCIC) - Survey of Smoking, Drinking and Drug Use among Young People 2016

Next survey of young people aged 11-15 years in secondary schools across England is due to take place in schools between September and December 2016. Please raise awareness and encourage school participation wherever possible using your network of contacts.

<http://www.chimat.org.uk/resource/view.aspx?RID=288888&src=KU>

Do you want the students to be first aid trained – this is free training for schools! ;



SFA 2015 Primary
School Poster.pdf



SFA 2015 Secondary
School Poster.pdf



10 year old girl
Saves Dad 15th Marc

Newsletter Survey – please complete and let us know your opinions.



New Healthy Schools
Newsletter Survey.doc