

Healthy Schools Newsletter

March 2016



Welcome back for our spring healthy schools newsletter. I think everyone has had enough of the rain and we're all looking forward to some long sunny days and not to mention the half term Easter break.

Healthy schools have had a lot going on since December; the catering managers have met to plan some exciting events over the next few months. We have been giving money away to schools, to encourage and engage young people to be active for 15mins in the day!

The PHSE network group have had their second meeting and new members have joined.

The social norms project is taking place in three secondary schools and thank you to all the secondary's who have participated in the 'How are You?' survey. The final results have not been analysed but, I have been told that what has come in is very promising.

More schools are keen to be renewing their healthy schools status; we have nearly 50% of our schools who are either in the process of completing the HS audit or have completed it. We need to continue developing this partnership and offering a strong cohesive PHSE programme to support our young people achieve the best they can.

Read though the newsletter for free mental health training offered to schools and other initiatives that are taking place to support you.

Look at the key dates to raise awareness, I'm very excited about quite a few of these dates and if you will be promoting any of the awareness days, please let us know so we can share your news in the next newsletter, on our Facebook page or on twitter. Don't forget to follow us on twitter for all the latest updates too.

Surbdeep Rai (Su)

Key Dates

[Nutrition and Hydration Week](#)

March 14 - March 20

[National Skipping Day](#) March 18

[International Day of Happiness](#) March 20

[World Water Day](#) March 22

[Coeliac Disease Awareness Week](#) May 9 - May 15

[Sun Awareness Week](#) May 9 - May 16

[Eat What You Want Day](#) May 11

[Dementia Awareness Week](#) May 15 - May 21

[Mental Health Awareness Week](#) May 16 - May 22

[Walk To School Week](#) May 16 - May 20

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The following schools have achieved their Healthy Schools status:

Holy Family Primary

St Leonards Primary

Wanborough Primary



The following schools have secured funding for the Food for Life Programme;

Eastwichel Primary

Haydonleigh Primary

Lawn Primary

Oakhurst Primary

Westlea Primary



Several Primary schools who have been trying to do the [Mile a day](#) (read further to learn about this project) - **BUT** no one has come forward to tell us how you are getting on neither has anyone claimed their reward!

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The following 9 Secondary schools have participated in an needs assessment survey –
How are U?

Churchfields

Ridgeway

St Josephs

Commonweal

Swindon Academy

Dorcan

UTC

Isambard

Highworth



ALSO

Commonweal, Isambard and Swindon Academy for participating in Social
Norms work

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- Initial results from the needs assessment survey completed in 9 secondary schools !

“How Are You?” Survey - Year 9

Over the course or term 2 and 3 almost 1000 year 9 students across 8 secondary schools completed the **“How Are You?” survey**. The survey questioned students on a range of lifestyle factors and attitudes and beliefs on the behaviour of their peer group.

We are delighted to report that contrary to popular opinion and what might be portrayed in the media, the majority of our young people currently in year 9 are making excellent, healthy choices. Over 9 out of 10 do not smoke, alcohol use is infrequent and drug use is negligible. Bullying rates are low particularly physical and on-line bullying.

There is some over-estimation with regard to smoking with many young people still mistakenly believing that smoking is more prevalent than it is. A number of schools will now be working on novel and creative approaches to share these positive results within school and more widely.

Further details will be shared over the course of the project. In answer to **“How Are You?” Year 9** - The answer would be: **“Pretty good, and making great choices!”**



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In Swindon!



The Alive n Kicking Juniors and Senior's programmes are starting after the Easter break at the Oasis Leisure Centre. The FREE 10-week healthy lifestyle programme will take place at the Oasis Leisure Centre on a Monday (5:00 – 6:15pm) and a Wednesday (5:00 – 6:00pm) for juniors and on a Tuesday (5:00 – 6:30pm) and Wednesday (6:00 – 7:00pm) for seniors. Children and parents will learn about nutrition topics such as portion size and how to eat healthier, take part in fun activities and be supported to lose weight. If you would like children in your school and their families to take part in the programme, please contact Jon Dunn at Swindon Borough Council by email: JDunn@swindon.gov.uk or phone: 01793 465412.



Reach Inclusive Arts are based at Wyvern Theatre and have been touring schools with shows that consider PHSE themes. In October 2016 actors with disabilities are collaborating with Big State Theatre Company. Together they are offering a show which considers how mobile media/digital technology broadens communications, but it does not always increase understanding and can facilitate victimisation/bullying. The show looks at personal values, friendships and considers strategies to resist negative perception and build resilience. Schools have found it has a particular resonance with the Y7 enrichment programmes. The show is approximately 45 minutes but it will enable discussions about difference, inclusivity and diversity at the end of it. The tour starts 3/10/16 until 14/10/16 and performance costs £100 and workshops are also available, for further details call; 01793 520318.



Children's Eye Tests!



In Swindon we know that some children aren't having sight tests as often as they should. Having regular sight tests, is important as eye sight changes as children get older and will help identify any problems early on. About 80% of school lessons are visually presented and being able to see clearly is vital to children doing well and making the most of their learning. Swindon Children are tested in reception, but it is recommended that children have regular eye tests at least once every two years. These tests can be done at High Street opticians and are free for children under 16 years old. Schools can promote good eye health and encourage parents to get children to get their eyes tested regularly - It's beneficial for everyone!

More information is available on NHS Choices (<http://www.nhs.uk/conditions/eye-tests-for-children/pages/introduction.aspx>). Teachers can look for signs and be aware of possible eye problems. Signs may include:

- the eyes not pointing in the same direction
- complaining of headaches or eye strain
- problems reading – for example, they may need to hold books close to their face and they may lose their place regularly
- problems with hand-eye co-ordination – for example, they may struggle to play ball games
- being unusually clumsy
- regularly rubbing their eyes



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National Child Sexual Exploitation Awareness Day 2016

Momentum for the second **National Child Sexual Exploitation Awareness Day** taking place on **March 18th 2016**

- **Swindon Borough Council** - are planning their event and are hoping to work with local partners including police and the local hospital trust to raise awareness. Healthy schools will promote this via Facebook, twitter and its website
- **Wiltshire Police** - are planning their communications for the day after the success of last year's campaign, plans include asking offices working on CSE to write #HelpingHands pledges on their hands and share via social media
- **Wiltshire Healthy schools** have kindly shared some resources for both primary and secondary teaching.



primary cse
resources 2016.pdf



secondary cse
resources 2016.pdf

School Resources



Nine out of 10 of our kids today could grow up with dangerous amounts of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease. How can we help them make some small changes that add up to a happier, healthier future?

Use the link below to support your teaching of health and wellbeing in your school and to pass on to your PE Co-ordinators;

[For teachers of Key Stages 1-4](#)

[For organisers and administrators of Change4Life Sports Clubs in schools](#)

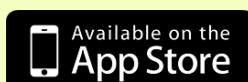
Have you tried the Sugar Smarts App? - We all have too much sugar but this is something young children like to indulge in, by downloading the sugar smarts app from:

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx> - find out more about how you, your family and the children you teach can cut down sugar intake.



30% of sugar in childrens diet comes from fizzy drinks such as pop, juice ,squash, energy drinks – Children over 11 and grown ups should have no more than 7 cubes of added sugar a day !

Get the Sugar Smart app for FREE!



More Resources



British values - struggling to find suitable resources to teach British Value, see documents below forwarded by Wiltshire Healthy schools. These are mapping documents from Walwayne Court Primary School in Wiltshire + a new information leaflet for parents



Spiritual
Development WCS - 1



Cultural
Development WCS - 1



Moral Development
WCS - NF March 15.d



Social Development
WCS (1) - NF March 1



British Values WCS -
BK March 15.docx



britishvaluesleafletfo
rparents.pdf



Dr Pooky Knightsmith has shared many of her new resources to support mental health of young people.

[Seven Simple Steps to Improving the Mental Health of School Staff](#)
[Looking After Yourself When a Loved One has Mental Health Issues](#)

Guides: [Eating disorders in young people – a parent’s guide by the Priory](#)
[New guide for parents who are coping with their child’s self-harm](#)

Book Reviews: [Self-harm and eating disorders in schools](#)
[Essential Listening Skills for Busy School Staff](#)
[Creating Children’s Art Games for Emotional Support](#)

Teaching Resources: [New Dove Self-Esteem Project resources](#)

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Healthy Attitude is offering **SRE training for Swindon Primary** schools in Term 5. This will be a half days training session to support teaching staff in building confidence, refreshing Knowledge and sharing good practice.



SRE training.docx

Read further for more details and booking information.



Outside the Box
facilitator training.pdf

Outside the Box has been developed by the **Sex Education Forum** and National Children's Bureau through funding from Comic Relief. It is a personal development programme about sex and relationships for young people it aims to prevent sexual exploitation. The programme enables discussion about a wide range of interconnected personal and relationship issues including consent, identity, anatomy, sexual health and services, gender, sexual orientation, relationships and sexual exploitation. It's a valuable programme for staff who work with vulnerable students. Cost for 2-day facilitator training course is £375 per delegate (+booking fee). Dates for the 2-day course are 27th April & 11th May 2016 (Newcastle)

Free **Mental Health Training** for school staff, click the link for [Charlie Waller Memorial Trust](#) . The training can run anything from an hour to a full day or more and it is all fully funded by the trust, although donations are welcomed. The training supports some of the following topics;

- Understanding and Supporting Eating Disorders
- Understanding and Supporting Self-Harm
- Promoting Positive Mental Health

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Teachers



There is **ONLY - ONE YOU!**



Public Health England has launched the One You campaign to support adults in the 40 -60 age group. The campaign aims to encourage adults to move more, eat well, drink less and be smoke free. It also provides information on how people can reduce their stress levels and sleep better.

Modern day life makes it hard to live healthily, with bigger portions for everything we eat, a desk-bound job or long hours and long commute. One You give's people the chance to reappraise their lifestyle choices, put themselves first and do something about their own health before it gets too late.

Try the '[How Are You](#)' online quiz and find more information by visiting the PHE One You website.

It is never too late to get your health on track!

