



Remember -Child Safety Week 2015



Welcome Back !



This is my second newsletter, but the final one for the academic year. The year end is fast approaching and I am sure you are all looking forward to your well earned summer break!

I can't believe so much has happened in the last few months, the newsletter is full of both local and national updates on health related issues. Hopefully they are of interest and will encourage you to be part of them next time round.

There is still so much going on in this month looking at the **Key Dates**. I am looking forward to the exciting photographs and feedback of how you tackle each of these events within your school. Remember I am only a telephone call / email away if you need any support.

This newsletter is full of resources ranging from: encouraging primary students to stay active over summer with '**Disney Shakeup**', encouraging Secondary schools to become '**Food Champions**', updates on **PHSE and SRE resources and support**.

Look at the **job opportunities** available to work for the **PHSE Association**. New resources and training from **Dr Pooky Smith**, and of course **Congratulations and Celebrations** of all the wonderful work that you are doing. At the end of this letter I have included a **survey** to see how effective and useful this newsletter is for schools.

Please can you **complete it** and return it to me **ASAP**.

Above all its **National Smile month May 18th – June 18th** - so we need to make sure we all have clean, bright, shiny teeth to flash - **read further**. This shouldn't be difficult to fulfil with the summer break just around the corner. On that note, I wish you all a happy and restful break!

Surbdeep (Su)

KEY DATES

June

[1st-7th Child Safety Week](#)

[8th-14th Carers Week](#)

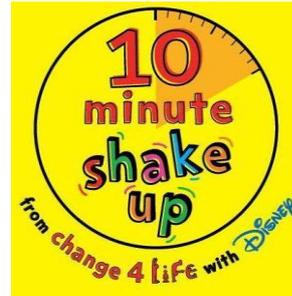
[13th-21st National Bike Week](#)

[13th World Blood Donor day](#)

[15th-21th Learning Disability Week](#)

[15th-21st Men's Health Week](#)

[26th The Wrong Trouser Day](#)



New Disney inspired resources coming to schools in June!

The campaign aims to get kids across the country moving for an extra 100 million minutes this summer!

Being active every day helps us all to stay healthy. Change4Life's new schools pack makes it easy for teachers to fit fun 10-minute bursts of action into the school day.

Whether it's in the classroom or the playground, every 10 minutes counts towards the 60 minutes of exercise that primary school children should do every day. That's why Change4Life and Disney have teamed up once again to get children and their families moving each day. Read further; www.theeldonfederation.co.uk/10-minute-shake-up-by-change4life-and-disney/

Lawn Primary has started this programme, Clare Hewer the lead is monitoring how it impacts on their students. I am looking forward to seeing and sharing the results with you all.

Look out for your free pack of teaching resources, which will be delivered to your school from June 1 onwards, via one of your School Fruit and Vegetable Scheme deliveries.

[Register your school as a Change4Life local supporter](#) to receive the latest news and resources.

PHSE SUPPORT

FREE PHSE Membership!

Free PHSE membership, to all Swindon Schools until 31/12/2015. It's a great way to experience the support of the PHSE association if your school has not yet joined. **Sign up** for a membership today that will not expire until December 2015.

Visit www.pshe-association.org.uk/swindon to claim your membership

PHSE Association provide, [new guidance today for schools on preparing to teach about mental health and emotional wellbeing](#). The guidance has been produced under a grant from the Department for Education and will be accompanied by set of lesson plans spanning key stages 1-4 which will be published during the summer term. The guidance covers key issues including:

- Why it is important to teach about mental health and emotional wellbeing
- Building teaching about mental health into a planned PSHE programme
- Promoting wellbeing and resilience from an early age
- Ensuring teaching is appropriate to the age and maturity of pupils
- Key principles in teaching about mental health and emotional wellbeing safely and confidently
- Using visitors to the classroom to support lessons
- Addressing challenging mental health issues such as eating disorders, self-harm and suicide

[Download our new guidance here](#)

PHSE DOWNLOADS

[Download the updated 'This is Abuse' guide](#)

[Visit the Remembering Srebrenica website to access these free resources](#)

[Annual training conference events CPD courses for June/July 2015](#)

[please book now to avoid disappointment:](#)

CALLING ALL SECONDARY SCHOOLS!



School Food Champions Programme - The D&T Association, British

- Nutrition Foundation and Eagle Solutions Services are part of this national programme, helping schools to improve the health of pupils, by encouraging more of them to eat better school lunches. (School Food Plan <http://www.schoolfoodplan.com/>) and <https://www.data.org.uk/news/school-food-champions/>)

How does this benefit your school?

- Improved lunches mean better health for pupils, this leads to better attainment and improved behaviour;
- Improved lunch take up will save the school money in the long term;
- Improved lunch take up and teaching pupils about health will be an **OFSTED** measure;
- Up-skilling existing staff such as the food teachers, leads to expertise in-house, this is more cost effective, and sustainable than engaging external consultants;
- Provides resources to support the new National Curriculum cooking and nutrition;
- No cost in joining the programme and it has been designed for minimal disruption to normal lessons.

How does this benefit you?

- It is an opportunity to make a real difference both inside and outside your classroom;
- Free guidance, training and support to improve professional skills, which can lead to career progression;
- Free teaching resources for KS3, including a new set of lessons to meet the new national curriculum;
- Learn about great food teaching programmes and resources that are available and an opportunity to network with other Food technology colleagues.
- Develop closer working relationships with other colleagues in your school, such as PSHE and Science;
- Regularly working with the senior leadership team, to discuss issues such as timetabling, resources and budget.

The programme is free, but as this is DfE funded there are expectations and requirements agreed with your school and set out in a '[memo of understanding](#)'. Your head teacher has to give you some time to allow you to participate. You will need at least one day a month to devote to the programme, and ideally, your non-teaching lessons should be protected. In reality, the more time the headteacher gives you the better results for your school.

For further details [contact srai@swindon.gov.uk](mailto:srai@swindon.gov.uk) or Tamara Hill, Design and Technology Association, Tamara.hill@data.org.uk for details about how to get involved in this exciting programme.



Is your school ready to show Ofsted how you are helping children eat well? - **FREE** government funded support is available, for a limited time only, to make sure more pupils eat better and therefore do better.

Click [here](#) to see how we can help your school.

Children's food trust are delighted to have teamed up with Tesco through the Tesco Eat Happy Project, where we have the opportunity for primary, junior/middle schools and special educational needs schools and pupil referral units located in England, to register /re-register a Let's Get Cooking Club to receive a £150 grant, free training and resources and receive a free CFT Learning Network licence.

Sex Relationship Education (SRE) UPDATES

Natsal data shows benefits of school SRE

This month the BMJ Open published findings from Natsal-3 (the National Surveys of Sexual Attitudes and Lifestyles) on young people's experiences and views of sex and relationships education. Key findings include:

- A significant increase from 2000 in the proportion of young people citing school as their main source of information about sexual matters
- School based SRE appears to be protective against a number of factors. Compared with young people who report getting most of their information from 'other' sources, young men and women who cited school as their main source, experience first sex at a later age and are less likely to report unsafe sex or to have a diagnosis of an STI; young women are less likely to be pregnant by 18 and less likely to have felt distressed about their sex life or experienced sex against their will.
- However, the majority of young people still feel they are not getting all the information they need, with young men in particular missing out. Young people's preferred sources of information about sexual matters are schools, followed by parents and health professionals. Friends and the internet are **not** preferred sources.

The MRC Natsal press release is on this link.

<http://www.mrc.ac.uk/news-events/news/new-research-into-how-young-people-learn-about-sex-and-relationships/>

New guidance from PSHE Association on teaching about consent

The Education Secretary, Nicky Morgan has backed new PSHE Association guidance, commissioned by the government, which includes a set of 8 lesson plans for teaching about consent in key stages 3 and 4. Here is a link to the guidance.

https://www.pshe-association.org.uk/news_detail.aspx?ID=1432

New guidance for schools and colleges on promoting children and young people's emotional health and wellbeing

A whole school and college approach. The document is available at <https://www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing> it offers head teachers and college principals eight principles for promoting emotional health and wellbeing in schools and colleges. The principles are informed by evidence and practitioner feedback about what works, and if applied consistently and comprehensively. The **document signposts to Ofsted inspection criteria**, practice examples and resources to support implementation.

New CSE guidance for school nurses

The Department of Health has published a new School Nurse pathway setting out how school nurses can address CSE.

<https://www.gov.uk/government/publications/helping-school-nurses-to-tackle-child-sexual-exploitation>

Opportunities for Teachers

New PSHE education specialists needed

As the PHSE association offer more support to our growing community of members across the country, they are now looking to recruit three new PSHE education specialists. These roles are offered on a one year contract in the first instance with competitive salaries based on applicants' experience.

If you are interested in applying for more than one position, please submit a single application, demonstrating how you meet the criteria set out in the person specification for both roles.

PSHE education specialist – curriculum resource development (x2)

Two experienced teaching practitioners needed (one primary, one secondary), with a flair for creative and imaginative planning to carry out a project focussing on PSHE education's contribution to the development of pupils skills and personal attributes, such as resilience and personal effectiveness.

This one year contract is an opportunity for outstanding educationalists with a commitment to PSHE education to apply their skills and experience to creating resources that will support PSHE education practitioners around the country.

We would welcome applications from practising teachers, resource writers and those with experience in curriculum design in the PSHE field. Download the job description and information on how to apply [here](#).

PSHE education specialist – secondary education

An experienced practitioner needed with experience in secondary education to join the team of subject specialists.

Initially a one year contract, this is an opportunity for a PSHE practitioner with qualified teacher status, a commitment to the subject and a keen interest in developing skills and experience on a national level.

The successful candidate will develop and produce high-quality teaching resources and guidance material for use by PSHE practitioners, as well as delivering PSHE education training courses, both through CPD workshops for members and bespoke training at school and local authority level.

We would welcome applications from practising secondary teachers with a passion for PSHE education. Download the job description and information on how to apply [here](#).

Alive 'n' Kicking helps Swindon children kick obesity into touch - A True Story!



Persuading teenagers to eat healthily and get plenty of exercise can be a bit of a battle, especially with the growing temptations of fast food, computer tablets and games consoles, but Cheryl Hulse is determined to encourage her two teenage sons to make healthy lifestyle choices, not least because she spends her working life helping people with debilitating conditions such as heart disease and diabetes. The auxiliary nurse at the Great Western Hospital, from Coleview, said: "I'm absolutely passionate about it because every day I see what happens if you don't take care of yourself properly. The consequences can be devastating, so it's really important to get into the right habits from an early age. It's not easy for any family, even if you're a nurse. In fact it's probably worse because you live and breathe the problems, and worry more."

Cheryl has two teenage boys, Daniel 15, hooked on football . He practises every day of the week and plays for Gloucester. His brother Owen 12, was less into sport , less physically active and has been overweight. That was before he joined **Alive 'n' Kicking**, the Swindon Borough Council-run scheme, **which supports children and their families in leading healthier lifestyles**. Since completing the scheme, Owen has joined the teenage sessions at the Grange Gym near their home and goes swimming after school on Fridays. His diet has also improved, incorporating more fruit and vegetables and substituting things like sugary cereals and drinks for healthier alternatives. "It has been brilliant seeing Owen really enjoy the sports, like boxing and circuits, introduced by the scheme They now both go to the teen gym, which is great for their fitness and also nice and social. Owen has lost several kilos, but it's not just about weight – it's about creating a better balance and getting into healthy habits which are sustainable for the long-term."

"That's why Alive 'n' Kicking has been so helpful – because it has enabled us to take positive action. We've been through it together as a family and feel so much stronger and better for it. Even though Daniel is like a beanpole, he has come along and been really supportive. Owen is definitely more confident in himself and has future ambitions –he wants to be a policeman. I'm so proud."

The Alive 'n' Kicking **scheme is free and available for five to 16-year-olds**. For more information and to register for the programme's next intake, which starts next month, please call: (01793) 465412 or email: esperring@swindon.gov.uk

Latest News from Dr Pooky Smith - Dr Pooky Smith is a **Child & Adolescent Mental Health Specialist**, she has a number of **new resources**, a couple of **new training packages**, and some **recommended books**. You can read further and decide which of the resources are suitable for you.

Her big news is her book is out and this can be ordered now; [‘Self-Harm and Eating Disorders in Schools: A Guide to Whole-School Strategies and Practical Support’](#) (not the catchiest of titles, but it does what it says on the tin). Quote Y15 for a 10% discount.

Free Resources

[Teacher Guidance: Teaching about Body Image](#) - She wrote this for the Government Equalities Office on behalf of the PSHE Association [Preparing to teach about mental health](#) - This was DfE funded – and currently she is working on accompanying lesson plans with this document. [CAMHS eating disorders specialists – working with schools](#) [VIDEO] - In this 30-minute video, this explores a range of ideas about how specialist eating disorders practitioners can work with schools re eating disorders. [First-hand account of Borderline Personality Disorder](#) – there is very little info available about BPD – this is shared to improve our own understanding and could also be a good stimulus for class discussion (it’s a real eye opener and bravely written. This resource includes some info sheets at the end). [Working with Groups of Students re Self-Harm or Eating Disorders](#) - Questions to consider before setting up a student support group. [Self-Harm: How to prepare for exposing your scars](#) - A resource aimed directly at young people aiming to take this brave step. You can print it off and share it with young people, or use it as a discussion starter

Recommended Books

You can get a 10% discount on any of these if you order them via [Jessica Kingsley Publishing](#) and quote Y15. The links below will take you to the reviews.

[Self-Harm and Eating Disorders in Schools: A Guide to Whole School Support and Practical Strategies – Pooky Knightsmith](#) -

[Your Body is Brilliant – by Sigrun Danielsdottir](#) – this book promotes positive body image / body respect in kids as young as 3 or 4. [How Are You Feeling Today Baby Bear? by Jane Evans](#) – ideas for exploring big feelings with little people. [The Kids’ Guide to Staying Awesome and In Control by Lauren Brukner](#) – practical ideas to help children regulate and manage their emotions

[Ladybird’s Remarkable Relaxation by Michael Chissick](#) – relaxation exercises for children

[Parenting OCD – Down to Earth Advice from one Parent to Another by Claire Sanders](#) - I’d recommend this people working with young people with OCD as well as to parents

Training and Consultancy - bookings for Autumn 2015 and Spring 2016. The popular topic is **understanding and supporting self-harm** – She delivers sessions varying between 45 minutes to 3 hours. Her **new package** [‘Let’s talk about self-harm’](#) is proving very impactful and typically consists of workshops for students, staff and parents and resources and policies for schools – though it’s [tailored to your needs](#). [“Promoting emotional wellbeing: implementing whole school approaches which make a difference.”](#) is designed to look at emotional wellbeing across the whole school in line with Public Health’s latest evidence and recommendations and is a very practical way of moving your school forwards.

For further details and events email Pooky; pooky@inourhands.com or her PA; maria@inourhands.com



Please find attached a copy of the first ever Modeshift STARS [newsletter!](#) Modeshift will be producing a new newsletter each term to update everyone on progress with STARS and the delivery of the National STARS School Travel Awards.

The deadline for Modeshift STARS applications for 2015 will be **Friday 31st July**. Make sure you complete this and get your application in before the summer break begins.

The next newsletter will be due in October 2015 so if you have any stories that you would like to share or any offers for schools then please email stars@modeshift.org.uk at your earliest convenience. If you have any questions, then please do get in touch: -

Jane Deeley

South West Regional Representative

SW@Modeshift.org.uk

01793 466335

Congratulations!

CONGRATULATIONS! - The following schools achieved the Bronze Healthy Schools award this term:

Nythe Primary

Oakhurst Primary

Wroughton Juniors

Lawn Primary

Even Swindon Primary

Big Celebratory Event at the Dorcan Academy



June 24th 2015 celebrates the success in schools to increase the uptake of schools meals.

See how you can get involved in this high profile and rewarding project.

Network with colleagues, who lead the way into being the first schools in Swindon to achieve this award.

Will Your School be Celebrating a success story on this page in the next Newsletter?? !!

FREE RESOURCES

Free primary resources on raising pupil aspirations and challenging stereotypes in the world of work.

The PSHE Association has developed this [new Key Stage 2 teaching resource](#) to enable primary teachers to enhance pupils' understanding of potential career choices while challenging gender stereotypes within the world of work. This resource will also enable teachers to evidence how PSHE supports whole school work on transition to secondary school. This [free downloadable resource](#) includes four lesson plans plus corresponding PowerPoint presentations, which can be used as standalone lessons or as part of a series. Each lesson is mapped against the [PSHE Association Programme of Study](#). In addition, the resource contains **activities for engaging parents/carers and the wider community** as part of a whole school focus on equality and career aspirations and links to case study examples of young Siemens apprentices and employees telling their career stories.

The PSHE Association and Siemens would greatly value feedback on these materials, so [please get in touch](#) once you've used them in the classroom or with parents.

New Healthy Schools Award System

Raise the profile of your school, within the local community, be the best school facilitating the health and well-being of your staff and students.

Read more on the Healthy School Website to learn about the new three tiered award. . . .

Swindonhealthyschools.org

YOUR THOUGHTS - Please click on the link below and complete the survey to let me know your thoughts of this newsletter and how can I change or improve it :

<https://www.surveymonkey.com/s/F3Y2W3L>