

September 2015



Welcome back to the new Academic year. I hope you all had a restful and enjoyable summer break. Thanks to all who completed the Newsletter survey, it was good to learn that it is a useful and effective resource for you in school.

Healthy Schools have been working whilst you have been away and now we have our Twitter (@Swinhealthy) and Facebook account live again, so please follow us to find out whats happening, be part of the social media world to keep informed of the new and exciting events taking place. Share and publicise the work you are doing in your school.

This term we will also have our **first joint Primary and Secondary PHSE network meeting which will be held at St Lukes School on Tuesday November 24th – 4pm – 5.30pm**. A few of you have already signed up for this but if you have not, it's not too late, email me and let me know if you are interested.

The key dates highlight there is a lot going on again this term. However if you have been doing anything to support and increase health awareness in your school, over the summer or before the break that we are unaware of, then please send us the details so we can share it on the website or in the next schools newsletter.

Once again the newsletter is full of information and resources to help you with your PHSE work in school and our new revised Healthy Schools audit will also help you meet the criteria of the new OFSTED framework. I'm hoping this will make achieving a Healthy Schools award even more attractive.

So good luck with challenges of the new school year and I look forward to hearing from you and working with many of you in this coming year.

Surbdeep Rai (Su)



Key Dates

14 - 20
September,
Sexual Health
Week

21-27
September
National Eye
Health Week

1st-31st
October
National
Bullying
Prevention
Month

1st October
Stoptober
Campaign

10 October,
World Mental
Health Day

24 October,
Make a
Difference
Day

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Let's Celebrate!



Just before the summer break we had a number of things to celebrate that took place in Swindon schools:

Child Safety Week - Child Safety Week is organised by the Child Accident Prevention Trust charity, which aims to reduce the number of children and young people killed or seriously injured in preventable accidents. The theme for Child Safety Week this year was tea-time terrors, with the aim of highlighting the range of hazards facing children, particularly after school. For instance, nationally road accidents involving children are higher at this time of day.

During the awareness week, which ran from 1st – 7th June, Swindon Borough Council road safety officers visited local primary schools and nurseries to deliver a range of sessions including cycle and pedestrian safety. All primary schools in the Borough were taking steps in a safer direction by taking part in the WALKsmart training, which teaches children how to cross roads safely and be aware of the dangers. Parents also played their part in looking out for hazards and Pupils at **Gorse Hill Primary school**, in Avening Street, were amongst those to benefit from the cycle safety tuition, which runs throughout the year. Headteacher Sue Kershaw said: "Keeping our children safe at all times is a top priority and this includes helping make sure their journey to and from school is as safe as possible. The pedestrian and cycle safety sessions are a great way to encourage youngsters to enjoy walking and going out on their bike, whilst also being vigilant to the dangers."

For more positive publicity following this event Swindon adverb included the article below for **Raindrops Childcare**

http://www.swindonadvertiser.co.uk/news/13312457.Stop_look_listen_Pupils_taught_safety_on_the_roads/

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celebrate!

We had more celebrations at the Dorcan Academy, this time we celebrated the work of our Catering managers who encouraged the uptake of healthy eating in their schools

Dorcan Academy, Warneford School, Lydiard Park Academy and Oliver Tomkins and Wroughton Junior School, received recognition for being among the first schools in the country to engage with the Making School Meals Count project, which is run by the Children's Food Trust.

Haydon Leigh, Westlea, Holy Family, Holy Cross, South Marston and East Wichel Primary School, as well as the **Chalet School**, all accomplished Food for Life Partnership accreditation, recognising their joined-up approach to providing healthy, more sustainable food.

Read further this successful and celebratory story which was publicised in the Swindon adver

www.swindonadvertiser.co.uk/news/13354268.Chips_off_menu_as_pupils_grow_own_veg_and_herbs/.

Be part of the next cohort for the Food for life programme, Small steps or Making School meals count. **Tuesday 3rd November at Pine Trees Lodge 2pm – 4pm.**

(See how you can claim funding for the project if you attend this workshop)

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Congratulations to the following schools for achieving their Healthy Schools award:

Westlea Primary School

Hazelwood Academy

HolyCross Primary

Make sure your school is on this page for the next newsletter !



Big Thank You to **Clare Hewer** for leading on the Disney Shakeup programme at **Lawn Primary** –A positive outcome for some very inactive youngsters at Lawn Primary and they are keen to carry it on now they are back at school – a **BIG WELL DONE** to these young people !

Can your school host the [Disney Shake-up](#) programme at your school ?

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Great news for Swindon! - The What about Youth? Study has been launched as part of a new Government pledge to make improvements to the health of young people. It's the first in what we hope will be a series of studies of young people across England. Young people are asked a series of questions about their life to collate data on topics including smoking, emotional wellbeing, diet, physical activity, drugs, alcohol and bullying.

The latest report shows that the Smoking prevalence amongst Swindon's 15 year olds is the lowest in the south west (only 7.5% compared to the England average of 8.2% and the South West at 9.8%) – A **BIG WELL DONE** to our youngsters we need to continue this way to create a smoke free generation by 2025.



Don't Forget - [Stoptober](#), - Stop smoking campaign and a date for the diary – starting **1st October**

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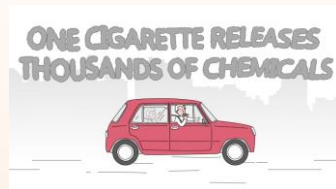
Information to support you!

New stop smoking legislations from October



ASH_937
Regulations Update.p

- *an updated article to raise awareness of new legislations and dates of when they will be introduced and enforced.*



Sign the petition and break the invisible Childs silence

The Create team were commissioned by a London-based charity to develop a viral campaign film which aims to break the silence about the scale and effects of child sexual abuse in the UK.

You can see the 2 minute film and sign the petition here:

<http://createstudios.org.uk/invisible-child/>



Changes for the season flu vaccination – a must read for head teachers:



Swindon
Flu-Headteachers lett

- **Students need to be released from school to access the vaccinations**

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Working in collaboration!



Many of you contributed to Angela's work with regard to the Children and Young People's Needs Assessment. This was very useful and has contributed to the recommendations for development of Child and Adolescent Mental Health Services. The Needs Assessment is still in draft but we will let you know when it has been ratified. In the meantime, I can let you know that the key findings from schools were that:

- There is a desire for more training to help enable staff in schools gaining knowledge and confidence to support children and young people with mental and emotional health and wellbeing.
- There is a need to improve access, communication and waiting times to mental health services; to develop better pathways between services and improve capacity within the services.
- Schools would welcome the promotion of resources both local and on line for schools, parents and professionals. These needs to be a both a universal and targeted level. These could include national and local resources, sharing of good practice and access to on-line resources. Schools highlighted the need to share best practice.
- Finally, it was recognised that bullying can be a key trigger leading to poor mental health. Much good work has taken place in Swindon over recent years and it was acknowledged that this should remain a strong focus within schools.

Furthermore we want Schools to ensure that emotional health and wellbeing services they commission are evidenced based and meeting the needs of their children and young people.

We would like to thank you for your contribution to this work. Further on in this newsletter are some resources that you may want to use to support with other areas of mental health. However we will keep you informed of training and events that help in addressing the areas you have highlighted above.

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GREAT NEWS FOR SWINDON

Swindon schools can join the PHSE association for FREE until January 2016! - <https://www.pshe-association.org.uk/Swindon>

PHSE & OFSTED !

You will be aware that Ofsted has just published its new Common Inspection Framework, which will come into effect from 1 September 2015. The framework, and a handbook for inspecting schools, is now available from the Ofsted website.

The updated version of the framework demonstrates the new key judgement on 'Personal development, behaviour and welfare' will be of particular importance to PSHE practitioners. The criteria supporting this judgement emphasises, among other things, employability and **safety from risks** and it is difficult to see how schools will be able to demonstrate effectiveness without a high-quality PSHE programme.

In addition to this key judgement, PSHE education makes a significant contribution to a school's safeguarding strategy. Ofsted's updated safeguarding guidance for inspectors makes clear that a separate report on safeguarding will always be included within the key judgement on leadership and management, making the subject arguably more integral to the new framework.

At the same time, Nicky Morgan announced yesterday that pupils starting secondary school this September must study the English Baccalaureate (EBacc) subjects of English, maths, science, history or geography and a language at GCSE. The Secretary of State also announced that there will be higher grading expectations for subjects in the future. Many schools will be looking closely at their curriculum in the context of these highly-significant announcements.

Taken together, these changes to curriculum expectations and to the Ofsted framework constitute a shift in the operating environment for schools. It is a rapidly-changing setting for the DfE to make a decision about statutory status for PSHE and for heads and senior leaders to determine how it will fit within their school curriculum.

In response, the PHSE association is preparing a briefing for members and will publish this shortly. They will also be updating our 'Get Ready for Ofsted' CPD day to reflect these changes. This course is next running in Bristol on 14th October, London on 16th October and York on 24th November – **book on these or our other training days here.** - *These are just some of the case studies you can read further studies on the Healthy schools website under the PHSE section.*

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Outstanding PHSE leads to Outstanding OFSTED!

The [2013/14 Ofsted PSHE report](#) finding shows that **schools judged 'outstanding'** by Ofsted were also likely to **have outstanding PSHE programmes**. I have included a few of the case studies presented by the PHSE association to support this evidence:

St Martin's School - an 'outstanding' secondary academy in Essex - [Download the full case study here](#)

Margaret Clitherow Roman Catholic Primary School - [Download the full case study here](#)

Newent Community School and Sixth Form Centre - Gloucester school progressed from an 'inadequate' to a 'good' judgement in one year, with their PSHE programme playing a key role in their dramatic improvement. [Download the full case study here](#)

The St Christopher School Academy Trust - an 'outstanding' SEN Specialist School - [Download the full case study here](#)

Hurworth School - The Darlington secondary school was judged 'outstanding' in every key judgement last year [Download the full case study here](#)

Worcesters Primary School - A local authority school based in Enfield, this outstanding school was given notice to improve two inspections ago. With the help of its PSHE programme, it has rapidly risen to outstanding. [Download the full case study here.](#)

The Beacon CE Primary School - judged 'outstanding' in all categories - [Download the full case study here](#)

Forest Oak School - This 'outstanding' Birmingham school for pupils with moderate learning difficulties uses its' PSHE programme to enable pupils to successfully access society. [Download the full case study here](#)

Subject specialist, Nick Boddington has written a [blog post](#) summarising key common elements of good practice displayed in these case studies.

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PHSE Resources

The links to the latest resources to support outstanding PHSE teaching:

Mental health lesson plans and article from Ofsted's PSHE Lead

[Download the mental health guidance and lesson plans here](#)

[10 secondary lesson plans](#) on mental health, including lessons on eating disorders, self-harm and depression as well as healthy coping strategies.

[Download the primary mental health lesson plans](#)

9 lesson plans for primary schools, which should be used in conjunction with the existing guidance on ['Preparing to teach about mental health and emotional wellbeing'](#)

'This is Abuse' discussion guide updated with new guidance on 'sexting', gangs and more.

['This is Abuse' website](#) has also been updated to include more information for teenagers who are worried about abusive relationships.

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

Guidance on teaching about body image in schools

[Download our 'Key standards in teaching about body image' resource](#)

Primary resources on raising pupil aspirations and challenging stereotypes in the world of work

[Download the 'Raising Aspirations, Inspiring Futures' KS2 resource pack free from the Siemens website](#)

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More Resources !

Various other resources available for you to start planning and improving your PHSE programme:

New KS2 resources for schools – ‘Creating a dementia friendly generation’ -

The PSHE association accredited resources are now available to request via [young people’s web pages](#). The following video – ‘[Jennifer and Trevor’s story](#)’ - forms part of the new resources. It’s a lovely personal story showing how Jennifer supports her Grandfather Trevor with dementia. It really illustrates the importance of raising awareness and understanding amongst young people, not only for the 1 in 3 young people directly affected by the disease but also peers who may have to support their friends.

The video forms part of an exercise on young carers and dementia in the family, but there are also lessons on ‘understanding dementia’ and ‘dementia in the community’. If you are interested in the new resources please follow the above **links or email youngpeople@alzheimers.org.uk for further information.**

DFE funded but developed by Dr Pooky Knightsmith - Lesson plans and resources to teach Mental Health :

[You can view and download the KS1-2 lesson plans here](#)

[You can view and download KS3-4 lesson plans here](#)

[You can view and download guidance on how to safely teach mental health in PSHE here](#)

[7 Simple Ways to Calm Anxious Thoughts and Feelings](#)

[8 Ways to Find Your Way Out of a Black Hole when Depression Takes Grip](#)

[Downloadable Colouring Pages for Relieving Stress and Anxiety](#)
[ParentInfo – new site for schools & parents re the digital world](#)

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Some useful contacts

'Uturn is a free and confidential service for young people aged between 11 and 17. We work with young people and their families around alcohol or drug related problems. Uturn is a team of specialist workers from a range of different backgrounds. We have experience of working with young people and their families and can see young people in a place that suits them. We can offer advice and information to young people, parents/carers and professionals. Support to young people and/ or their families to cope with the worry about someone who is using alcohol and/or drugs. We offer specialist prescribing, information, advice and guidance, individual one-to-one work and harm reduction advice. We are also able to offer support to schools through Traded Services, please see the Traded Service brochure for further details'

Follow Uturn on facebook <https://www.facebook.com/uturn.uturn.33>

The Good Diabetes Care in School Award is a unique scheme recognising schools across the UK that are making sure that children aren't held back because of their diabetes, [read further](#) or Go to; www.diabetes.org.uk/school-award or call 0345 123 2399*