

Swindon Healthy Schools Newsletter



Welcome to the final newsletter of 2017. What an eventful year this has been!

75% of Swindon schools have now achieved the Healthy Schools status or are in the process of completing it. This shows fantastic engagement in the programme from our schools. The only Authority with a higher engagement in the South West is Plymouth and that is only by 1%. We are continuing to develop, 10 of these schools are working towards achieving gold or silver for 2018. This is due to all your hard work and commitment in encouraging the young people of Swindon to show positive and healthy behaviours.

We launched the Mental Health award, which was piloted with 3 Primary schools. This too has become very popular in both primary and secondary schools.

We've formed a PSHE network group and it's good to see so many new faces join. I'm hoping this group will continue to grow so we can share good practice and develop a strong PSHE programme across all of our Swindon Schools.

2018 has a lot more in store. The Dementia Friends programme has been introduced and delivered in one of our schools, but I am sure we will have more in the coming year. Recently we have started developing the Early Years programme, which we plan to pilot in January.

So much has gone on and a lot more to come. As always, I encourage you to share what you are doing in your school to promote positive health and wellbeing. You can do this via Facebook, twitter or the news page on the website.

This newsletter is full of stories, important dates (on the right) and resources to support and encourage you to continue developing your work in schools.

As a final note, I would like to wish you all a well-earned break and a happy enjoyable Christmas. I look forward to seeing you all in 2018.

Surbdeep Rai (Su)



Important School Dates

10 December
2017 [Human Rights Day 2017](#)

01 January 2018
[Dry January 2018](#)

03 January 2018
[Festival of Sleep Day](#)

08 January 2018
[National Obesity Awareness Week](#)

14 January 2018
[STIQ Day 2018](#)

21 January 2018
[National Hug Day 2018](#)

25 January 2018
[Young Carers Awareness Day 2018](#)

Well Done



**Bronze Healthy Schools
Awards**

Congratulations to:

Ruskin Junior School

Nyland Campus

for achieving the Bronze Healthy
Schools award.

**Congratulations to Swindon's
1st Dementia Friends school**



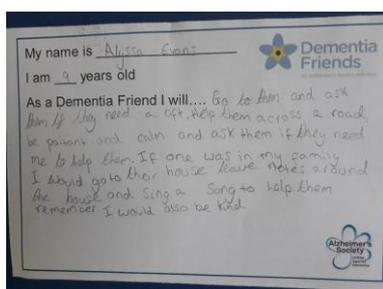
**Dementia
Friends**

Ferndale Primary School



Ferndale School Dementia Friends Sessions

Ferndale School are one of the first schools in Swindon to receive Dementia Friends Information Sessions. They linked the session to brain function. This took place from the 12th-19th September and all children from Year 1 attended a session. Parents were also invited to after school sessions to learn more.



A total of 387 pupils and staff attended the 45 minute sessions. The children asked some interesting questions, such as: 'can you catch dementia?', 'Is there a cure?' and 'what help is available?'

Pupils learnt how dementia can affect different functions in the brain, and how this could affect someone's ability to do everyday activities. At the end of the session the pupils were asked to reflect on how they might support people with dementia, and write a pledge. They demonstrated a clear understanding of what their role as a dementia friend would be.

Dementia Friend Champion Kevin O'Donoghue who presented the sessions said this "was intensely rewarding, and possibly the most worthwhile thing I have done in a number of years. It was great to see the children wearing their Dementia Friends badges on subsequent days, and the greeting of, Hello Kevin from children I barely recognised in the corridor".

Feedback from Lauren Coley, a teacher at Ferndale school said the pupils worked "really well, everyone really enjoyed the sessions and found them very interesting".

Annual Dementia Friends 'refresher' assemblies are planned and the school is considering other projects that may involve working with older people. The school is being recognised for promoting dementia awareness by being accredited as 'Working towards dementia friendly status', a scheme run by the Alzheimer's Society.

We would like to thank Lauren, the staff and pupils at Ferndale School for inviting us and for their enthusiasm. Thank you to Kevin O'Donoghue for delivering the information sessions.

We hope more schools in Swindon will be interested in dementia friendly sessions. If you would like more information, please contact Susan Lambert.

Susan.lambert@swindon.gov.uk or call her on: 07980 933636.



Fun ideas to help kids stay healthy and become a sugar smart school!

Without us realising it, we are all eating and drinking too much sugar:

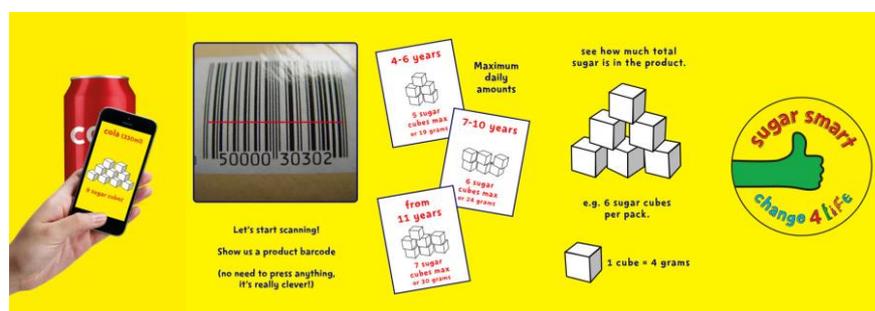
Children aged 4-6years shouldn't have more than 19grams of added sugar per day - that's 5 sugar cubes*.

Children aged 7-10years shouldn't have more than 24grams of added sugar per day - that's 6 sugar cubes*.

From 11 years and up, we shouldn't have more than 30 grams of added sugar per day - that's 7 sugar cubes*

(*The number of sugar cubes shown is based on total sugar in grams per pack/100g or ml/portion divided by 4grams. This is the weight of one 4gm sugar cube)

Download the Sugar Smart app now to see how much total sugar is in everyday food and drink. The Change4Life Sugar Smart app is designed to show quickly and easily how much total sugar is in the food we are buying, eating and drinking, to help you spot how we can make healthier choices and cut down sugar.



By downloading the app and encouraging everyone across the school to use it, tell us what difference it has made in your school and claim your sugar smart school certificate.



On 15th November the Sex Education Forum launched the statement of commitment to quality RSE at an event in Parliament which focused on hearing from young people about their vision for RSE. The Secretary of State for Education, Justine Greening spoke at the event and said that 17 years is far too long to have left the government guidance without an update - and promised this would never happen again. She also spoke passionately about the importance of young people leading the agenda on RSE.

The Sex Education Forum is delighted to share a new tool to support good quality RSE. They have developed a poster which explains good quality RSE in a school. The 12 points of the statement on the poster are based on research evidence. They are supported by a wide range of partners including NSPCC, Barnardo's, The Children's Society and NCB, and education unions ASCL, NASUWT, NEU, NAHT and UNISON.

The poster has been produced because:

- It is a evidence base to establish good quality RSE. – SRE forum know what constitutes good practice for schools.
- The start date for statutory RSE is September 2019 so schools can start preparing for that now.
- The Government has appointed a Headteacher as their Adviser on RSE, but no date has been fixed for publication of draft Government RSE guidance - schools need confidence about what constitutes good practice now.

How schools can use the poster

Schools are invited to download and use Forum's statement to make their own commitment to good quality RSE. Whether RSE is already well established, or needs some further development, sharing and displaying this statement with parents, staff and governors can help in developing the quality of RSE provision that schools aspire to.

- Download schools poster displaying 'Our school is committed to RSE...'

Educators and organisations that support schools with RSE can display their own statement of commitment so that schools know that the statement is endorsed.

- Download supporter poster displaying 'We are committed to RSE...'
A4 and A3 versions of both versions of the poster are available to download from the website.

Free Training!



MECC Training - Making Every Contact Count (MECC) is about supporting people to make the most of every opportunity they have with the millions of people they come into contact with every day. Everyone who interacts with the public is able to make a difference to the health and wellbeing of the population by encouraging and supporting individuals to change behaviours that may be damaging to their health. Telling people what to do is not the most effective way to help them change. MECC encourages a different way of working and interacting to address their health and wellbeing.

This is the perfect opportunity to support young people in school by having a positive conversation to encourage positive behaviours and raise attainment.

Training includes...

- Two half day sessions where you will improve your skills and confidence in delivering very brief interventions to encourage long term behaviour change.
- You will have the opportunity to reflect on your practice and how you can make a difference every day.
- You must complete the MECC e-learning between the two sessions.

Training outcomes...

- Improved confidence in delivering very brief interventions.
- Better awareness of how and when to use opportunities to talk to people about their health and wellbeing.
- Be able to use effective language to get people thinking about their choices and support a behaviour change plan.

If you are interested in learning more or would like to attend a training session please contact the Swindon MECC Co-ordinator, Emily Jenkins-Pandya:

EJenkinsPa@swindon.gov.uk

PSHE Association

PSHE education supports academic success, says major evidence review

A [new evidence review](#) by Pro Bono Economics highlights ‘very strong evidence’ that high quality PSHE learning ‘has a positive impact on academic attainment’. This latest evidence has prompted campaigners to reiterate their call for statutory status to raise quality in all schools, for all pupils.

The independent review – produced by expert economists from a number of Government departments, volunteering through Pro Bono Economics – examined national and international evidence. Its aim was to determine the degree to which PSHE’s impact on students’ health – both physical and mental – and behaviour might lead to greater academic attainment and improved life chances in adulthood. The review covers over 1200 studies and reveals that PSHE programmes are effective in developing social and emotional skills, supporting emotional wellbeing, improving physical health, and tackling bullying. The evidence then links these positive outcomes to improved academic attainment: by helping young people to be healthier, happier and safer. PSHE enables young people to do better in school, particularly if they are socio-economically disadvantaged. It does this by developing skills and attributes such as confidence and positive risk-taking, which enable young people to excel.

Dame Alison Peacock, Chief Executive of the Chartered College of Teaching said:

“This review is timely. School leaders and teachers are increasingly interested in responding to evidence about approaches to pedagogy, curriculum design and assessment. It is essential that we learn more about optimal ways of supporting the development of children and young people’s capacity to learn and thrive.”

Diane Coyle, Pro Bono Economics Trustee and professor of economics at the University of Manchester (and, from March 2018, inaugural Bennett Professor of Public Policy at the University of Cambridge) said:

“This report summarises the positive impact on academic attainment, including through benefits to physical health, mental health and behaviour, all of which greatly affect students not just in the classroom, but continue to benefit them in their adult life. The value of this Pro Bono Economics report is to establish from the literature the evidence that PSHE is effective in these respects”



FREE Resource from Public Health England !

<http://www.e-bug.eu/>

Antimicrobial resistance is a huge public health concern and [tackling it is one of PHE's seven priorities](#). As antimicrobial resistance worsens, our antibiotics become less effective, and it's vital that we keep the public informed on this issue including how they can contribute to save some of our most precious medicines.

One aspect of this education is to encourage people to be prudent with antibiotic use - and that includes children and young people. This resource aims to reduce antibiotic resistance by helping children and young people understand infections and antibiotic use. It's a valuable resource not only because it's free to access, but it's also available in 22 languages, operating in 26 countries worldwide.

The resources are evidence based and have been developed alongside students, teachers and public health professionals. The new resources available for 15-18 year olds, have been developed after findings suggested that this age group had the lowest knowledge about antibiotic resistance and use.

By targeting 15-18 year olds, there is an opportunity to reinforce key messages on immunity, vaccines, prudent antibiotic use and antimicrobial resistance.

The antibiotic and vaccination resources for young adults (15-18 year olds) include:

- lesson plans for A-Level, BTEC and other equivalent qualifications
- peer education resources
- debate kits
- animations
- interactive slides
- a new website for young adults

It is a **free** microbiology, hygiene and health educational resource for junior (9 to 11 years) and senior (12 to 15 years) school students, and young adults (15 to 18 years). e-Bug also includes an AMR Science Debate Kit and peer education materials for young adults to deliver to their peers in schools and community outreach groups.

Launch of new Prevent/Radicalisation teaching resource.



Please find below a link to a very good new teaching resource

Some of you may have seen it already but the lesson plan and a Powerpoint to accompany it are now ready – these are available from the Bristol Trading With Schools website – the address is via the link below.

This is funded jointly by SWCTIU and Bristol Prevent Board ‘Building the Bridge’.

It is primarily designed to be delivered by teachers or other facilitators to young people between the ages of 11 and 13, but could be suitable for 10 or 14 year olds depending on the audience.

<https://vimeo.com/202407525> the password is toler8



“Memories with Grandma”

The Alzheimer’s Society are excited to share their new animation, ‘**Memories with Grandma**’. It’s aimed at young people aged 7-11, so we’re encouraging schools and youth groups to use the animation to help create a dementia-friendly generation.

To learn more about the animation, please visit:

alzheimers.org.uk/memorieswithgrandma





Healthy Schools
SWINDON

PSHE Association Resources

PSHE Association

This [free lesson resource from Media Smart](#) is designed to get **students aged 11 to 14** talking about body image and advertising, and exploring ways to develop positive body image through PSHE education. [Research suggests](#) that 53% of boys aged 11 to 18 say that advertising creates a pressure to look good, but with many boys reluctant to share their concerns with parents or teachers, they may not get the support they need to address body image issues.

The [Media Smart Body Image and Advertising resource](#) includes teacher notes, presentation slides and printable worksheets, to help teachers plan and deliver a PSHE lesson that: introduces the topic of body image, and explores how it's influenced by the media and advertising. It teaches students how to manage this influence, and promotes positive body image and emotional resilience.

Although the resources focus on how the male body is represented in the media, they are designed to be used with all students, encouraging them to consider the ways that body image issues can affect everyone.

[Download the resources here](#)



Healthy Schools
SWINDON

PSHE Association Training Events

PSHE
Association

PSHE Training events

New videos to help you choose training that meets your needs

With more PSHE Association training courses to choose from than ever to help schools select the training that best meets their needs. The association have added short videos.

Effective PSHE in Special Education Provision (Crossphase), London, 28 November. [Watch the video & overview to book a place](#)

Promoting mental health and emotional wellbeing through PSHE education (Primary, key stage 1 & 2), [Watch our video overview & book a place](#)

Secondary promoting mental health and emotional wellbeing through PSHE education (key stage 3 & 4), [Watch our video overview & book a place](#)

Preparing for statutory Relationships and Sex Education (RSE) within your secondary PSHE curriculum (Key stages 3 & 4), York, 15 March 2018. [Watch our video overview & book a place](#)

[See our full training programme](#)

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New Resources

Hello from Pooky!

Dr Pooky Knight-Smith has created a range of short videos as a way of sharing advice and ideas. She has asked for feedback and ideas on what she has created so far and suggestions for future content.



Anxiety - How to support

[Watch Video](#)



Depression - Tips for dark days

[Watch Video](#)



Body Image - Promoting body confidence

[Watch Video](#)



Duvet days - Yup.. I have them too...

[Watch Video](#)



Mentor Launches Quality Mark for Alcohol and Drugs Education

Mentor has launched its [Quality Mark for Alcohol and Drugs Education](#), a set of developmental Quality Standards for schools and practitioners which aim to improve the quality of alcohol and drug education and prevention in England. Public Health England (PHE) supports the Quality Mark and shares Mentor's ambition to see improved drugs and alcohol education provision in schools. PHE and the Home Office already fund [Mentor-ADEPIS](#) to support the implementation of quality and evidence-based alcohol and drug education and prevention. The website gives access to two different self-assessment frameworks: one for schools and a second for practitioners

We've cut and pasted the 7 standards into a grid, we have only put the "exceeding" columns, not the "emerging", "developing" or "embedding", as the documents is quite wordy!

The end column has been left for you to write your actions against each standard.

It would be good to get your feedback on this tool and see if we can add some or delete some of it.



standards.docx



Staff Wellbeing!

Moderate Physical Activity!

Doing some form of physical activity has the potential to improve the physical health, mental health and wellbeing of individuals, families, communities and the nation as a whole. Public Health England (PHE) wants to see more people being physically active.

The link between physical inactivity and obesity is well established. With more than half of adults in England currently overweight or obese, everyone can benefit from being more active every day.

So how about trialling this routine leading up to Christmas & or just after?!

CHALLENGE: <i>The 12 days of Fitness</i>		
DURATION: <i>1 - 10 minutes</i>		
FOCUS AREA: <i>Full body accumulator workout</i>		
FIRST DAY 1 MINUTE PLANK	FIFTH DAY 5 STAR JUMPS	NINETH DAY 9 CHAIR DIPS
SECOND DAY 2 MINUTE WALL SQUAT	SIXTH DAY 6 PUSH UPS	TENTH DAY 10 TUCK JUMPS
THIRD DAY 3 MINUTE BRIDGE	SEVENTH DAY 7 MOUNTAIN CLIMBERS	ELEVENTH DAY 11 LUNGES
FOURTH DAY 4 BURPEES	EIGHTH DAY 8 SQUATS	TWELTH DAY 12 CRUNCHES

ALWAYS REMEMBER
WARM UP ↑
COOL DOWN ↓

OR you could always just walk briskly for 10minute!

Public Health England

WALKING BRISKLY FOR 10 MINUTES COUNTS AS EXERCISE

BECAUSE THERE'S ONLY **ONE YOU**

Search Active 10 to download the app today.

ACTIVE 10