

# SWINDON HEALTHY SCHOOLS

NEWS



**Happy New Year!** We hope you were able to recharge your batteries over the festive season and wish you a happy and healthy start to 2025.

This edition of Swindon Healthy Schools e-bulletin includes:

- the latest healthy schools news
- events and training for staff and governors
- new healthy schools resources for schools
- new services for pupils and families.

If this email has been forwarded to you, you can sign up to receive future editions [here](#).

## News

### **Deadline extension to pupils' voice survey on mental health and wellbeing**

Thank you so much to those of you have run the pupils' voice survey in your schools, during PSHE lessons/tutor time; this really helps with commissioning services and understanding how we can better support children and young people across the borough. To allow time for more responses, **we have extended the deadline to 3.45pm on Friday 17 January**, to ensure that we have a representative idea of the mental health and wellbeing of pupils in years 4, 6, 7 and 10. If you haven't yet had the chance to complete the survey with your pupils, we'd value hearing their voices. Further information including supporting documents including a template

letter to parents and carers are available on the [Swindon Healthy Schools website](#).

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## Swindon Healthy Schools Awards: Congratulations!

Well done to Greenmeadow Primary School for gaining their Swindon Healthy Schools bronze award and Crowdys Hill School for renewing their bronze award since our last

newsletter. Congratulations also

to Holy Rood Catholic Primary

School who worked with Wiltshire Healthy Schools to achieve a silver Healthy Schools award.



A shout out too to Oliver Tomkins School for gaining the BSW Asthma Friendly Schools Award.

Several other primary and secondary schools are working towards gaining or renewing their awards. For more information about the support available to achieve the above awards and the Swindon Schools Mental Health and Emotional Wellbeing Award please view the [Swindon Healthy Schools website](#).

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## The Children's Wellbeing and Schools Bill

DfE has published a blog aimed at parents and carers on the new Children's Wellbeing and Schools Bill: [The Children's Wellbeing and Schools Bill: what parents need to know - The Education Hub](#) You may want to consider sharing this with parents and carers.

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## Free drug awareness sessions for year 6 pupils in Swindon



UTURN is offering free workshops on basic drug awareness, exploitation and harm-reduction for all Year 6 students in 2025!

There are spaces for every school. Please contact Joshua Houghton ([jhoughton2@swindon.gov.uk](mailto:jhoughton2@swindon.gov.uk)) for further details or to book a session!

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## **Acne care online study: participants aged 13-18 sought**

The University of Southampton has developed a website to help young people to manage acne more effectively. Their current study aims to improve outcomes relating to acne by promoting the use of topical treatments and reducing overuse of oral antibiotics through an online intervention to support acne self-management.

Could your school support this study? The benefits for pupils includes that by using the website, they will be able to find new ways of managing acne, with videos and top tips from other young people. There is also the chance to win a £50 voucher.

Please see further information on the [Swindon Healthy Schools website](#).

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## **Invitation for primary school teachers to participate in research on autism training**

We have been contacted by a student who is conducting a research study as part of their undergraduate psychology degree at the University of Bath, focusing on the provision and impact of autism training for teachers in mainstream primary schools. Participation is via an anonymous questionnaire, which should take no more than 15-20 minutes to

complete: <https://uniofbath.questionpro.eu/t/AB3uztSZB3vvBT>.

Please email [ah2821@bath.ac.uk](mailto:ah2821@bath.ac.uk) for a copy of the results.

## **Events and Training for Staff and Governors**

### **Swindon Healthy Schools network meetings and events**



The following online events are free to schools in Swindon.

Thursday 16 January , 3.45-5pm. PSHE Leads network for Swindon primary schools. Theme: healthy weight. [Book here](#).

Wednesday 22 January, 3.45-5pm PSHE Leads network for Swindon secondary schools. Theme: healthy weight. [Book here](#).

Thursday 6 February, 3.45-5.15pm. Swindon Affordable Schools Online Network Meeting. View the flyer [here](#). [Book here](#).

Monday 10 February, 3.30-5pm. B&NES, Swindon and Wiltshire Senior Mental Health Leads network. [Book here](#).

Tuesday 4 March, 3.45-5pm. PSHE Leads network for Swindon primary schools: Theme: smoking and vaping. [Book here](#).

Wednesday 5 March, 3.45-5pm. PSHE Leads network for Swindon secondary schools. Theme: smoking and vaping. [Book here](#).

Tuesday 18 March, 3.45-5.15pm. Swindon Senior Mental Health Leads network. [Book here](#).

If you have any problems booking via the above links, please email [SwindonHealthySchools@swindon.gov.uk](mailto:SwindonHealthySchools@swindon.gov.uk)

View dates for future Swindon Healthy Schools events [here](#).

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## **A whole-school approach to food training for governors**

The recently launched National Governance Association and DfE e-learning module: A whole-school approach to food is free to all governing board members and provides essential guidance on the legal requirements and best practices for maintaining and enhancing school food can access the module here: <https://trial.vc-enable.co.uk/register>

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## Online training on supporting CYP impacted by parental imprisonment

The one-hour sessions, organised and delivered by CHAS, will provide an increased awareness of the issue of parental imprisonment, the range of impacts on CYP and their families, the types of support that CYP may need to lessen these impacts.

Dates and Times:

- Tuesday 21 January, 12-1pm
- Tuesday 28 January, 4-5pm

Further information and booking is available on [the Swindon Healthy Schools website](#)

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## Health protection webinar

The SW Health Protection Team runs free webinars aimed at providing early years and education colleagues with information about how to prevent and manage seasonal infectious disease cases and outbreaks. The next webinar will take place on **Thursday 23 January 4-5pm**. You can book your place [here](#).

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## Swindon safeguarding partnership training

Identifying safeguarding concerns and making referrals (children): Tuesday 11 February, 9.30am-3pm, on MS Teams.

This is for all staff working with children, young people and/or their parents/carers who could potentially contribute to assessing, planning, intervening, and evaluating the needs of a child or young person and parenting capacity where there are safeguarding/child protection concerns. To book and for further information, view: [Safeguarding Partnership –Identifying Safeguarding Concerns and Making Referrals](#)

Other training opportunities include: responding to exploitation, early help assessment and plan, family safeguarding, Children Looked After, child neglect, level of need, recognising and responding to child sexual abuse, supporting and exploring child development, introduction to national referral mechanism. For dates, booking and further information, view the [Swindon Safeguarding Partnership website](#).

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## Developing RSE specialism in SEND schools

Sex Education Forum's in-depth programme is designed for teachers of RSE in special schools working with learners with moderate to severe learning disabilities, and Autistic Spectrum Conditions. View the full objectives and structure of the course [on their website](#). Note that there is a charge for this course.

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A directory of further staff training opportunities, many free of charge, is available on the [Swindon Healthy Schools website](#).

## Resources

### **A whole-school food approach toolkit**

Hot off the press is a toolkit for Swindon schools on developing a whole-school approach to food in schools. The toolkit is summarised from *A Practical toolkit for schools: 'What good looks like'; A whole school food approach* by Rose et al. (2023). It includes:

- evidence-based principles to meeting a whole school approach to improving dietary outcomes for pupils
- a self-assessment matrix
- a template food policy.

Read more and download the toolkit here: [A whole school food approach toolkit : Swindon Healthy Schools](#)

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### **Eating disorder resources**



We have added JenUp's resources to the emotional health and wellbeing page on this website, under the title of Eating Disorders: [Emotional Health & Wellbeing : Swindon Healthy Schools](#) These include a teacher's toolkit.

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### **Belly Bugs resources for primary schools**

Belly Bugs is an innovative, interactive and evidenced based method to engage children. The programme encourages children to look after their Belly Bugs by growing and eating more plant foods and to get enough sleep and exercise. A range of

free resources are available for schools, which can be personalised for your setting.

[Read more on the Swindon Healthy Schools website.](#)



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### **First edition of UTURN newsletter**

The first edition of the UTURN newsletter, which includes information about support available to pupils around drugs and alcohol, plus useful tips around staying safe [can be downloaded here](#).

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### **Safer Internet Day: 11 February**

What does your school have planned? The theme this year is 'Too good to be true? Keeping yourself and others safe from scams online'. Free resources are now available on the [UK Safety Internet Centre website](#).

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### **Updated version of critical incident guidance for schools and other educational settings**

View the updated guidance for Swindon and further information on the [Swindon Healthy Schools website](#).

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### **Youth Sport Trust school games SEND inclusion toolkit**

The toolkit provides an introduction to inclusion within sport and physical activity. You can download the toolkit on [Youth Sport Trust's website](#).



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### **Advice from UKHSA on winter bugs**

You've no doubt been affected in your settings around winter bugs. We wanted to share some valuable resources that can help you to prevent or manage cases and outbreaks of infectious diseases at your school. Please share the following links with colleagues: [Advice from UKHSA on Winter Bugs : Swindon Healthy Schools](#)

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## **Children's Mental Health Week**

Children's Mental Health Week 2025 will take place from 3-9 February. The week's focus is 'Know yourself, grow yourself', with the aim to equip and empower children and young people to embrace self-awareness and explore what it means to them. Place2Be has created [resources and activities, which can be downloaded here](#) for your school to use throughout the week!

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## **Empathy Week: 10-14 March**

Empathy Week runs from 10-14 March, and this year's theme, 'What's your spark?', is all about helping pupils discover what makes them shine.

Here's what you can expect:

- Two film-based assemblies per age group
- On-demand talks with inspiring guests—including adventurers and international sports stars!
- Live in-person events for UK schools
- Online CPD sessions for teachers.

All of the above is free of charge. Please register here: [Home | Empathy Week 2025](#)

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## **Quit smoking resources for the staff room**



# New Year 2025 Quit Smoking Campaign Partner toolkit

January 2025



The Department of Health & Social Care has released their campaign resources that supports and motivates people to quit smoking for New Year, which you can access and share with staff/parents/carers/pupils. The resources are available on the following link [New Year 2025 Quit Smoking | Campaigns | Campaign Resource Centre](#).

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## Young Carers in Schools Plus Award

Do you have pupils that are: absent from lessons; struggle to take part in after school activities or trips; late with homework; tired or distracted; concerned about staying in touch with a family member during school hours? They might be a young carer.

Carers Trust and The Children's Society have launched the Young Carers in School Plus Award and accompanying resources.

Visit <https://youngcarersinschools.com/what-is-the-award/> for further information.

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## Speak out. Stay safe - primary school safeguarding education programme



The 'Speak out. Stay safe' programme supports your school's safeguarding duties and links directly to the RSE curriculum reinforcing key messages about abuse and neglect. With the help of the mascot, Buddy the speech bubble, children will know they have the right to: speak out and

be heard, be safe and to get help when they need it.

To sign up to deliver 'Speak out. Stay safe' at your school please click here: [Speak out Stay safe programme | NSPCC Learning](#)  
Contact Sarah Smith, NSPCC School Service Co-ordinator for Swindon & Wiltshire: [sarah.smith@NSPCC.org.uk](mailto:sarah.smith@NSPCC.org.uk) for further information.

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### **1decision free subscription service**

1decision is offering a free package, which provides schools with the opportunity to assess pupil knowledge relating to PSHE and focus on addressing learning gaps, ensuring that teaching builds on pupil needs. [Read more on the Swindon Healthy Schools website](#)

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### **BRIGHT oral health resources for secondary schools**

University of Sheffield,'s lesson pack on oral health for secondary schools can be downloaded for free via the PSHE Association website: [BRIGHT dental health lesson pack \(pshe-association.org.uk\)](#)

## **Services for Pupils and Families**

### **Barnardo's offer to children and young people at your school**

Barnardo's offers therapeutic recovery support and counselling to CYP across Swindon and Wiltshire who have experienced childhood sexual abuse. Read more on the [Swindon Healthy Schools website](#).

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### **Swindon Paragon Integrated Domestic Abuse Service (SPIDAS)**

Swindon Paragon Integrated Domestic Abuse Service's offer to children and young people is outlined in the following PDF leaflet. [Download the leaflet here](#).



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### **NEST bereavement programme**

Wiltshire Treehouse's Swindon NEST bereavement programme is for young people in school years 7-13. The next programme starts this

month.

Their leaflet can be found here [Swindon NEST leaflet email version 2023.pdf](#)

Referrals can be made by a parent or carer via the referral form [2024 Referral Form](#)

General enquires can be made to [servicedirector@wiltshiretreehouse.org.uk](mailto:servicedirector@wiltshiretreehouse.org.uk)

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## Please let us know what you think of this newsletter



We are keen to have your feedback on both the format and content of this e-bulletin. Please do [get in touch](#) with your suggestions. Thank you.

Previous editions of this newsletter can be downloaded at: [Newsletter : Swindon Healthy Schools](#)



### Swindon Borough Council

Civic Offices, Euclid Street, Swindon  
United Kingdom

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