



Healthy Schools

Swindon Healthy Schools Universal Offer: October 2024

Healthy schools create environments for pupils to learn, grow, and thrive physically, With the aim of reducing inequalities and improving the life chances for young people, Swindon Healthy Schools supports schools to deliver a whole school approach to health and wellbeing of their pupils, staff and parents and carers. We do this through:

- **Supporting schools to network** by creating an opportunity to share good practice, offer tips and share resources:
 - A secondary schools PSHE leads online network meeting each half term (6 times a year)
 - A primary schools PSHE leads network meeting each half term (6 times a year)
 - Swindon Senior Mental Health Leads network meeting each term (3 times a year)
 - B&NES Swindon and Wiltshire (BSW) Senior Mental Health Leads network meeting each term (3 times a year)
 - Affordable Schools Network. Meeting once a term (3 times a year).
- **Supporting schools to gain Healthy Schools status** in order to improve pupil and staff wellbeing through the following awards:
 - Swindon schools mental health and emotional wellbeing
 - Swindon healthy schools: bronze, silver and gold
 - B&NES, Swindon and Wiltshire asthma friendly schools.

We can offer a face-to-face visit to any school taking on this process and follow-up meetings on MS Teams. Schools receive a logo or certificate and are highlighted in the Swindon Healthy School newsletter when they achieve one of the above awards.

We also signpost schools to national awards available to them, for example Food for Life.

Achieving these awards not only offers schools a framework to improve their practice, it also strengthens their pupil voice and enables schools to evidence their practice for OFSTED inspections.

- Highlighting and linking schools in with **PSHE resources** including:
 - Year 6 primary school resources on smoking and vaping
 - Chameleon PDE's resources library for secondary schools, which includes lesson and assembly plans, pupil voice surveys, videos and a parents' portal. Following positive feedback, we have since negotiated a 50% discount for secondary schools in Swindon:
www.chameleonpde.com/ This includes access to recordings of

vaping and smoking workshops for the use in schools and staff CPD.

- **RSHE resources:** www.swindonhealthyschools.org/resources/rshe-resources/
 - **Emotional health and wellbeing resources:** www.swindonhealthyschools.org/resources/ehwb-resources/
 - **Healthy weight resources:** www.swindonhealthyschools.org/resources/healthy-weight-resources/
 - **Oral health resources:** www.swindonhealthyschools.org/resources/supporting-oral-health-in-schools/
 - Further healthy schools resources can also be found at www.swindonhealthyschools.org/resources/pshe-resources/ and www.swindonhealthyschools.org/resources
- **A primary and secondary schools pupil voice survey**, which has offered invaluable guidance to public health strategy and shed light on social norms data, which is available for use by PSHE teachers in the classroom. Participating schools are given their bespoke results (if there are 50+ responses for a primary school or more than 100+ responses for a secondary school) .
 - **Swindon Healthy Schools newsletter** to inform schools of resources, training and research findings to support the provision of healthy school settings (6 times a year).
 - **Training school staff where possible if there are identified collective needs.** For instance, in 2024, we worked with the Bladder and Bowel Nurse at Swindon Community Health Service to provide primary, secondary and special schools with free online training on supporting pupils around their bladder and bowel health. Note that there are budgetary constraints around this offer and we are unable to promise to meet all identified needs.