

goodbye, august hello, september

Welcome to the autumn edition of the Healthy Schools Newsletter. Hope you had a restful and enjoyable summer break.

The last academic year ended with another successful and positive event. The Schools Excellence and Achievement awards took place at the Marriot Hotel and we had a lot to celebrate.

Healthy Schools awarded 11 awards. These included; the pilot of the mental health award by Westlea Primary, Oliver Tomkins Primary and Colebrook Juniors. Each school was given a certificate for participating and a cheque of £200 to develop this work further. The first Sugar Swaps certificate for reducing sugar intake across the school was awarded to Lethbridge Primary, Holy Family Catholic and Westlea Primary. Four Healthy Schools Silver awards were achieved by: Wanborough Primary, Lethbridge Primary, Even Swindon Primary and Robert Le Kyng Primary. Swindon gave out its first Gold Healthy schools award to Westlea Primary. [Photos](#) and [Tweets](#) can be seen on the [Healthy schools website](#) of these fantastic achievements.

The schools celebration event for summer 2018 will certainly be vibrant, with so much to celebrate and promote. The celebration event will take place in July, again at the Marriot Hotel. I will forward details to schools near the time.

Take a look at the important school dates column on the right. There are so many important awareness days that you can get involved in and as always, I encourage you to share your stories on the schools news section of the HS website. Or forward them on to me and I will be happy to promote your good work.

I am so pleased to announce that we have successfully managed to resurrect the PSHE network group. The first meeting took place at Swindon UTC, 15 enthusiastic teachers attended and were presented with a full and interesting agenda. I am looking forward to working with these colleagues, particularly as we plan to develop and launch the online health and wellbeing survey for schools. If you missed out on joining us in June, please email me to meet up for our October meeting.

Finally, I would like to remind you that Swindon Healthy Schools is a **FREE** service for schools, so please take advantage !

Surbdeep Rai (Su)

Important School Dates

10 September 2017
[World Suicide
Prevention Day 2017](#)

11 September 2017
[Sexual Health Week
2017](#)

18 September 2017
[National Eye Health
Week 2017](#)

21 September 2017
[International Day of
Peace 2017](#)

22 September 2017
[Jeans For Genes Day
2017](#)

29 September 2017
[World's Biggest Coffee
Morning 2017](#)

01 October 2017
[ADHD Awareness
Month 2017](#)

01 October 2017
[International Walk to
School Month 2017](#)

02 October 2017
[Dyslexia Awareness
Week 2017](#)

06 October 2017
[World Smile Day 2017](#)

10 October 2017 [World
Mental Health Day
2017](#)

15 October 2017
[Global Hand Washing
Day 2017](#)

Well Done



Bronze Healthy Schools Awards

Congratulations to:

Brookfield Primary

Holy Cross Junior School

Red Oaks Primary School

Shawridge Primary School

Commonweal School

for achieving the Bronze Healthy Schools award.



The following three schools have completed the mental health award and have identified areas they need to improve and develop to encourage positive mental health .



Westlea Primary

Oliver Tomkins Primary

Colebrook Juniors

Congratulations to Swindon's First Sugar Smart Schools



Holy Family Primary School

Lethbridge Primary School

Westlea Primary School

Well Done Ben!



8Year old Ben who is on the STEP programme designed the winning logo for Swindon's Mental health Award - Well done Ben!

GOLD

For Westlea Primary!

Swindon's first school to achieve a gold level Healthy Schools award!



Sarah Sumner Deputy Head at Westlea Primary has been working closely with Healthy Schools for the last two years to achieve this award. Westlea Primary have successfully supported young people in changing eating habits, by encouraging healthier food choices and reducing sugar intake. They have managed to increase physical activity across the school, to support the government agenda of reducing obesity in young people. Recently they have been focusing on encouraging positive mental health and have completed a project with Swindon Dance to raise self-esteem and confidence.

Excellent work by Sarah and the staff at Westlea for diligently working on raising standards and becoming the first school in Swindon to achieve this award.



Food for Life programme offer

Soil Association's Food for Life (FFL) programme helps schools and other settings to enhance their 'good food' culture and increase healthier eating through an awards based structure. The [FFL School Award](#) supports schools to take a whole school approach that sees them grow their own food; organise trips to farms; source food from local producers; set up school farmers' markets; hold community food events; provide cooking and growing clubs for pupils and their families; serve freshly prepared, well-sourced meals and provide an attractive dining environment so lunchtimes are a positive feature of the school day.

A Food for Life Schools Award is a great way to demonstrate that your school is doing fantastic work to provide healthy school meals, great lunchtimes and food education that has a positive impact on both pupils and the wider community.

The Offer Soil Association and Swindon Borough Council have come together to provide funding to support up to 10 schools to take part in the FFL School Award; to develop the provision of healthy school meals, to create great lunchtimes and offer food education within the curriculum that has a positive impact on both pupils and the wider community. The Soil Association has agreed to provide the FFL School Award at a reduced cost and Swindon Borough Council will subsidise just over 50% of this cost.

An informal drop in session is open to all schools to find out more about the Food for Life School Awards Programme. www.foodforlife.org.uk/schools : Thursday 21st September, 4-6pm, Haydonleigh School, Haydon Court Drive, Haydon Wick, Swindon, SN25 1JP

Launch of Swindon School Physical Activity framework



The Swindon school physical activity framework has just been launched. This provides a blueprint to support the development or improvement of all aspects of physical activity in schools, including PE and school sport, competition, active travel and play. It can also be used to address many of the wider challenges facing schools, including raising attainment, improving life chances, behaviour in schools and reducing fixed term exclusions.

Being active at school can lead to greater academic and sporting aspirations along with higher achievements of young people. It will also contribute to better physical and emotional health and wellbeing. This conclusion is based on a number of studies supporting the association between being active and having better attention in addition to achieving better academic results. There is good evidence that activity helps to promote physical and emotional health and wellbeing.

It has been jointly developed by Head Teachers, Physical Education professionals, Swindon Borough Council (including Public Health and Active travel), Wiltshire and Swindon Sports Partnership, the Youth Sports Trust, Swindon Sports Forum and a number of providers of physical activity.

For more details contact: www.wiltssport.org.uk/swindon



Olympian and top business coach David Hemery joins Swindon Mindful Employer conference

The [Swindon Mindful Employer Network](#) has been busy making preparations for its big 2017 Conference which takes place at the **Swindon Marriott on Monday 9th October**. It is pleased to announce another special guest speaker - Doctor David Hemery CBE will be giving a presentation to local employers and business people.

David is best known as Olympic Champion & World Record holder in the 400m hurdles, BBC Sports Personality 1968 and three times winner of Sporting Superstars. However, his life has been in education, teaching in Secondary Schools, Boston and Cambridge Universities and senior managers in business. David is very keen on school issues regarding wellbeing/physical and mental wellness His life-long passion has been finding the keys to fulfilling potential. Using his life experiences and research his talks and writing aim to inspire, engage and empower audiences to help them to unlock more of their own potential and that of those whom they lead as teachers, managers, parents, coaches or leaders.

Melanie Richens, who is the voluntary Chair of the [Swindon Mindful Employer Network](#), is delighted by the news that David is joining the list of guest speakers.

“David is a highly experienced and recognised business coach and we are very much looking forward to hearing from him in October. I believe Swindon businesses will be excited by this development and I encourage employers (including Swindon school head teachers) to send a representative along. This network is now one of the largest and most successful in the area and its focus on mental health and wellbeing and business culture is proving extremely attractive.”

Doctor David Hemery will also be joined by Professor Sir Cary Cooper and more announcements will be made shortly.

Places for this event are available for representatives of employers in the Swindon and surrounding area only. **Booking is essential.**

For more information about this event please contact: smen@swindonmind.org



Growing up with Internet!

The House of Lords Select Committee on Communications has published its [Growing up with the internet report](#), which gives its recommendations for how to equip young people for online life.

Led by an expert advisory group, the report recommends that Digital Literacy is vital for children to navigate the online world and should sit alongside reading, writing and mathematics as the fourth pillar of a child's education.

Young people continue to shape PSHE toolkit

'Crossing the Line' PSHE [toolkit](#), which was launched last year, explores the themes of cyberbullying, sexting, peer pressure and self-esteem. Alongside this, Childnet delivered an [updated cyberbullying guidance](#) to help schools prevent and respond to this issue.

Less than 0.1% of child sexual abuse material hosted in the UK

The [Internet Watch Foundation](#) (IWF) has launched its [annual report](#), revealing the latest global statistics on child sexual abuse imagery on the web.

The latest report shows Europe now hosts the majority of online child sexual abuse webpages (60%), with North America in second place (37%). The UK now hosts less than 0.1% of global child sexual abuse material, which is a result of the zero-tolerance approach taken by the UK's internet industry.



Swindon Healthy Schools [Mental Health Award](#) was developed by Swindon Public Health in partnership, to provide schools with a framework to assess and develop a whole school approach to mental health and wellbeing. All elements of this award have been identified through review of best practice documents and guidance including, Department of Education, Public Health England and Ofsted.

This award is supported by Public Health, Healthy Schools, the Education Department at Swindon Borough Council, TAMHS and Swindon Mind.

Children and young people need to be supported to develop resilience and coping skills as most will face mental and emotional health challenges throughout their childhood and adolescence and in their later life. In Swindon we know that we have high levels of hospital admissions for self-harm, high exclusions rates and lower than national educational attainment. Mental health and wellbeing are fundamental to children and young people's long term outcomes and development.

In addition to this award the Educational Psychology Service are supporting schools to gain Emotional Literacy Support Assistants (ELSA) accreditation.

ELSAs are teaching assistants who have had special training from educational psychologists to support the emotional development of children and young people in school. ELSAs have regular professional supervision from educational psychologists to help them in their work.

Swindon Educational Psychology team will be offering training places for schools in the ELSA approach and will be contacting schools shortly. This has been funded by Swindon CCG and Swindon Borough Council through Public Health and Education.

To find out more about ELSA go to www.elsanetwork.org or email Lucy Walshe - LWalshe@swindon.gov.uk

If you are interested in achieving the Mental Health in Schools Award email swindonhealthyschools@swindon.gov.uk



Changes to the Childhood Flu Vaccination Programme

From October 2017 Virgin Care Services will be offering all children in reception and school years 1, 2 3 and 4 in Swindon a flu vaccination in the form of a nasal spray. This is part of a programme designed to provide both individual protection to children who receive the vaccine and prevent the spread of flu to their family and community. The Childhood Flu Vaccination programme can benefit schools by:

- Helping to protect children against flu which in turn may reduce pupil and staff absenteeism rates.
- Promoting a healthy working environment in schools and the wider community, including amongst parents and family.
- Demonstrating engagement in public health programmes (including vaccination) which is recognised by OFSTED as being important and will help with requirement for schools to evidence they are meeting criteria pertaining to personal, social, health and economic education (PSHE).
- Providing an opportunity to integrate learning about the benefits of vaccination into the school curriculum including history and science.

For more information visit: <https://www.gov.uk/government/publications/flu-vaccination-in-schools>.



BEDFORDSHIRE POLICE URGE YOUNGSTERS NOT TO 'CROSS THE LINE' WITH BOLD NEW INITIATIVE

Bedfordshire Police is using smartphone technology to launch a new initiative aimed at deterring youngsters from radicalisation, hate crime and right-wing extremism. 'Cross The Line' is a hard-hitting web app which uses social media to put the user directly in the centre of the action, through the use of information from the individual's personal profile, alongside video and social media messages. The app takes the user on a journey which sees their persona getting drawn into the extreme right wing, before quickly escalating into violent hate crime in which they are the suspect.

The aim of the initiative is to highlight how easily anyone can be influenced by radical behaviour – and to educate young people about the consequences of being drawn into extremist ideology. The launch of 'Cross The Line' comes shortly after a man was jailed for racially/religious aggravated common assault and aggravated criminal damage towards workers at a takeaway in Luton, while earlier this month a 25-year-old woman was also found guilty of racially aggravated common assault after entering a care home where her victim worked and accused her of being a terrorist before repeatedly striking her in the face.

"Cross The Line aims to help young people, who might be at risk from radicalisation, to recognise the signs that they are being influenced or controlled by others. The app also addresses the social divides that extremism in all its forms can create, tackling the issue of hate crime that can sadly result from community tensions.

The new app is being heavily promoted to young people in the area through social media channels. Those who want to see if they would 'Cross the Line' can go to www.crosstheline.co.uk

Cross the Line is an initiative from the Prevent team at Bedfordshire Police. Prevent is about safeguarding people and communities from the threat of terrorism and is one of the four elements of CONTEST, the Government's counter-terrorism strategy.

It aims to stop people becoming drawn into extremist or terrorist activity, using a range of measures. For more information about Prevent, visit: <http://www.ltai.info/what-is-prevent/>



Healthy Schools
SWINDON

PSHE Association Resources

PSHE
Association

Updated PSHE Scheme of Work Planning Toolkit for key stages 1,2, 3 & 4

The new planning toolkits for both [Primary](#) and [Secondary's](#) schools which support the development of a flexible PSHE curriculum are available to download now.

Both toolkits will enable PSHE Coordinators to develop pupil's knowledge skills and understanding based on the three core themes of the PSHE Association Programme of Study: *Health and Wellbeing, Relationships* and *Living in the Wider World*. The Toolkit comprises:

- An overview of PSHE education and long term planning including an example curriculum map
- Medium term planning grids which will enable you to design engaging and relevant schemes of work for each year group
- A section on short term planning including a lesson planning flow chart, assessment guidance and examples of students' assessment work.

This Toolkit will help you create and adapt a developmental PSHE programme which builds on prior learning and meets increased expectations arising from statutory status for relationships and sex education (RSE), and potentially PSHE in its entirety. It will support you to ensure best-practice curriculum design, tailored to your pupils' needs rather than a 'one-size-fits-all' approach that may not suit your particular circumstances or time constraints.

The toolkit provides robust evidence for school inspections, including Ofsted judgements on safeguarding and personal development and welfare and similar requirements for independent schools, as well as statutory expectations regarding promotion of SMSC and British values.



Oral health resources for schools

Happy Smiles Programme

The oral health promotion team have developed a fantastic programme to support schools with improving children's and their families' oral and general health. The programme includes:

- Classroom activities,
- Evidence based messages for teachers,
- Printable resources for the classroom activities,
- Information for parents.

To apply for a copy of this programme, send the completed application form to oralhealthpromotion@gwh.nhs.uk. For further questions and queries contact GWH on this email address.

Oral health resources

The resources below have been produced for schools; all content is in line with national curriculum and support the PSHE programme.

There are messages on the back of the books for parents and some activities may include parental support.

Dental Work Books:

[Series 1](#) - For year 1 & 2

[Series 2](#) - For years 3 & 4

[Series 3](#) - For year 5 & 6

Colouring sheets:

The [colouring sheets](#) can be used in the foundation years as part of a tooth fairy story. There are many story books available with good oral health messages that including why the tooth fairy comes! Children in foundation years lose their first baby tooth at around the age of 5 years, so they are really appropriate.

Certificate:

If you choose to take part in the tooth brushing activities, you can award the pupils with a [certificate](#).



**Danger
Risk of
falling**

Preventing Falls

The Swindon Falls and Bone Health Collaborative is working to prevent people falling and harm from falls in Swindon. One strand of work is to look at how children and grandchildren can support older relatives in staying active and avoiding falls. This could be something to explore in a biology lesson (why people are more likely to fall as they get older) or as part of PHSE. There are some Canadian resources to become a safety superhero available at <http://safetysuperheroes.com/activities/safety-superheroes-checklist-challenge/> and an example from Scotland of how students worked with older people to look at issues around falls <http://generationsworkingtogether.org/networks/case-studies/falls-prevention>.

Swindon has a booklet which gives advice on staying healthy, keeping active and exercise tips called 'Steady Steps to Staying Active for Life' available at <http://www.market.mycaremysupport.co.uk/health-and-wellbeing/support-for-physical-health-conditions/steady-steps-to-staying-active.aspx>





Children's lifestyle & weight management service

Alive 'N' Kicking is a highly successful children's lifestyle weight management service that helps overweight children and young people and their families to reach and maintain a healthier weight. The service provides age specific programmes for families with children aged between 2 to 19 years old. Each categorised programme is specifically designed to provide age appropriate messages, activities and behavioural change strategies that will benefit the whole family.

The [Alive n Kicking programme in Swindon](#) is a free service, Jon Dunn the Active lives Officer, can provide further details and visit schools to offer:

- 15minute healthy lifestyles/alive n kicking assembly
- Provide schools with Alive n Kicking leaflets and posters
- Provide templates for book bag letters to encourage families to take part in the Alive n Kicking programme.

Contact Jon via email; JDunn@swindon.gov.uk or telephone: (01793) 465412

Print out the attached pdf to share this information with parents .



Alive n Kicking (July 2017).pdf