
Swindon Healthy Schools and Colleges Newsletter



'Children and Young People Deserve the Best Start in Life'

Health at the Heart of Education

June 2009

Please Display on Staff Notice Board

Term 6 - 2009

Welcome to the final newsletter of the academic year. I can't quite believe that we are already in the final term, but the weather is certainly making it feel like summer is upon us.

Healthy Schools Plus Launch & Celebration Event



We had a successful launch of Healthy Schools Plus at the beginning of May and had plenty of good coverage from local press and radio of the event. We saw some examples of the

interventions around key local priorities and heard about how schools have benefited from this work. These included anti-bullying work, targeted mental health pathfinder, sexual health and relationships education and healthy eating.

There are already 17 schools in Swindon on phase 1 of the pilot and schools are now being invited to take part in phase 2, the third and final phase of schools will join in January 2010 at which point around 40 schools will be involved. There is funding available for 40 schools to take part in the pilot and although schools with the highest level of health inequalities are being prioritised there is opportunity for other schools to take part if they have a particular school priority that they would like to focus on that is in line with the locally identified key areas ie; Emotional Health and Well being, Obesity, Smoking or Teenage Pregnancy/Sexual Health.

Please contact me or your Healthy Schools Supporter if you would like to find out more about how your school can get involved.

2

We also celebrated the success of 5 schools who have achieved Healthy Schools Status in this academic year. These were:

- Covingham Park Primary School
- Nythe Primary School
- Gorse Hill Junior School
- Rodbourne Cheney Primary School
- Lainesmead Primary School



These schools brought the percentage of schools in Swindon with National Healthy Schools Status to an impressive 91%. The schools yet to achieve Status are currently working towards it and we hope to celebrate 100% success by the end of the year.

Swindon Healthy School's Website

<http://www.swindonhealthyschools.org/>

The Swindon Healthy Schools Website is now live. We are working on developing more pages and would welcome suggestions on what you would like to see on this website. Please contact Surbjit Gill, sgill@swindon.gov.uk with any comments.

Healthy Schools Training 2009/10

At the back of this newsletter you will find a list of the training available to you in the coming year. Some of this training is relevant to particular groups, for example the various phases of Healthy Schools Plus pilot schools. I would strongly encourage you to book onto these courses as soon as possible. The training is very important evidence that you are keeping

Healthwise

your Healthy Schools status up to date and this in turn will be important evidence for your SEF.

CPD – PSHE

The Healthy Schools Team with the support of Swindon's Advanced Skills Teacher in PSHE & Citizenship plan to offer the CPD in PSHE qualification at HE3 and HE2 levels. Teachers and other professionals teaching PSHE to children and young people who have already completed this course have found it to be highly beneficial to their practice. **This course is fully funded for the academic year 2009/10, however, this may be the final year in which funding is available.**

We held an information day for secondary school teachers earlier in the year and there will be a twilight session on 30th June 2009 from 3.30-5.00pm at the Healthy Schools office at Wat Tyler West – 3rd Floor, Beckhampton Street for anyone who would like to find out more about the course and pick up an information pack. To find out more about the course or let us know you will be attending the information session please call 01793 464675 or email sgill@swindon.gov.uk.

If you require any further information on any of the above items please do not hesitate to get in touch.

Wishing you a good final term and fantastic summer break.

Angela Milliken
Healthy Schools Programme Manager

Inside Term 5 - 2009 Issue



- **Healthy Schools**
- **PSHE**
 - Sex & Relationships Education
 - Safety
 - Environment
- **Emotional Health & Wellbeing**
- **Healthy Eating**
- **Physical Activity**
- **Training**

Healthy Schools



An Evaluation of the National Healthy Schools Programme: Interim Report (NatCen, 2009)

Department of Health commissioned the National Centre for Social Research (NatCen) to undertake a three-year evaluation. They are tracking a wide range of schools from their early stages of joining NHSP, to establish the impact that the Programme is having upon schools and upon children and young people.

This interim report includes findings from a survey of over 10,000 primary and secondary children and young people in nearly 150 primary and 90 secondary schools conducted by NatCen

Healthwise

during autumn term 2007, and a follow up survey with the same schools will take place this autumn. In depth interviews in 24 of these schools have also enabled NatCen to explore how and where the programme is making a significant contribution, demonstrating that primarily schools are using NHSP to reflect on their current policies and make changes.

Relationship Between National Healthy School Status (NHSS) and Selected School Outcomes (NatCen, 2009)

NatCen have analysed existing national health and education datasets for school year 2006/7 to explore whether achieving and working towards NHSS is associated with better outcomes. They have found small but significant links between achieving and working towards NHSS, and each of the following: better Ofsted ratings of school effectiveness; lower total and unauthorised pupil absence; higher contextual value added scores, and higher levels of pupil participation in high quality PE.

National Healthy Schools Programme: Developing the Evidence Base (TCRU, 2009)

This report draws together existing evidence relating to healthy school approaches. It reviews international evidence about the effectiveness of health promoting schools initiatives, explores evidence for the link between health and education outcomes and pulls together findings from local evaluations of the National Healthy Schools Programme.

The report has two important conclusions: that whole school approaches to promoting health can impact on health and education outcomes, and that NHSP is widely perceived as having an impact on schools. In particular, it has been perceived to bring about changes associated with improved learning among pupils – such as improved concentration, greater participation in physical activity, and increased confidence.

The reports can be downloaded from:

<http://www.healthyschools.gov.uk/Uploads/Resources/6a6bdc64-ac16-4abe-b1d4-32aa6d0abe60/Evaluation%20of%20the%20NHS%20-%20Interim%20report.pdf>

<http://www.healthyschools.gov.uk/Uploads/Resources/6a6bdc64-ac16-4abe-b1d4-32aa6d0abe60/Evaluation%20of%20the%20NHS%20-%20Executive%20Summary%20of%20interim%20report.pdf>

<http://www.healthyschools.gov.uk/Uploads/Resources/bf530f14-11af-45fc-839d-68696864f712/NHSP%20sec%20analysis%20May%2009%20FINAL.pdf>

http://www.healthyschools.gov.uk/Uploads/Resources/18f0dec1-4537-47c7-9add-ff4ae232accb/HlthySchIEvBase_FinRep.pdf

PSHE

Life Education Centre Update



The LEC will be visiting Bishopstone, St Andrews, Brimble Hill, St Francis, Orchid Vale, Bridlewood, St Mary's, Catherine Waite and Abbey Meads this term.

I will be contacting schools due for a visit in the Autumn term shortly.

Donna McDonald
Life Education Centre Educator

Healthwise

Multi-Agency Training - Young People, Sexual Health, Mental Health and Substance Use



Places are available on a variety of local, fully subsidised and very well evaluated 1 and 2 day training events covering key issues in sexual health, mental health and substance use. We offer 2-day foundation training in the three key areas and a series of more specialised events on related topics like self harm and eating disorders, locally developed assessment tools in sexual health and substance use, building self esteem, brief intervention-solution focussed techniques, psychosis and condom scheme induction.

All training is open to anyone working with children, young people and families in Swindon including foster carers, education staff and the voluntary sector.

For further details or a copy of the latest programme and event details please contact Milly Carmichael or Olivia Hawkins - Multi-agency Training Coordinators (mccarmichael@swindon.gov.uk or ohawkins@swindon.gov.uk 01793 464840)

Inspiring Our Young People and Teachers!

Set up in January 2009 by Lon Kwantes, Inspirational Speakers 4 Schools offers pupils and teachers a respite from facts; exams; targets. Lon has brought together a variety of excellent and passionate speakers who offer schools talks about spirituality, holistic health, self esteem, positivity, motivation and achievement, creativity and brilliance, conflict and forgiveness and more.

Mike George, a best selling author is one of the speakers who talks about dealing with stress and turns the way we perceive stress on its head! He simply captivates his audience. Camilla talks

5

about her ordeal in Chechnya, where she was held hostage for 15 months, and her path to recovery and forgiveness. Andy talks about overcoming his disability to become a karate instructor. Shola talks about energy for life and holistic health. Inspirational people talk about inspirational topics from the heart.

Lon's motivation in setting up this initiative is to give our kids more than an academic education. Finding the essence of who we are without any particular religious affiliations is the foundation of many of these talks. Inspirational talks/workshops integrate very well with the PSHE/Citizenship programme and the ECM outcomes. Talks/Workshops can also be incorporated into teacher training events.

For further details, please visit:

www.inspirationalspeakers4schools.com

Dental Education Resource for PSHE

Attention PSHE teachers and educators!

Are your students getting this important aspect of PSHE? Dental education is KEY to good general health, wellbeing and self confidence.

The new resource from the Lady Dentist Education Agency will provide pupils with ALL the essential knowledge they should be given about teeth, oral issues and dental hygiene.

This resource comes with teachers notes and onboard question and answer section. It is split into topics in 3 sections with a navigation menu so that sections can be accessed and selected separately and easily to fit in with lesson periods.

The running time of the resource is 35 minutes so it could be split over 3 hour long PSHE lesson. The Agency also recommends that each 12 minute section be watched before and after looking at the questions.

Put together by dentist Alison Lestner this resource was 3 years in the making. It is based

Healthwise

on the Lady Dentist Live Roadshow originally piloted in the Leeds area.

The Live version is a 50 minute presentation with interactive discussion where pupils can participate, ask questions and talk about their feelings and experiences relating to teeth and going to the dentist.

The Lady Dentist resource DVD contains a lot of information – information that you as teachers will find interesting too that answers questions you never get a chance to ask your dentist!

There has already been government involvement with regard to Dental Education being so important at this stage.

Ministers from both the Department of Health and Department for Education and Skills both commented that (1) behaviour in childhood is the key determinant of adult oral health and (2) educating about these issues is valuable and should be considered by schools.

The current Secretaries of State for DCSF and Health are looking at this aspect of Health Education as part of PSHE and its position in the curriculum.

Lady Dentist is available to do a Resource Follow-Up visit where she conducts the Question and Answer session, reinforcing the educational messages and discussing specific issues pupils or teachers may want to address.

The Lady Dentist resource will completely cover this aspect of health education, giving them insight and motivation at a crucial time ie. before it is too late and the dental treatment treadmill has already set in!

Order the Lady Dentist Fights Plaque! Resource from:

Classroom Video
St Thomas Court
Thomas Lane
Bristol BS1 6JG

6

Phone: 0117 929 1924
Fax: 0117 930 4345
Email: orders@classroomvideo.co.uk
Website: www.classroomvideo.co.uk

Take Part in the Government Consultation on PSHE Education

The government consultation on the proposed changes to PSHE education is now underway and QCA is urging all those involved in teaching or learning the subject at both primary and secondary level to take part.

Following Sir Alasdair Macdonald's report, it is proposed that PSHE education is made a statutory part of the curriculum from 2011, as part of the new area of learning *Understanding Physical Development, Health and Wellbeing* at primary, and as the two programmes of study *Economic wellbeing and financial capability* and *Personal wellbeing* at secondary. There are six key questions in the online questionnaire:

- Should PSHE education become a statutory part of the National Curriculum?
- Should parents maintain the right to withdraw their children from the SRE element of PSHE education?
- Should a school's governing body retain the duty to prepare its policy on SRE?
- Should pupils be consulted on the SRE policy at secondary level?
- What should the title of the subject be at secondary level?
- Should PSHE education be excluded from attainment targets?

To take part in the consultation please go to www.qca.org.uk/curriculumconsultation
<<http://www.qca.org.uk/curriculumconsultation>>.

You can also participate in other consultations which form part of the curriculum reform

Healthwise

consultation. These include questionnaires on the proposed new primary curriculum, level descriptions for subjects and the updated non-statutory guidance for RE. QCA will be using all feedback gathered to inform its final report to the government.

Please take part for your views to be heard – the consultation closes at 5pm on 24th July. The PSHE Association is also providing a response to this consultation which we welcome your feedback on. To complete our short survey [follow this link.](#)
<[/news_and_events/association_consultation.aspx](http://www.qca.org.uk/news_and_events/association_consultation.aspx)>

Sex & Relationships Education

Teenage Pregnancy

Statistics for conceptions to women aged under 18 for the period 1998-2008, for England and Wales by Government Office Regions and other local authority areas, are now available, please visit:

<http://www.statistics.gov.uk/statbase/ssdataset.asp?vlnk=4877>

Education for All Conference 2009: Beyond Bullying

Wednesday 1st July 2009, 1 Birdcage Walk,
London SW1

Featuring workshops delivering key information plus an outstanding line-up of speakers including:

- **Baroness Delyth Morgan**, Children's Minister
- **Miriam Stoppard** Journalist, The Daily Mirror
- **Fiona Blacke** Chief Executive, National Youth Agency. **Ben Summerskill** Chief Executive, Stonewall.

7

Learn about Stonewall's latest groundbreaking research on teachers' experiences of tackling homophobic bullying.

Discuss issues relating to homophobia and homophobic bullying in primary and secondary education such as faith, the role of parents and youth engagement.

Who should attend:

- Directors of Children and Young People's Services
- Senior School Management
- Primary and Secondary Teachers and other school staff
- Key decision-makers in education policy
- Policy Officers
- Education Consultants
- School Governors
- Education Professionals

Register Now

Places are limited. To secure your place, visit: www.stonewall.org.uk/education_for_all/events/2759.asp

Core Competencies in Sexual Health for Youth Workers Fpa/ National Youth Agency

Youth Agency Working with the NYA, fpa has developed a set of core competencies which covers the essential skills, information and values youth workers and people who work with young people need in order to run safe, informed and practical sex and relationship work sessions with young people. This eight day course runs on: 23-24 June; 8-9 September; 15-16 September; 6-7 October; 3-4 November 2009; 2-3 February 2010.

Healthwise

For more information contact Helen Shipley
Tel: 0845 122 8661 Email: helens@fpa.org.uk or visit www.fpa.org.uk/Training

MTV and Sexual Health

A survey for MTV's Staying Alive Foundation found that 40 per cent of 16 to 24-year-olds surveyed relied on TV soaps for advice on safe sex, HIV and other sexually transmitted infections while 25 per cent relied on friends. Staying Alive is MTV's global HIV and AIDS awareness and prevention campaign aimed at informing and empowering young people in relation to their sexual health.

Sex Education Can Help Stop the Rise of HIV in Young Gay Men

Deborah Jack, chief executive of the National AIDS Trust (NAT), argues that rising HIV rates in young gay men means the government must ensure all schools provide sex education for gay students.

Fewer than 20 years ago, homosexuality was still listed by the World Health Organisation on its list of mental disorders. That classification was removed on May 17th 1990 and since then we have marked the International Day Against Homophobia and Transphobia every May 17th. As with many such occasions it highlights how far we have come in a short time but it also draws attention to the parts of society where homophobia remains.

For those working in the HIV sector it is clear that homophobia continues to drive the spread of HIV around the world. The arrest of six gay men conducting HIV prevention work in Senegal earlier this year is a stark reminder of this. Homophobia also constrains HIV prevention work here in the UK, not least in our education system. Gay students are not provided with sex and relationships education that is equal to that received by their straight peers and we are seeing the results in rising HIV infections.

The last two years have seen the highest ever recorded number of HIV diagnoses among gay

men in the UK. Particularly worrying has been the rise in the numbers of young gay men being diagnosed with HIV. Diagnoses in this group have more than doubled in the last decade, from 128 in 1998 to 281 in 2007.

Sex and relationships education is not just about preventing teenage pregnancy; it is also about the long-term health of our young people. Yet in the UK, the education needs of our young gay men are often an afterthought. The recent government-sponsored Condom: Essential Wear adverts prove that gay relationships are not represented and HIV is not mentioned. Earlier this month, the Department of Children, Schools and Families published its review of the proposal to make PSHE compulsory in schools. It has been a long hard fight to get the government to agree that comprehensive sex and relationship education should be compulsory in all schools and that this should include discussion of same-sex relationships. So it is incredibly disappointing that already commitments are faltering.

The government has said that schools will be given discretion to teach sex education in line with “the context, values and ethos of the school”. For those faith schools where beliefs condemn homosexuality - this could mean the current inequality will remain. It risks being a cop-out by a government that says it is committed to equality for all, irrespective of sexual orientation.

The government is considering the detail of its sex and relationship education requirements at the moment. So it is vital that over the coming months, as decisions are made as to what is ‘core’ in sex and relationships education, that voices are shouting for the rights of young gay men in the classroom. No school, no parent, has the right to deny a young gay man respectful and supportive education about his sexuality and his health.

In the UK, one in 20 gay men have HIV but HIV is not inevitable. Nineteen out of 20 gay men in the UK don’t have HIV. A real commitment to the education and health of young gay men

could equip the next generation to avoid HIV infection.

NAT will continue to push this government, and the next, to take the issue of same-sex relationships in education seriously. Not just to protect the health of our younger generations, but because it is right in a society that claims to value equality.

Minister Calls for Better Sexual Health Services

Colleges have today been urged to improve their sexual health services by Further Education Minister, Siôn Simon.

The Minister pushed for all colleges to offer a minimum level of sexual health provision to include screening for sexually transmitted infections and providing contraception to Further Education students. He also congratulated the colleges which already excel in sexual health provision, but said it was unacceptable that some FE colleges do not offer any such support.

In an address to delegates at a national conference to discuss sexual health services in colleges, Mr Simon said:

“We need to ensure that all colleges offer at least basic services and work to improve the quality of sexual health services generally. The most important services colleges can offer are preventative. And they do society as a whole a great service when they provide a safe, confidential space where young people can come and talk to a health expert one to one.” Mr Simon also expressed concern that insufficient sexual health provision is linked to drop out rates in colleges:

“FE exists to help young people and adults alike to gain the skills and qualifications they need to achieve success in life. But too many young learners in FE drop out early – a significant number because of health and personal problems.

“Easier access to sexual health services in FE settings can be an important means of helping young people avoid unintended conceptions – and helps young parents avoid unintended second pregnancies.

“If retention and attainments are critical measures used to calculate a college’s funding doesn’t it make sense in terms of pure self-interest for providers to promote the sexual health of their learners?”

Government will provide £2m in 2009/10 under the Healthy FE Programme to support colleges in developing their sexual health services. This includes an increased sum of £1.6m to Strategic Health Authorities to strengthen delivery partnerships with Primary Care Trusts. Many colleges offer some level of sexual health service to students from basic provision of contraception and information about local services, to more comprehensive support such as a sexual health nurse and Chlamydia testing. The conference, arranged jointly by the Department for Innovation Universities and Skills (DIUS), Department for Children, Schools and Families (DCSF), Department of Health (DH) and the Association of Colleges (AoC) showcased best practice, offered support to colleges setting up sexual health services and updated delegates on the work of cross-government initiatives to improve the health and well-being of young people. Beverley Hughes, Minister for Children Young People and Families, said:

“It is vital that young people have access to confidential advice and support on a range of health issues, especially on relationships and sexual health. Evidence shows us that more teenagers are engaging in risky behaviour and lack of contraceptive use is resulting in an increase in conception leading to abortion. So the message in our strategy has always been clear: teenagers should be encouraged to delay early sexual activity, but to use contraception when they do become sexually active. We know that on-site health advice in further education colleges, secondary schools and other youth settings is more attractive to young people and

Healthwise

will help address the 80% of under 18 conceptions among 16-17 year olds. It also means that young people need to take less time away from learning to attend medical appointments, can quickly address any concerns that are impacting on their learning and can ultimately help prevent young women having to drop out of learning altogether due to an unplanned pregnancy.”

Healthy FE Programme Web Portal

The Department of Health (DH) has launched the Healthy FE Programme web portal (www.excellencegateway.org.uk/hfep) hosted on the Excellence Gateway. The pages provide an introduction to the Healthy FE Programme, outlining how the FE sector can integrate health and well-being of learners and staff as a central theme in their organisation's success. In time the web portal time will become the central mechanism for sector practitioners to share and develop good practice, access guidance and resources, and as a platform for collaborative working.

PSHE Review: Key points in Sir Alasdair's recommendations relating to SRE

- PSHE education should become part of the National Curriculum, in both primary and secondary phases.
- Governing bodies should retain the right to determine their school's approach to SRE - but this must be consistent with the core entitlement to PSHE education.
- Governing bodies should retain the right to maintain an up-to-date SRE policy - which should meet the needs of their pupils and reflect parents' wishes.

The existing right of parental withdrawal from SRE should be maintained. Where parents do choose to withdraw, schools should make it clear to them that in doing so they are taking responsibility for ensuring that their child receives their entitlement to SRE through alternative means:

10

- All Initial Teacher Training courses should include some focus on PSHE education.
- DCSF should continue to support a PSHE CPD programme - for teachers and support staff.
- DCSF should consider how best to disseminate examples of effective practice in contribution of external organisations and visitors to PSHE.
- DCSF should work with the QCA to find appropriate and innovative ways of assessing pupil progress in PSHE education

The full report can be downloaded from the publications section of the DCSF website.

Youthnet Launches Sex Factor Report

As many as one in three 16 to 24-year-olds (32%) has had a drunken one-night stand they went on to regret, indicates a new report launched on Monday (23, February) by young people's charity, YouthNet.

The 'Sex Factor' report presents the attitudes towards sex and sexual health of more than 2,000 16 to 24-year-olds and found that a high proportion had taken part in potentially dangerous sexual activity when drunk.

A third (32%) of young people surveyed said they had had unprotected sex whilst under the influence of alcohol, one in five (22%) said that they had gone home with a 'stranger' and over one in 10 (15%) said that they had invited a stranger home with them.

Many young people also expressed disappointment at their 'first time' with one in three sexually active 16 to 24-year-olds (28%) saying that they were unhappy about how they lost their virginity. Choosing the wrong person (75%) being too young (40%) and being in the wrong place (40%) were the top three reasons cited for this unhappiness in the survey.

Healthwise

Almost all of the 16 to 24-year-olds surveyed were sexually active (92%) and more than a third (37%) of those said that they had first had sex under the legal age of 16, of these, 3% were aged 12 or younger.

TheSite.org relationship expert, Matt Whyman, says: "Alcohol lowers inhibitions whatever your age, but drink combined with little or no sexual experience can mean dramatic disappointment and regret for young people, or more serious consequences like unplanned pregnancy, STIs or even sexual abuse.

"It's really important that young people take the time to learn about the reality of sex when they're sober, to help them get a real idea of what the risks are, and take steps to make sex safer."

More than half (55%) of young people who completed the survey, agreed that they worried about contracting an STI, and those who had sought advice and information, were most likely to use the internet to search for it, with one in five (22%) respondents saying they had done in the past.

Safety

Child Safety Week – 22-28th June 2009



Visit the new Child Safety Week website: www.childsafetyweek.org.uk for extra ideas and resources to make your Child Safety Week as success!

The 'Safer Tougher' Theme

Accidents are the second biggest killer of children in the UK. Six children and young people die every week. 2,000 more are

11

admitted to hospital every week because they've been injured in accidents. Some are left scarred for life or permanently disabled.

We can keep children Safer, Together by working together to prevent serious injuries and death from accidents. We all have a role to play in this:

- For people working with children and families this can mean learning about how to prevent accidents and helping children and families to understand this too.
- For people responsible for children's safety this can mean working with other professionals to learn from them and decide what to do together locally.
- For families and friends this can mean learning together about making the home safer, playing smarter, being more aware when out and about, and knowing where to go to get help and support.

Tips for Accident Prevention from an Expert

- **Keep talking to children and parents.** Children develop fast (and move around fast too!), it's often difficult to keep up. This is why it's important to keep reminding children and parents about the changing risks around them. Remember to use terms children understand like 'danger' instead of 'hazard'.
- **Keep learning fun.** Families and children learn best when they are involved and having fun.
- **See the world as a child does.** Nearly half of all accidents happen in the home. If you look after children or work with parents, spend some time going through the home and try to see it as a child does. Don't be scared to get down on your hands and knees, you'll be surprised what hazards you notice!

Healthwise

- **Keep it simple.** It can feel hard to talk to some parents about safety messages without seeming critical. But if it helps them to prevent serious accidents it's worth it. Keep the advice simple and make sure what you say is positive and something parents can act on. It means they are more likely to listen and less likely to feel criticised. Remember, children who have had one accident are more likely to have another.
- **Keep children Safer, Together!** Child Safety Week is a great way to make links with other professionals such as fire and road safety officers, with safety equipment schemes, and with organisations such as CAPT, all of whom have a wealth of knowledge that can support you.

Environment



Recycle Week 2009 – 22nd-28th June 2009

It's easy to get involved this Recycle Week. We can all help by doing anything from re-using our carrier bags to recycling old electrical items – remembering to put as much of our recycling out, reducing our food waste and home composting of course! However you choose to waste less, it's easy, it helps the environment and you might even save money in the process.

Everyone's invited to join in! To show how much we can all contribute as individuals, we've put together a list of easy-to-achieve pledges which include:

I pledge to...

12

- Recycle all my cartons.
- Recycle all my glass.
- Recycle all my newspapers and magazines.
- Sort and recycle my old electrical items.
- Re-use my carrier bags.
- Use my leftovers to make delicious lunches.
- Choose peat-free compost.
- Recycle drinks bottles and cans when I am out and about.
- Look out for the new 'Recycle' packaging labels.
- Home-compost my kitchen and garden waste.
- Go waste free for a day.
- Donate/recycle my unwanted clothes.

From early June you'll be able to make your pledge on the special Recycle Week 'home page'. You'll receive details about the positive effect your pledge will have on the environment, plus hints and tips on how to make a difference. Visit: www.recyclenow.com

One Million Children to Go Back to Nature



Natural England plans to take a million children to nature reserves and farms over the next three years following research showing that contact with nature has halved in a generation.

The programme aims to double the number of farm visits by school-age children to 100,000 in

Healthwise

its first year and double the number of children making educational visits to National Nature Reserves to 60,000. Marine conservation will also be promoted to 50,000 children and a £23m access to nature grant scheme will connect children from deprived urban areas to the natural world.

For further information, please visit:

http://www.naturalengland.org.uk/about_us/news/2009/020409.aspx

Emotional Health & Well-Being

Anti-Bullying Guidance Published by 4Children



New guidance has been issued by the children's charity 4Children in partnership with the Department for Children, Schools and Families as part of a multi-pronged attempt to tackle bullying. The notes provide tailored advice for practitioners on: bullying in extended services; bullying during youth activities, bullying in children's homes; bullying during play and leisure; bullying on journeys; anti-bullying training resources; guidance for local authorities; and further education.

For further information, please visit:

<http://www.4children.org.uk/>

Healthy Eating

Let's Get Cooking – Funding for Schools



Let's Get Cooking is a 5 year lottery-funded national project to set up a national network of 5000 school-based cooking clubs for children and their families across England.

Headed by the School Food

Trust, Let's Get Cooking can help schools meet the requirements for Every Child Matters, gain or maintain Healthy School Status, add to Extended School service and complement curriculum activities.

We're about to embark on our 4th cycle of recruitment in the South West region and we're offering schools in Wiltshire, South Gloucestershire and Torbay the opportunity of £2,500 to purchase equipment and ingredients, training, resources and support to set up after school cooking clubs.

Letters will be sent to the Headteacher of every school in the local authority inviting them to apply for a Let's Get Cooking club in early May. Online recruitment for club places will take place on 19th and 21st May via our website and are allocated on a first come first served basis with priority given to clubs with high eligibility for free school meals. Places fill quickly so schools should apply as soon as they are eligible.

Further funding is also available for schools with existing cooking clubs in the South West region. Schools can join the Let's Get Cooking national network as an Associate club and receive £500, resources and support.

Further details or more information:
www.letsgetcooking.org.uk.

Healthwise Update on Products Free of Colours Associated with Hyperactivity

The Food Standard Agency has updated its list of product ranges that do not contain the six food colours associated with possible hyperactivity in young children.

View:

<http://www.food.gov.uk/news/newsarchive/2009/apr/hyper>

Obesity

Weighty Matters: The London Findings of the National Child Measurement Programme 2006-2008

This study from the London Health Observatory found huge variations in obesity among schoolchildren across different PCTs, and a strong correlation between deprivation and unhealthy weight. The proportion of children at risk of obesity in London is the highest of any strategic health authority region, at 22 per cent compared with an England average of 18 per cent. Overall, children from black African backgrounds were twice as likely to be obese compared with their white British classmates and boys are at greater risk of obesity than girls. The full report can be downloaded from:

<http://www.lho.org.uk/Download/Public/14781/1/Weighty%20Matters%20final.pdf>

British Food Fortnight 19th September – 4th October 2009

5 A DAY Just Eat More (fruit & veg) Supporting
British Food Fortnight

British Food Fortnight has again teamed up with the Department of Health's 5 A DAY – Just Eat More (fruit & veg) programme to encourage schools, teachers, parents and carers to support children's understanding about the importance and health benefits of eating a variety of at least 5 portions of fruit and veg every day.

5 A Day ways to encourage pupils to eat more fruit and veg:

- Include 5 A DAY guidelines when developing curriculum materials to educate pupils about the important benefits of including healthier ingredients when cooking. Remember – canned, frozen and dried fruit and vegetables all count as well as fresh produce.
- Look at ways to encourage pupils to increase the number of fruit and veg portions they consumer per day – for example, by exploring different types of fruit and veg and nutritional benefits. How about having a class tasting session? Or developing a 5 A DAY will chart for the class to count how many portions of fruit and veg pupils are eating a day. A portion size is roughly the size of the child’s handful.
- Make learning fun... promote 5 A DAY after school or homework activities that encourage eating more fruit and veg with parents, carers and friends.
- For more information about ‘What Counts’ towards 5 A DAY and tips for eating more fruit and veg, please visit: www.nhs.uk/5aday.

Physical Activity

Why Walk?



Everyone knows how to walk, it’s one of the easiest ways in the world to be physically active, and you can do it virtually anywhere

without special or expensive gear, just a comfortable pair of shoes.

Walking regularly will make you feel good, and is good for your health. For adults, 30 minutes of walking five days a week dramatically cuts the risk of developing heart disease, diabetes,

Healthwise

obesity and some cancers. It also reduces cholesterol, lowers high blood pressure and is good for your sense of well-being.

Did you know?



The best news is that walking burns as many calories as jogging over the same distance and, because it is a low-impact exercise, it won’t stress your knees.



Walking is good for your heart and lungs, and is great for strengthening your muscles, bones and joints.



By walking regularly, anyone can greatly reduce their risk of stroke.

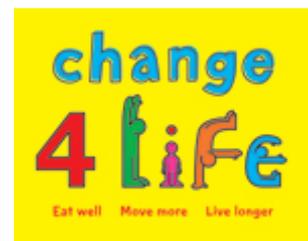


Walking helps improve your mood and boosts self esteem.



As you get older regular walking helps maintain flexibility and coordination.

Change4Life Survey: Too Many Children Not Getting Enough Exercise



A survey of Change4Life families shows that 72% of their children are not getting 60 minutes of daily activity outside of school. The ‘How Are the Kids Survey’, launched in January, is the biggest national survey of children’s diet and activity levels, and received more than 260,000 responses from families across England. A new advertisement responds to the need for families to get more physical activity into their daily

routines – to make sure that the energy in, is matched by the energy out.

For further information, please visit:

http://www.dh.gov.uk/en/News/Recentstories/DH_098521.

Children Walking to School Benefit from More Valuable Social Time

Research published today by charity Living Streets to mark the start of Walk To School Week, shows that parents who walk their children to school instead of driving are spending more valuable social time with their family and peers whilst being physically active.

Over two thirds of parents who drive their children to school say that they don't socialise with any other children until they arrive at school. Children who are driven are also far more likely to shun socialising en route with their parents or siblings, instead opting to participate in lone activities such as listening to their MP3 players, playing on inactive video games or reading during the journey. As a result, 44% of parents of children who are driven to school admit that they spend 5 minutes or less engaging in quality conversation with their child on the journey to and from school.

Around half of primary school children currently don't walk to school regularly, with an enormous 41% being driven to school in cars despite the fact that the average distance to primary schools remains at just over 1 mile an easily walk-able 20 minutes.

Aside from the health and social benefits of walking to school, research shows that avoiding the daily school run is an excellent money saving option. New data by Change4Life calculates that the average cost of the school run by car per primary school child is £367*, which equates to £612 million for transporting all primary school children to school per year. In the current economic climate, this could be money saved or

better spent on other fun family activities and treats.

Living Streets research also showed:

- 90% of parents who walk their children to school recognise that the journey is an important time for them to socialise with their children.
- Over a third of those that walk their kids to school state that the journey to school is where they find out the most about their child's life.
- Walking is more sociable for parents too - only 39% of parents who drive their children to school speak to other adults at the school gates compared to 69% of those who walk their children to school.

This week is National Walk to School Week and well over a million pupils will be getting involved and will be encouraged to 'Walk 'n' Talk' on their way to school to benefit from the social and health aspects that walking together has for individuals, families and communities, away from the stresses of the traffic jam and the blaring of the radio.

Change4Life is supporting the initiative which coincides with its Walk4Life month-long campaign aimed at getting children up and about and helping them achieve their recommended 60 Active Minutes a day.

Child Psychologist, Professor Tanya Byron comments:

"Walk4Life is a campaign that encourages us all to invest in the wellbeing of ourselves and our children. Starting the day with a walk to school not only saves money, but also brings time for conversation and interaction in a way that is fun and positive for everyone. It is also a great way to boost your child's levels of concentration and ability to focus once at school. Family time together is priceless - often the simplest things in life can make the biggest difference."

Tony Armstrong, Chief Executive of Living Streets said:

“Not only is walking to school an excellent way to get people out and about on foot, it is also a great time for children to spend some real quality time with their parents or carers, socialising with friends and burning off their excess energy before getting their head in the books.

“We are delighted that Walk to School Week is part of the Change4life movement from the Department of Health and challenge everyone to give walking a go during Walk to School Week. We think you’ll be amazed at how enjoyable a regular walk can be. It’s one of the cheapest, greenest, most enjoyable ways you can spend regular quality time together, and reap health rewards for all the family!

Walk to School Week

As millions of parents and children up and down the country shun the family car in favour of walking for ‘Walk to School Week’ (18th – 22nd May), new research is released which shows that walking to school is not only enhancing children’s physical well-being but their social skills as well.

Walk to School Week is an initiative which encourages parents to leave the car in garage and walk their children to the school gate, and to coincide, Healthy Schools has teamed up with Change4Life movement in challenging ten schools from across the country to take part in a Walk4Life competition.

Each school has selected 30 of their students to wear pedometers and monitor just how far these pupils are walking over the week. And whilst students walk and talk their way to school, the charity Living Streets has published research which shows that parents who walk their children to school, instead of driving, are spending more valuable social time with their family and peers – as well as being physically active.

The study also shows that time spent walking to school enhances a child’s communication skills and helps them to be more alert, awake and ready to learn before starting the school day. The findings from the Living Streets study reveal that around half of primary school children are being driven to school, and of that figure, 41% only travel around 1 mile to the school gate - which equates to a 20 minute walk.

The Living Streets study also shows that children who are being driven to school are far less likely to socialise en-route, as they engage in other lone activities, such as listening to music or play video games. On the flip side around 44 percent of parents who ferry their kids in the car concede they too don’t offer much around conversation, spending less than 5 minutes talking to their children.

Tony Armstrong, Chief Executive of Living Streets says, “*Not only is walking to school an excellent way to get people out and about on foot, it is also a great time for children to spend some real quality time with their parents or carers, socialising with friends and burning off their excess energy before getting their head in the books*”.

Another interesting issue raised in the Living Streets research is that many parents are continuing to drive their children to school despite being aware of the benefits walking to school has on their children’s well-being. 90% of parents and carers who took part in survey admit that they know walking to school is an important for their children.

Child Psychologist Professor Tanya Byron is concerned by the study’s findings and says that: “*starting the day with a walk to school not only saves money, but also brings time for conversation and interaction in a way that is fun and positive for everyone. It is also a great way to boost your child’s levels of concentration and ability to focus once at school. Family time together is priceless – and often the simplest things in life can make the biggest difference.*”

Walk4Life is a month long campaign which is part of the Change4Life movement, and is

17

encouraging children and their families to achieve their recommended 60 minutes a day of exercise through walking.

For more information on Walk4Life, please visit: www.nhs.uk/change4life

National Healthy Schools Programme & Change4Life



The National Healthy Schools Programme is working with Change4Life, the national movement to combat the rising levels of obesity in children in England, to launch it's Walk4Life campaign - which encourages children and families to get active during the month of May and beyond.

To support this new initiative, 10 Healthy Schools have volunteered to take part in the national Walk4Life launch activities. These schools have been given Healthy Schools pedometers as a token of appreciation for participating in the pilot Walk4Life challenge. We hope that by accepting these, schools will be active participants in the drive to push forward the health, social and financial benefits of walking to school, but also to be active participants in the future Summer and Autumn Walk4Life media activities.

Summer Cricket Schools – 2009

Dates:

- 28th & 29th July
- 4th & 5th August
- 11th & 12th August
- 18th & 19th August

Healthwise

Venue:

Swindon Cricket Club
County Ground
County Road
Swindon

Time:

10.00am – 3.00pm

Ages:

Boys and Girls aged 8-13 years.

Cost:

Swindon CC Members £25.00

Non Members £35

(Discounts are available for more than one course or more than one child.)

Each group will be in numbers and have a coach and an assistant. Players should bring warm clothing, waterproofs, lunch and snacks. We will supply any cricket equipment required apart from a protective box!

Spaces are limited so please reply ASAP. Spaces are offered on a first come basis first served basis. Should the course be fully booked we will of course let you know. Payment can be made by cheque or cash, if paying by cheque please make the cheque payable to 'C Mabberley'. For more information or a registration form please contact Adam Tribbick on: 07725 519164.

Promoting Activity Toolkit

This toolkit provides useful, practical set of tools for promoting activity and has lots of useful information to help you be more effective at getting people more active. It has been developed to Make Sport Fun on behalf of the Department of Health South West using the Sport England segmentation work.

For further details, please visit:

<http://www.promotingactivitytoolkit.com/Home/tabid/123/Default.aspx>

UNDER 18?

What u say is confidential

Doctors shud ask b4 sharing information about u

U can c ur medical records

KNOW UR RIGHTS AT THE DOCTORS

Doctors have the questions



U can decide 2 c the doctor on ur own

U can complain

U've got the answers

Doctors shud talk 2 u, not just ur parent or carer



This should be taken seriously



Adults = 100% respect

Children & Young People = 100% respect



General Medical Council

The GMC provides doctors with guidance on how 2 treat u



Doctors shud treat u with the same respect as adults

This poster was designed by young people from England, Wales, Scotland and Northern Ireland. The National Children's Bureau led its creation and design with the help of Children in Northern Ireland, Children in Scotland and Children in Wales.

Healthy Schools Network Training 2009/10

Date	Title	Venue	Time
Tuesday 14 th July 2009	Anti-Bullying Workshop - Gaining Accreditation	Park South Community & Training Facility (Activity Room)	9.30- 11.30am
Thursday 17 th September 2009	Secondary – Peer Education & Cross Curriculum Ways of Teaching SRE - Social Norming Approach in Peer Education - Talking about SRE in ICT, History, Art & Design and more	Upper Shaw Farm (Meeting Room)	9.30- 12.30pm
Tuesday 22 nd September 2009	Phase I : Healthy Schools Plus – Early Success Indicators	Park South Community & Training Facility (Activity Room)	9.30- 12.00pm
Tuesday 29 th September 2009	Drug Awareness (For Teachers delivering Drug, Alcohol & Tobacco Education) - Appearance effects on physical and mental health, patterns and methods of use in young people. Laws, harm reduction and local support services. Local and national data.	Park South Community & Training Facility (Activity Room)	9.00- 4.00pm
Tuesday 6 th October 2009	Healthy Schools Annual Check and New Healthy Schools Coordinator Training	Park South Community & Training Facility (Activity Room)	9.30- 12.00pm
Thursday 8 th October 2009	Managing Drug Related Incidents in Primary & Secondary Schools - Developing a school drugs policy that supports all pupils with drug and alcohol related needs. - Best practice guidance on managing drug related incidents for pupil safety and well-being.	Park South Community & Training Facility (Activity Room)	9.00- 12.30pm
Tuesday 13 th October 2009	Phase 2 Pilot Schools - Action Planning Morning	Upper Shaw Farm (Meeting Room)	9.30- 1.00pm

Date	Title	Venue	Time
Tuesday 20 th October 2009	<p align="center">Alcohol & Tobacco</p> <p align="center">(For Teachers delivering Drug, Alcohol & Tobacco Education)</p> <p align="center">- Effects on physical and emotional health, patterns of use in young people, local and national guidance and data.</p>	Park South Community & Training Facility (Activity Room)	9.00-12.00pm
Tuesday 10 th November 2009	<p align="center">Healthy Eating & Lifestyles</p> <p align="center">- Food for Life Partnership, Healthy Packed Lunches, Resources Available, Physical Activity</p>	Park South Community & Training Facility (Activity Room)	9.30-1.00pm
Tuesday 17 th November 2009	<p align="center">Primary - Teaching the 'Safety' of SRE</p> <p align="center">- How the Body Works & Changes</p> <p align="center">- Boundaries and Staying Safe</p>	Park South Community & Training Facility (Activity Room)	9.00-4.00pm
Thursday 19 th November 2009	<p align="center">Secondary - Teaching the 'Sex' of SRE</p> <p align="center">- STIs, Anatomy and Contraception</p> <p align="center">- Abortion, Adoption, Teen Parenting</p>	Park South Community & Training Facility (Activity Room)	9.00-4.00pm
Tuesday 24 th November 2009	<p align="center">New National Healthy Schools Model</p> <p align="center">- Annual Health Check</p>	Park South Community & Training Facility (Activity Room)	9.30-11.30am
Thursday 3 rd December 2009	<p align="center">Drug Awareness</p> <p align="center">(For Teachers delivering Drug, Alcohol & Tobacco Education)</p> <p align="center">- Appearance effects on physical and mental health, patterns and methods of use in young people. Laws, harm reduction and local support services. Local and national data.</p>	Park South Community & Training Facility (Activity Room)	9.00-4.00pm
Friday 4 th December 2009	<p align="center">Managing Drug Related Incidents in Primary & Secondary Schools</p> <p align="center">- Developing a school drugs policy that supports all pupils with drug and alcohol related needs.</p> <p align="center">- Best practice guidance on managing drug related incidents for pupil safety and well-being.</p>	Park South Community & Training Facility (Activity Room)	9.00am-12.30pm

Date	Title	Venue	Time
Thursday 10 th December 2009	<p align="center">Alcohol & Tobacco (For Teachers delivering Drug, Alcohol & Tobacco Education)</p> <p align="center">- Effects on physical and emotional health, patterns of use in young people, local and national guidance and data.</p>	Park South Community & Training Facility (Activity Room)	9.00am-12.00pm
Tuesday 12 th January 2010	<p align="center">Annual Health Check Training - Updating re. Writing Policies</p>	Park South Community & Training Facility (Activity Room)	9.30-12.00pm
Tuesday 23 rd February 2010	<p align="center">Anti-Bullying</p>	Park South Community & Training Facility (Activity Room)	9.30-11.30am
Tuesday 2 nd March 2010	<p align="center">Early Success Indicators - Phase 2: Healthy Schools Plus Pilot Schools</p>	Park South Community & Training Facility (Activity Room)	9.30-12.00pm
Friday 12 th March 2010	<p align="center">Phase 1 Pilot Schools - Meeting Targets, Measuring Success, Part 2 Funding</p>	Park South Community & Training Facility (Activity Room)	9.30-12.00pm
Tuesday 23 rd March 2010	<p align="center">Primary - Teaching the 'Relationship' of SRE - Family Relationships - Friendships</p>	Park South Community & Training Facility (Activity Room)	9.00-4.00pm
Thursday 25 th March 2010	<p align="center">Secondary -Teaching the 'Relationship' of SRE Healthy Relationships - Delaying Sexual Activity - Difference & Diversity – Working with Asylum Seekers, Refugees, Boys, GLBT</p>	Park South Community & Training Facility (Activity Room)	9.00-4.00pm
Tuesday 27 th April 2010	<p align="center">New National Healthy Schools Model - Annual Health Check</p>	Park South Community & Training Facility (Activity Room)	9.30-11.30am

Date	Title	Venue	Time
Friday 30 th April 2010	Healthy Schools Plus Phase 3: Healthy Schools Plus Action Planning	Park South Community & Training Facility (Activity Room)	9.30- 1.00pm
Tuesday 15 th June 2010	Healthy Schools Plus Phase 2: Early Success Indicators	Park South Community & Training Facility (Activity Room)	9.30- 12.00pm
Tuesday 22 nd June 2010	Annual Health Check Training: Updating re. Writing Policies	Park South Community & Training Facility (Activity Room)	9.30- 12.00pm

The Underground is located next door to North Swindon Library (opposite JJB) at the Orbital Shopping Centre, Thamesdown Drive, Swindon SN25 4AN.

Park South Community & Training Facility is located on Cranmore Ave, Swindon, SN3 2ES. Telephone: 01793 466486.

Upper Shaw Farm is located at Shaw Ridge Green, Swindon, SN5 5PU.

**Healthy Schools Team
Swindon Borough Council
Wat Tyler House, 3rd Floor,
Beckhampton Street
Swindon SN1 2JG**

Tel: 01793 464687/464676/464624/463988/464675

Fax: 01793 465866 / Email:

amilliken@swindon.gov.uk / dmcDonald@swindon.gov.uk

lholmes@swindon.gov.uk / gmcvicar@swindon.gov.uk

sgill@swindon.gov.uk

Healthy Schools Network Training

If you would like a book a place on any of the training sessions mentioned above, please return this form to **Surbjit Gill** with your preferences. If you wish to discuss supply cover, please contact **Angela Milliken** on: 01793 464687.

Healthy Schools Network Project

Please ✓ session to be attended

- | | | |
|--------------------------|--|---|
| <input type="checkbox"/> | Tuesday 14 th July 2009 | Anti-Bullying Workshop:
- Gaining Accreditation |
| <input type="checkbox"/> | Thursday 17 th September 2009 | Secondary:
- Peer Education & Cross Curriculum Ways of Teaching SRE |
| <input type="checkbox"/> | Tuesday 22 nd September 2009 | Phase 1 : Healthy Schools Plus
- Early Success Indicators |
| <input type="checkbox"/> | Tuesday 29 th September 2009 | Drug Awareness |
| <input type="checkbox"/> | Tuesday 6 th October 2009 | Healthy Schools Annual Check and New Healthy Schools Coordinator Training |
| <input type="checkbox"/> | Thursday 8 th October 2009 | Managing Drug Related Incidents in Primary & Secondary Schools |
| <input type="checkbox"/> | Tuesday 13 th October 2009 | Healthy Schools Plus - Phase 2 Pilot Schools
- Action Planning Morning |
| <input type="checkbox"/> | Tuesday 20 th October 2009 | Alcohol & Tobacco |
| <input type="checkbox"/> | Tuesday 10 th November 2009 | Healthy Eating & Lifestyles
- Food for Life Partnership, Healthy Packed Lunches, Resources Available, Physical Activity |
| <input type="checkbox"/> | Tuesday 17 th November 2009 | Primary:
- Teaching the 'Safety' of SRE |
| <input type="checkbox"/> | Thursday 19 th November 2009 | Secondary:
- Teaching the 'Sex' of SRE |
| <input type="checkbox"/> | Tuesday 24 th November 2009 | New National Healthy Schools Model
- Annual Health Check |
| <input type="checkbox"/> | Thursday 3 rd December 2009 | Drug Awareness |
| <input type="checkbox"/> | Friday 4 th December 2009 | Managing Drug Related Incidents in Primary & Secondary Schools |

- Thursday 10th December 2009 **Alcohol & Tobacco**
- Tuesday 12th January 2010 **Annual Health Check Training**
- Updating re. Writing Policies
- Tuesday 23rd February 2010 **Anti-Bullying**
- Tuesday 2nd March 2010 **Early Success Indicators**
- Phase 2: Healthy Schools Plus Pilot Schools
- Friday 12th March 2010 **Healthy Schools Plus - Phase 1 Pilot Schools**
- Meeting Targets, Measuring Success, Part 2 Funding
- Tuesday 23rd March 2010 **Primary:**
- Teaching the 'Relationship' of SRE
- Thursday 25th March 2010 **Secondary:**
- Teaching the 'Relationship' of SRE
- Tuesday 27th April 2010 **New National Healthy Schools Model**
- Annual Health Check
- Friday 30th April 2010 **Healthy Schools Plus –**
Phase 3: Healthy Schools Action Planning
- Tuesday 15th June 2010 **Healthy Schools Plus -**
Phase 2: Early Success Indicators
- Tuesday 22nd June 2010 **Annual Health Check Training:**
Updating re. Writing Policies

Name: _____

School: _____

Please return to:
Surbjit Gill
Healthy Schools Team, Swindon Borough Council
Wat Tyler West – 3rd Floor, Beckhampton Street
SWINDON SN1 2JG
Tel: 01793 464675
Fax: 01793 463153
Email: sgill@swindon.gov.uk