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# Swindon Healthy Schools and Colleges Newsletter



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

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*Health at the Heart of Education*

**September 2009**

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**Please Display on Staff Notice Board**

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## Term 1 - 2009

Welcome back to the new academic year. I hope you had a relaxing and enjoyable holiday.

During the holiday we posted our latest figures for schools achieving National Healthy Schools Status in Swindon and I am delighted to report that 97% of schools now have National Healthy Schools Status putting us in the top 1 or 2% in the country, so well done to everyone, particularly all the school co-ordinators who have worked so hard to achieve and maintain National Healthy Schools Status. I expect the two schools still working towards Status to achieve it this academic year.

A special welcome to our newest school Oakhurst Primary and I look forward to meeting with you in the coming year.

**Swindon Healthy Schools New Website –**  
[www.swindonhealthyschools.org](http://www.swindonhealthyschools.org)



Over the summer holidays we have been making progress on the Healthy Schools website and you will now be able to access previous newsletters on the website. We will be updating the news section with news items that may be of interest to you rather than save them for the newsletter. We would really appreciate any comments or suggestions you have with regard to the website as we want it to be useful to you.

Due to new protocols, we are unable to send you a hard copy/electronic copy of the newsletter any more (this is the final one that you will be receiving in either hard copy or electronic form). There will be a downloadable newsletter produced termly which will be available on the website.

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Please also see Schools Online (<http://www.swindon.gov.uk/schoolsonline>) for Healthy Schools updates and you can also link to our website from there.

Our calendar on the website has been updated to show all the Healthy Schools Network Training dates. If you are interested in attending any of the training sessions, please let us know and we will book you onto the relevant session. Please note that there will be a cancellation fee of £75.00 per session if you fail to attend the session that you have booked. If you are unable to make the session, please let us have 5 working days prior notice.

Bookmark our site to make things easier for you to stay in the loop.

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

### Healthy Schools Logo



Could you please ensure that you are using the correct Healthy Schools Logo (as show above) on any letters/documentation you use. The multi-coloured logo should not be used as it is now a number of years out of date. If your school does not have the new logo, please call: Surbjit Gill on 01793 464675 or email: [sgill@swindon.gov.uk](mailto:sgill@swindon.gov.uk).

### Training Logs



Another job we completed over the holiday was your Healthy School Training log. The initial idea was to produce a log to keep track of the Healthy Schools training you have received to help us plan further development of training needs. This evolved to include multi-agency

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training and safe guarding training. I hope you find the training log useful, it should provide a good evidence source of the training your school has undertaken to support Healthy Schools status and student well being. There is also a section in the file where you can add evidence of other training from external agencies. Again, if you have any comments about this training log I would be very interested to hear from you.

### Healthy Schools Plus Pilot Programme

We have almost 50% of schools who have either started on the Healthy Schools Plus Pilot or have requested to take part on phase two or three of the pilot. There is funding available for a maximum of 50% of schools so if you are interested in taking part and have not yet let me know please do so as soon as possible. Priority is given to schools who are in areas of deprivation or have identified a local area priority that is of particular relevance to them. These are; Obesity, Emotional Health and Well being, Teenage pregnancy and smoking. I would be particularly interested in hearing from schools who would like to do some work around smoking.

### Let's Get Cooking Comes to Swindon in October 2009!



Let's Get Cooking is a national network of school-based cookery clubs backed by £20m from the big Lottery Fund. Through Let's Get Cooking Swindon schools will be able to apply for funding, resources, training and support to set up new school-based cooking clubs.

For more information visit: [www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk).

**Angela Milliken**  
**Healthy Schools Programme Manager**



- **Healthy Schools**
- **PSHE**
  - Drug, Alcohol & Tobacco Education
  - Sex & Relationships Education
- **Healthy Eating**
- **Physical Activity**
- **Training**

## Healthy Schools

### National Healthy School Status



Congratulations to the following schools who recently achieved National Healthy Schools Status. These were:

- **Kingsdown School**
- **Even Swindon Primary School**
- **Oaktree Nursery & Primary School**

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### Life Education Centre Update



It is a very exciting time for Life Education as we have joined forces with Coram a huge long-standing children's charity based in London. This will enable Life Education to move forward and ensure that the programmes remain up to date. There are also Sex Education programmes in development that we will be able to offer in the near future.

**Donna McDonald**  
Life Education Centre Educator

## PSHE

### NHS Teen LifeCheck



NHS Teen LifeCheck uses an engaging and interactive quiz to offer health and lifestyle information to 12-15 year olds. Hosted entirely online, it guides young people through a set of completely confidential, simple multiple choice questions and then gives them tailored advice on how they can set goals to improve their lifestyles.

The online tool offers information on a range of issues including physical activity, nutrition, solvents and illegal drugs, sexual health, alcohol and smoking. NHS Teen LifeCheck also gives advice and top tips about stress, bullying, relationships and self-esteem as well as providing links to support services.

View: <http://www.teenlifecheck.co.uk/>

## Drug, Alcohol & Tobacco Education

### Invisible Killer Still Damaging Children's Health



Secondhand smoke is still a threat to children's health in the South West as a new survey reveals that many adults in the region do not take the risks of harm from tobacco smoke seriously enough to take steps to limit smoke exposure in their own home or car.

Smokefree South West has revealed that one in five adults in the region still allows smoking inside their home. These new figures come on the second anniversary of the introduction of Smokefree legislation.

The new YouGov survey also shows one in five (21%) car users still allow people to smoke in their car although over three quarters of people in the South West now think smoking should be banned in cars which are carrying children under 18.

More than one in ten adults (15%) are not concerned about young people starting to smoke despite the South West having one in three (34%), the highest proportion in the UK, of young people aged between 16 and 24 who smoke.

More information on Smokefree South West: [www.smokefreesouthwest.org.uk](http://www.smokefreesouthwest.org.uk)  
Smokefree England legislation: [www.smokefreeengland.co.uk](http://www.smokefreeengland.co.uk).

### Councils Awarded £2.5 million to Stub Out Smoking

Plymouth and Swindon in the South West are two of the twenty five local authority areas in the UK with the highest numbers of smokers that will each get grants of £100,000. This new funding will help councils improve the health of those who need it most by encouraging

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smokers to quit and discourage young people from taking up smoking.

The funding could be used to set up local anti-smoking marketing campaigns, support for trading standards to enforce regulations including age of sale and advertising of tobacco, or to work with local revenue and custom officers to combat the illicit tobacco market.

Read more:

[http://www.dh.gov.uk/en/News/Recentstories/DH\\_100607](http://www.dh.gov.uk/en/News/Recentstories/DH_100607).

### Smoking, Drinking and Drug Use Among Young People in England in 2008



This report contains results from an annual survey of secondary school pupils in years 7 to 11. 7,798 pupils in 264 schools in England completed questionnaires in the autumn term of 2008. The survey report

presents information on the percentage of pupils who have ever smoked, tried alcohol or taken drugs. The report explores the attitudes and beliefs of school children towards smoking and drinking and where children obtain cigarettes and alcohol. Relationships between smoking, drinking and drug use are explored along with the links between smoking, drinking and drug use with other factors such as age, gender, ethnicity, previous truancy or exclusion, and school policies in these areas.

View: <http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles-related-surveys/smoking-drinking-and-drug-use-among-young-people-in-england/smoking-drinking-and-drug-use-among-young-people-in-england-in-2008-full-report>.

## Youth Workers and Teachers Lack Alcohol Education Support

**drinkaware.co.uk**  
for the facts

Research by charity Drinkaware shows three-fifths of professionals working with under-18s do not have the support and information they need to provide education about alcohol. 43% of more than 300 professionals who responded to Drinkaware's survey, said that under-18s currently have too much freedom over their own social lives.

The charity have produced The Drinkaware pack, which contains a factsheet and a workshop plan among other tools, will help youth workers and teachers to get under-18s thinking about alcohol in a different way

View: <http://www.drinkaware.co.uk/tips-and-tools>

### Sex & Relationships Education

#### Sexual Health Week



FPA has changed its **Sexual Health Week** from August to September 14th – 20th. The theme this year is "One too Many ...Campaign on alcohol and sexual health " Every year fpa produces free campaign packs for professionals across the UK working in or around the field of sexual health to help them get involved in Sexual Health Week.

In this year's pack professionals will find: posters, guidance sheet for professionals, strategies tips leaflet and a display banner.

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To order a pack, all you have to do is email [shw@fpa.org.uk](mailto:shw@fpa.org.uk) with your name and address. First come first served. Only one pack per address. Visit:

[www.fpa.org.uk/News/Campaigns/](http://www.fpa.org.uk/News/Campaigns/)

### Want Respect? Use a Condom Campaign in Colleges

A guidance pack for the 'Want Respect? Use a Condom campaign' has been produced by partnership marketing agency 'Iris' for student support officers. These packs contain the following::

- \* A wall planner to help student support officers plan their campaigns, highlighting key conception peaks and key times to act
- \* Information on the campaign, why it's important to address teenage pregnancy, and how to get involved
- \* Free condoms and samples of collateral to distribute to students
- \* To order your pack contact: [anna.hogarty@iris-london.co.uk](mailto:anna.hogarty@iris-london.co.uk)

### 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: September; 15-16 September; 6-7 October; 3-4 November 2009; 2-3 February 2010.

For more information contact Helen Shipley  
Tel: 0845 122 8661 Email: [helens@fpa.org.uk](mailto:helens@fpa.org.uk)  
or visit [www.fpa.org.uk/Training](http://www.fpa.org.uk/Training)

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### Multi-agency Training - Sexual Health



If our 2-day foundation training seems too much, why not try a taster session?

New 2-hour sessions: '**An Introduction to Sexual Health**' will run on Thursday October 15th and Monday December 7th in a central Swindon location (TBC). Both will run from 10.30am - 12.30pm, followed by a light sandwich lunch. They are open to anyone in Swindon working with children, young people and families and we are encouraging everyone in the Children's Workforce to have attended at least this 2-hour session on this vital subject. In just 2 hours we will give you a working definition of 'sexual health' on which you can pin all of your health promotion work; outline what a comprehensive SRE programme should cover from pre-school to college; introduce you to key local services and show you the context of sexual health for young people in Swindon.

For more information or an application form, please contact Tracey Brown - **Multi-agency Training Team administrator** on [TBrown2@swindon.gov.uk](mailto:TBrown2@swindon.gov.uk) or on 01793 464807.

## Healthy Eating

### New MEND Courses in Swindon!



MEND (Mind, Exercise, Nutrition, Do It!) is a free course for families with children aged 7-13 years whose weight is above the healthy range

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for their age and height. It runs twice a week after school for ten weeks. The programme helps children and their families manage their weight better and lead healthier lives by teaching them how to eat a balanced diet and how to become more active. Each two-hour session includes one-hour of fun games for the children and a one-hour healthy lifestyle workshop for the whole family.

SBC Leisure Services has been running the MEND programme in partnership with NHS Swindon (i.e. Swindon Primary Care Trust) for 18 months now. It has benefited many families to date and now they are looking for more families to sign up. Families have the choice of attending the programme at Dorcan Recreation Complex on Monday's (5pm-7pm) and Wednesday's (4pm-6pm), the Link Centre on Tuesday's and Thursday's (5pm-7 pm) and Greendown School on Tuesday's and Wednesday's (4pm-6pm). All three programmes will commence in September 2009, finishing in December 2009.

Parents also have the opportunity to sign up for MEND 5-7, a healthy lifestyle programme for children aged 5-7 years. There will be ten-week course starting in January 2010, comprising of one two-hour session every week based on active play, arts and crafts, food tasting and nutrition workshops.

For further information about the MEND programme, please contact Emma Creighton on 0797 171 2310 or e-mail

[ECreighton@swindon.gov.uk](mailto:ECreighton@swindon.gov.uk) or visit the following websites: [www.mendprogramme.org](http://www.mendprogramme.org) and [www.challengeswindon.org.uk](http://www.challengeswindon.org.uk)

### School Meal Uptake

Knowing exactly how many children are eating school meals is crucial; these figures not only provide some indication of whether the service is adequate and meeting demand, but they are also required by the Government on a yearly basis so that school meal uptake across the UK can be calculated. Therefore, it is essential that

Swindon Borough Council has both the capacity and the tools to collect this data efficiently.

From September 2009, Swindon Borough Council will invest in a program to support schools with the collection of school meal take up figures. This program, developed by Cypad, will assist schools in gathering this data together, which will then be used to inform the annual School Food Trust/Local Authority Caterers Association (LACA) Survey. Results will be stored permanently in a database so that trends over time can be observed and figures for similar periods in previous years can be compared.

### **How does it work?**

One short phone call each week is all that will be required; saving time and minimising the risk of the data being wrongly transcribed. Figures will be entered by a trained member of catering staff using a telephone's keypad, and if an error is made entering the data this can easily be corrected. More importantly; to ensure that access is secure each school will have its own logon. According to Cypad, staff readily take to the system and can be taught how to use it within thirty minutes. This system has been successfully introduced in a number of other Authorities.

Information will be collected and sent back from the kitchen every Friday. The questions asked on the telephone will cover the following topics: how many paid and free school meals were taken; daily plate count; and, total staffing hours. Luckily, the kitchen is 'checked off' as it returns its figures so that any missing data is evident straight away. Interestingly, the items of data that will be collected can be altered; for example, the effectiveness of promotions or the numbers taking advantage of breakfast clubs can be evaluated, and if the value of food consumed is available it is also possible to evaluate income and profitability.

When the uptake figures have been collected, a variety of analyses can be immediately undertaken; for example, the total number of paid and free school meals purchased can be

## **Healthwise**

shown as well as how many meals per hour were consumed. Trends can also be shown on a weekly, monthly or annual basis and targets can be set so that actual results can be compared with these. As the system is web based, reports are viewable from any internet connection and can even be exported to Excel for analysis.

We believe that the Cypad system of collecting school meal uptake data will transform the way that this information is currently gathered together. If you would like to know more about this system please contact either Emma Creighton on 01793 463124 or Kerry Davison on 01793 465764.

### **SavvyKids: Food Education**

Savvy Kids is a classroom based food education programme aimed at children aged 4 – 12; lessons revolve around taste, the experience of eating and the social and physical importance of good food.

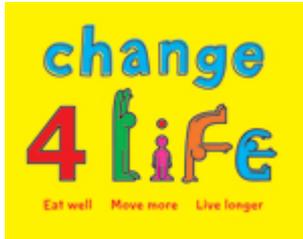
The aim is to enthuse and inspire children about real food, so that through capturing their curiosity and interest in food children will learn to make informed decisions. Savvy Kids' objectives are linked to the Healthy Schools programme and the Every Child Matters outcomes. The programme can be launched as a school project, but preferably embedded as part of the curriculum where it links into subjects such as PSHE, design & technology and science.

Savvy Kids are currently surveying children in London about their food knowledge and food habits and asking teachers and parents what they think is missing from food education at schools. Part of this process is an online survey which takes just a few minutes to complete.

Pilot workshops are scheduled to take place at 3 schools in September and October. The team behind Savvy Kids want to hear from schools who would like to take part in the survey. If you are interested, or would like more information, email: [info@savvycook.org.uk](mailto:info@savvycook.org.uk).

## Physical Activity

### Muckin4Life



Muckin4Life is a campaign led by Department of Environment, Food and Rural Affairs. It aims to raise awareness of the physical and mental health benefits of being active outdoors and encourages families to take part in local outdoor conservation volunteering. More information: [www.direct.gov.uk/muckin4life](http://www.direct.gov.uk/muckin4life).

### Swim4Life – Search for New Swimming Stroke



This national competition to kick off Swim4Life, part of Change4Life, asks youngsters to help Swim4Life create a brand new swimming stroke. The competition is all about getting kids moving in the water where their bodies have to work harder than on dry land – be it the dolphin, the penguin or the wriggly worm stroke. The inventor of the winning stroke will win a family trip to Alton Towers Water Park including travel, overnight accommodation, entrance to the park and spending money.

Over the next few weeks selected local papers will carry a free Swim4Life poster crammed full of fun facts and swimming games, and parents will be able to download free swimming

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### GXFitness Programmes



bpm active continue to provide exciting GXFitness Programmes for children from September! Due to demand they are now taking bookings for the whole of next year and have expanded the team, their availability and the variety of programmes they can offer

bpm active have worked with over 30 different schools over the last year and look forward to getting more children, more active and try new fitness programmes next year!

### GXFitness Programmes

bpm active's GXFitness Programmes for 5-16 year olds are taught with current safe and effective training principles and provide fun and challenging workouts for all ability levels. Led by professionally qualified instructors, these workouts are an excellent way for young people to engage with physical activity and try out new fitness and dance styles.

### SoccerJam

Try out this fusion of football, dance and fitness. This new football based workout includes using the ball to get fit and perform fitness techniques and drills. Try something new in this unique, fun and exciting session designed for everyone!

### Fitness Cheerleading

Join in the fun with the fitness craze 'Fitness Cheerleading' Learn the basic arm lines, add a few funky foot patterns, put on the music and have a great workout!

## Urban Street Dance

Dance your way to fitness with this fun hip-hop inspired workout. Set to uplifting funk and dance music this session is easy to follow, the moves are fantastic and the end result – full of flava!

## STRIKE - Martial Arts Fitness

Incorporating exciting martial arts skills and techniques from a variety of different styles, STRIKE offers a non contact, power packed workout will help you kick, strike and punch your way to fitness, the fun way.

## Body Active

Using a variety of fun fitness equipment and exciting circuit training systems, this full body workout helps to develop muscular strength and endurance, aerobic fitness and flexibility as well as motor fitness such as balance, co-ordination and agility.

## Step Fitness

Step Fitness incorporates the use of the legendary Step platform and provides an alternative and fun way to exercise. Routines are great fun, easy to follow and taught to motivating music.

## Bollywood

Indian dance moves incorporated to create a fun, energetic and stylised workout. A great alternative way to get fit and try out some amazing routines inspired by Bollywood films and dance sequences.

## Games, Games, Games!

Play, have loads of fun and get fit in this action packed session using exciting playground style games, relays and activities from around the world.

## Cardio-Cycling

A must try Cardio-cycling fitness class set to the latest music in the amazing atmospheric cycling

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studio. This fun, exhilarating and energetic workout is one of the best ways to get fit and feeling fantastic! This session takes place at David Lloyd Health Club

## High School Musical

Dance your way to fitness with high school musical dance moves and get pumped up to the soundtrack! A fun and energetic workout for both boys and girls!

## bpm bootcamp

This ultimate workout fuses classic drill-style exercises along with a variety of formats such as Power Cardio, Chaos Circuits and Team Relays. This workout can be conducted indoors or outdoors and utilises the most progressive, innovative and creative exercises in fun fitness for kids 7-11 years only!

bpm active can also offer more specialised sessions such as Yoga and Pilate's inspired stretch classes designed for any age group.

Coming from September 2009....

'Active Art' - Get Fit, Get Messy, Get Creative!  
- with Local Contemporary Artist Tracey Baker-Stewart.

'Functional 3D Fitness' - All the latest fitness concepts and multi-directional training methods designed for the young athlete. Taking youth fitness to the next level!

For more details of each of these programmes and to book your school programme, please do not hesitate to contact Ian on:-

Ian Baker  
[www.bpmactive.co.uk](http://www.bpmactive.co.uk)  
[www.gxfitness.co.uk](http://www.gxfitness.co.uk)  
07732427882

## Soccer Centres



Swindon Town Football in the Community run weekly coaching sessions at leisure centres all over Swindon.

The soccer centres are open to boys and girls of all abilities, aged between 5yrs – 11yrs. All sessions are run by FA qualified coaches who work to a structured coaching programme designed for everyone's involvement and enjoyment. The sessions cover all aspects of football including dribbling, shooting, agility, passing, small-sided games and much more!

The Soccer Centres run in conjunction with the school term so will vary from 5 – 8 weeks.

For more information on the soccer centres please contact Shane Hewlett on (01793) 421303 or 07919 112982

## Girls Only Soccer Centres



The Girls Soccer Development Programme has been set up to target participants aged 5-16. The project is an exclusive opportunity for young female footballers to develop their football techniques and skills and then practice them in a game situation. The programme also offers pathways to excellence at local club and county levels, to girls aged 12 and over, who display levels of talent and ability

Currently there are Girls Only Soccer Centres running at Stratton, Haydon Wick, Lawn and St. Catherine's. Two more centres will be open at the Link Centre and Croft Sports Centre in November.

For more information on the soccer centres please contact Shane Hewlett on (01793) 421303 or 07919 112982

### Healthy Schools Network Training 2009/10

Date	Title	Venue	Time
Thursday 17 <sup>th</sup> September 2009	<b>Secondary – Peer Education &amp; Cross Curriculum Ways of Teaching SRE</b> - 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 <sup>nd</sup> September 2009	<b>Phase I : Healthy Schools Plus</b> – Early Success Indicators	Park South Community & Training Facility (Activity Room)	9.30-12.00pm
Tuesday 29 <sup>th</sup> September 2009	<b>Drug Awareness</b> (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 <sup>th</sup> October 2009	<b>Healthy Schools Annual Check and New Healthy Schools Coordinator Training</b>	Park South Community & Training Facility (Activity Room)	9.30-12.00pm
Thursday 8 <sup>th</sup> October 2009	<b>Managing Drug Related Incidents in Primary &amp; Secondary Schools</b> - 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 <sup>th</sup> October 2009	<b>Phase 2 Pilot Schools</b> - Action Planning Morning	Lydiard Conference Centre	9.30-1.00pm
Tuesday 20 <sup>th</sup> October 2009	<b>Alcohol &amp; Tobacco</b> (For Teachers delivering Drug, Alcohol & Tobacco Education) - Effects on physical and emotional health, patterns of use in young people, local and national guidance and data.	Park South Community & Training Facility (Activity Room)	9.00-12.00pm

Date	Title	Venue	Time
Tuesday 10 <sup>th</sup> November 2009	<p align="center"><b>Healthy Eating &amp; Lifestyles</b></p> <ul style="list-style-type: none"> <li>- Food for Life Partnership, Healthy Packed Lunches, Resources Available, Physical Activity</li> </ul>	Park South Community & Training Facility (Activity Room)	9.30- 1.00pm
Tuesday 17 <sup>th</sup> November 2009	<p align="center"><b>Primary - Teaching the 'Safety' of SRE</b></p> <ul style="list-style-type: none"> <li>- How the Body Works &amp; Changes</li> <li>- Boundaries and Staying Safe</li> </ul>	Park South Community & Training Facility (Activity Room)	9.00- 4.00pm
Thursday 19 <sup>th</sup> November 2009	<p align="center"><b>Secondary - Teaching the 'Sex' of SRE</b></p> <ul style="list-style-type: none"> <li>- STIs, Anatomy and Contraception</li> <li>- Abortion, Adoption, Teen Parenting</li> </ul>	Park South Community & Training Facility (Activity Room)	9.00- 4.00pm
Tuesday 24 <sup>th</sup> November 2009	<p align="center"><b>New National Healthy Schools Model</b></p> <ul style="list-style-type: none"> <li>- Annual Health Check</li> </ul>	Park South Community & Training Facility (Activity Room)	9.30- 11.30am
Thursday 3 <sup>rd</sup> December 2009	<p align="center"><b>Drug Awareness</b></p> <p>(For Teachers delivering Drug, Alcohol &amp; Tobacco Education)</p> <ul style="list-style-type: none"> <li>- 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.</li> </ul>	Park South Community & Training Facility (Activity Room)	9.00- 4.00pm
Friday 4 <sup>th</sup> December 2009	<p align="center"><b>Managing Drug Related Incidents in Primary &amp; Secondary Schools</b></p> <ul style="list-style-type: none"> <li>- Developing a school drugs policy that supports all pupils with drug and alcohol related needs.</li> <li>- Best practice guidance on managing drug related incidents for pupil safety and well-being.</li> </ul>	Park South Community & Training Facility (Activity Room)	9.00am- 12.30pm
Thursday 10 <sup>th</sup> December 2009	<p align="center"><b>Alcohol &amp; Tobacco</b></p> <p>(For Teachers delivering Drug, Alcohol &amp; Tobacco Education)</p> <ul style="list-style-type: none"> <li>- Effects on physical and emotional health, patterns of use in young people, local and national guidance and data.</li> </ul>	Park South Community & Training Facility (Activity Room)	9.00am- 12.00pm

Date	Title	Venue	Time
Tuesday 12 <sup>th</sup> January 2010	<b>Annual Health Check Training</b> - Updating re. Writing Policies	Park South Community & Training Facility (Activity Room)	9.30- 12.00pm
Tuesday 23 <sup>rd</sup> February 2010	<b>Anti-Bullying</b> - Developing your Anti-Bullying Portfolio to meet criteria necessary for Good Practice/Full Accreditation.	Park South Community & Training Facility (Activity Room)	9.30- 11.30am
Tuesday 2 <sup>nd</sup> March 2010	<b>Early Success Indicators</b> - Phase 2: Healthy Schools Plus Pilot Schools	Park South Community & Training Facility (Activity Room)	9.30- 12.00pm
Friday 12 <sup>th</sup> March 2010	<b>Phase I Pilot Schools</b> - Meeting Targets, Measuring Success, Part 2 Funding	Park South Community & Training Facility (Activity Room)	9.30- 12.00pm
Tuesday 23 <sup>rd</sup> March 2010	<b>Primary - Teaching the 'Relationship' of SRE</b> - Family Relationships - Friendships	Park South Community & Training Facility (Activity Room)	9.00- 4.00pm
Thursday 25 <sup>th</sup> March 2010	<b>Secondary - Teaching the 'Relationship' of SRE</b> - Healthy Relationships - Delaying Sexual Activity - Difference & Diversity – Working with Asylum Seekers, Refugees, Boys, GLBT	Park South Community & Training Facility (Activity Room)	9.00- 4.00pm
Tuesday 27 <sup>th</sup> April 2010	<b>New National Healthy Schools Model</b> - Annual Health Check	Park South Community & Training Facility (Activity Room)	9.30- 11.30am
Friday 30 <sup>th</sup> April 2010	<b>Healthy Schools Plus</b> -Phase 3: Healthy Schools Plus Action Planning	Lydiard Park Conference Centre	9.30- 1.00pm

Date	Title	Venue	Time
Tuesday 15 <sup>th</sup> June 2010	<b>Healthy Schools Plus</b> -Meeting Targets - Measuring Success, - Part 2 Funding	Park South Community & Training Facility (Activity Room)	9.30- 12.00pm
Tuesday 22 <sup>nd</sup> June 2010	<b>Annual Health Check Training:</b> -Updating re. Writing Policies	Park South Community & Training Facility (Activity Room)	9.30- 12.00pm

**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, 3<sup>rd</sup> Floor,**  
**Beckhampton Street**  
**Swindon SN1 2JG**  
**Tel: 01793 464687/464676/464624/463988/464675**  
**Website : [www.swindonhealthyschools.org](http://www.swindonhealthyschools.org)**  
**Fax: 01793 465866 / Email:**  
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## 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

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

- |                          |  |   |
|--------------------------|--|---|
| <input type="checkbox"/> | Tuesday 12 <sup>th</sup> January 2010  | <b>Annual Health Check Training</b><br>- Updating re. Writing Policies                                      |
| <input type="checkbox"/> | Tuesday 23 <sup>rd</sup> February 2010 | <b>Anti-Bullying</b>  |
| <input type="checkbox"/> | Tuesday 2 <sup>nd</sup> March 2010     | <b>Early Success Indicators</b><br>- Phase 2: Healthy Schools Plus Pilot Schools                            |
| <input type="checkbox"/> | Friday 12 <sup>th</sup> March 2010     | <b>Healthy Schools Plus - Phase 1 Pilot Schools</b><br>- Meeting Targets, Measuring Success, Part 2 Funding |
| <input type="checkbox"/> | Tuesday 23 <sup>rd</sup> March 2010    | <b>Primary:</b><br>- Teaching the 'Relationship' of SRE   |
| <input type="checkbox"/> | Thursday 25 <sup>th</sup> March 2010   | <b>Secondary:</b><br>- Teaching the 'Relationship' of SRE   |
| <input type="checkbox"/> | Tuesday 27 <sup>th</sup> April 2010    | <b>New National Healthy Schools Model</b><br>- Annual Health Check  |
| <input type="checkbox"/> | Friday 30 <sup>th</sup> April 2010     | <b>Healthy Schools Plus –</b><br>Phase 3: Healthy Schools Action Planning                                   |
| <input type="checkbox"/> | Tuesday 15 <sup>th</sup> June 2010     | <b>Healthy Schools Plus -</b><br>Phase 2: Early Success Indicators  |
| <input type="checkbox"/> | Tuesday 22 <sup>nd</sup> June 2010     | <b>Annual Health Check Training:</b><br>Updating re. Writing Policies                                       |

**Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Please return to:**  
 Surbjit Gill  
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