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Swindon Healthy Schools Newsletter



'Promoting Health & Well-Being to Children & Young People in Swindon'

www.swindonhealthyschools.org

September 2011



Welcome to the first issue of the Healthy Schools Newsletter. I hope you had a relaxing and enjoyable holiday and are looking forward to the next academic year.

As you will be aware, there have been a number of changes to the Healthy Schools Team, however, there is still a strong commitment to support schools with promoting health and well being and in particular to continue projects that address the key health priorities in Swindon.

You will receive a Healthy Schools newsletter each term to keep you up to date with health related news, useful resources, training opportunities and information about maintaining Healthy School Status. The Healthy Schools website will be updated regularly with news items and information about your school.

We have added a new regular section to the newsletter for school administrators and secretaries and any comments on this section or anything else you would like included in the newsletter or website would be most welcome.

Good luck with challenges of the new term and I look forward to working with many of you in the coming year.

Best wishes.

Angela Milliken
Healthy Schools Programme Manager

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Website Development

www.swindonhealthyschools.org



We have been updating the Swindon Healthy Schools website and have added a new 'Schools Section'. This section contains information and award details of your school. This has been created from the data captured from the [school information sheet](#) which your school administrator completed and returned to us recently. We are still working on this section so if your school is not showing at the moment, please bear with us. Please also let us know if you would like to make additions/amendments. There are also some schools who still haven't returned their form to us. We will be contacting them shortly. Please visit: <http://www.swindonhealthyschools.org/schools/own-pages/>

Events

Anti-bullying Week:
14-18 November 2011

“Stop and Think – Words Can Hurt”



The Anti-Bullying Celebration Event will be taking place on Friday 18th November 2011 at The Ridgeway School. All Swindon schools were sent letters alerting them of this upcoming event.

Full details of the venue, competitions and awards will follow with your invitation to the event, but please put Friday 18th November in your diary.

News Items

Healthy Weight:

Congratulations...



.... To South Marston CE Primary School who have achieved the '**Food for Life Bronze Award**'.

“We are delighted to have received the '**Food for Life Bronze Award**' following three years working on developing a whole school food policy, building food into the curriculum and opening our new kitchen on 1st November 2010.

We are now working towards the 'Silver Award'.”

Alison Lowe
Headteacher, South Marston CE Primary School



Let's Get Cooking is now offering everyone the opportunity to attend a two-day Demonstrator Course that will give you all the practical skills and knowledge you will need to confidently teach cookery to groups in the community.

The course is accredited by the Royal Society for Public Health and is suitable for anyone who would like to set up cooking sessions or a cooking club for children, young people, adults and families.

The Demonstrator Training is a practical course that involves lots of hands on cooking and demonstration practice. Participants will also learn how to set up a cooking session at any location - from marquees to market stalls - and about the Let's Get Cooking approach, which has a proven impact on people's cooking skills and attitudes to healthy eating.

Forthcoming courses:

- [18th and 19th October 2011, Bristol](#)
- [16th and 17th November 2011, Newcastle](#)

At Let's Get Cooking, we know that cooking clubs and sessions are a lot more likely to be successful if at least two people from an organisation can work together to set up and run sessions. So we are offering organisations who book two or more people on the course a substantial discount, to help you make the most of this opportunity.

Find out more and book your place here:
www.letsgetcooking.org.uk/Workwithus/DemonstratorTraining

Help your Family to Eat Well and Move More in Swindon!

Swindon Change 4 Life supports the national Change 4 Life campaign to help families Eat Well, Move More and Live Longer. If you and your family are interested in learning more about healthy eating and becoming more active please visit www.swindonchange4life.com today and access FREE healthy Lifestyle tips for the whole family to enjoy! For further information regarding national Change 4 Life enquiries please phone

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0300 123 4567 between 9am - 8pm everyday or visit www.nhs.uk/Change4Life

To find out more about fun events and activities going on in and around Swindon visit www.facebook.com/SwindonC4L and see how the whole family can make positive changes towards eating well and moving more! [Click here for more...](#)

More Families Choose Healthy School Meals – Despite Tightening Belts



The results published by the School Food Trust and LACA show that an average of 44.1 per cent of children in primary schools and 37.6 per cent of pupils in secondary schools opted for school meals

in the 2010-11 year, up from 41.4 per cent and 35.8 per cent respectively in the previous year.

It means that:

- Around 173,000 more children had healthy school meals last year, compared with around 100,000 extra children in 2009-10.
- More than three million children now eat a school meal every day.
- The equivalent of almost 590 million healthy school lunches were served up last year.
- The number of children taking both paid-for and free school meals in the 2010-11 year increased.

Crucially, despite the un-ringfencing of Government funding for school food from September, our research also shows encouraging signs that schools are pledging to continue investing this money in good food at school. Two thirds of councils taking part in the survey (65%) indicated that their catering services would continue to receive School Lunch Grant funding, with fewer than one in five indicating otherwise.

Sixth annual survey take up statistics: Statistical Release: – take up of school lunches in England 2010-2011
www.schoolfoodtrust.org.uk/documents/annualsurvey6/statisticalrelease

Healthwise

Sixth annual survey of take up of school meals in England: full report. July 2011
www.schoolfoodtrust.org.uk/documents/annualsurvey6

Analysis of Controls on the Marketing and Promotion of Food and Drink to Children

The National Heart Forum (NHF) was commissioned by the Department to undertake an analysis of the regulatory and voluntary landscape concerning the marketing and promotion of food and drink to children. The NHF brought together a consortium of partner organisations to undertake the work.

The study comprised of 4 activities:

- A mapping exercise of marketing practices, regulations, policies, commitments and proposals relating to food marketing to children;
- Consultations with corporate stakeholders;
- Consultations with children, young people and parents;
- An analysis of the Marine Stewardship Council as a case study from which to draw transferable learning for developing principles of good practice.

View:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_127778

Emotional Health & Well-Being:

Report Published on Behaviour Change

'Nudging' on its own is unlikely to be successful in changing the population's behaviour. That is the main conclusion of the House of Lords Science and Technology Sub-Committee's report, Behaviour Change.

The report - the culmination of a year-long investigation into the way the Government tries to influence people's behaviour using behaviour change interventions – finds that "nudges" used in isolation will often not be effective in changing the behaviour of the population. Instead, a whole range of measures – including some regulatory measures – will be needed to change behaviour in a way that will make a real difference to society's biggest problems.

Read the report:

<http://www.parliament.uk/business/committees/committees-a-z/lords-select/science-and-technology-committee/news/behaviour-change-published/>

Physical Activity



Is your school in need of an exciting, new P.E. lesson, breakfast, lunchtime or after school dance or Zumba club?

If the answer is yes to the above question, help is at

hand! My name is Tori Willard and I am a CRB checked, fully insured, qualified children's and adults dance and fitness teacher. I can provide a variety of fun and educational classes for children aged 4-16 years old in Zumbatomic, Contemporary Dance, Street Dance and Physical Theatre. And what's more classes can be used as part of Healthy Schools government initiatives, The Wake Up, Shake Up, Performing Arts or P.E. lessons.

All of my sessions are specifically designed to each school's particular needs and will include suitable routines, exercises and games aimed to make children fitter and healthier and develop their skills in communication, expression, co-ordination, numeracy and working in a team, there are many cross curricular benefits! But most of all I aim for my participants to go away with a sense of achievement at the end of every class.

I believe dance is a fantastic way for children to stay healthy, happy, have fun and develop important life skills. So if you think your school would benefit from a new lesson, club or one off party for children or even some after school sessions for staff and parents in Zumba, Aerobics, Body Conditioning or Dance contact:

Tori Willard

Mob: 07845 199763

Email: tori_willard@ymail.com.

Drugs, Alcohol & Tobacco:

Quit Because



Quit Because have recently completed evaluation of the Quit Because Presentations delivered in schools across the UK, this academic year. The

Presentations are evidence based and engage young people in discussion about the issues. They are highly cost effective because of the high numbers of young people reached.

The evaluation, based on feedback from over 300 young people, shows that the Presentations:

- Increased young people's knowledge of all the risks and issues that are highlighted in the Presentation
- Were particularly effective in de-normalising smoking, by increasing young people's knowledge of how many other young people smoke
- Decreased intentions to smoke in the future. They increased the number of primary school children who said they would definitely not be smoking in 12 months time by 14% and in 5 years time by 7%
- Reduced young people's perception that smoking has a social function, for instance the number of primary school pupils who disagreed or strongly disagreed that 'people who smoke have more friends' went up by 10%
- Helped young people see the cosmetic effects of smoking; the number of secondary school pupils who disagreed that 'people are more likely to be attracted to someone that's smoking' went up by 9%.

Over 95% of teachers who also gave feedback rated the Presentation excellent or very good on:

- The balance of information and fun
- Provision of information that enabled young people to make informed choices.
- The level at which the Presentation was pitched

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For further information on how we can help reduce smoking amongst young people in your area, please email me.

Kind Regards

Susi Farnworth, Head of Youth Services
QUIT@, 4th Floor, 63 St Mary Axe, London EC3A 8AA
Tel: 020 7469 0400, Fax: 020 7469 0401

£5 will help QUIT to provide informative resources to a teacher helping a class of 30 children. This year we need to reach over 17,000 children. Please donate £5 Text: QUIT2 To: 70700 to donate £5.

Email: s.farnworth@quit.org.uk
Website: www.quit.org.uk
Website: www.quitbecause.org.uk

Section for School Administrators

School Information



Thank you very much to everyone who completed the form requesting updates of any changes to your school details or staff. We had an excellent response and have

started to populate the school section on the website. If you haven't sent yours back yet, please complete and return to us as soon as possible. [Click here](#) for the form.

If there have been any further changes, for example if you are now an academy and have changed your name could you please let us know.

Additionally, if your school has received any awards, let us know and we will add them to the "awards" section.

Healthwise

New Requests?

Does your school use the PASS (Pupil Attitude to School and Self) survey? I have worked with a number of schools on health related projects using this survey as a useful measurement tool

School Meal Provision

Do you have your own kitchen in school or does an outside caterer provide your school meals? Please complete the [attached form](#) with your details.

Is there anything you would like to see in this section? We would love to hear from you with any comments or suggestions.

Next Issue



Our next edition of the Healthy Schools newsletter will be sent out at the beginning of Term 2. This issue will include:

- Final details for the Anti-Bullying Celebration Event.
- Information on the Healthy Schools Plus Celebration Event.

If you would like to include anything in our newsletter, please send your article to: sgill@swindon.gov.uk by 31st October 2011 at the latest please.

Healthy Schools

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