

Swindon Healthy Schools Newsletter



Welcome to the Spring Healthy Schools Newsletter. Spring is such a lovely season, it always makes me smile and think of new beginnings. Talking of smiling, it's been really pleasant travelling around Swindon and visiting Secondary Schools. We've been delivering Smoking Prevalence workshops to Year 7's. The uptake from schools has been really good this year and the students at each school have engaged well.

We have had a great response from 'The How Are You Survey', with most of the Secondary schools encouraging Year 11 pupils to complete it. We have received over 500 completed surveys from across the town. The results from this survey are very promising. We will share each schools data and the overall result will be available on the Healthy Schools Website in the next few weeks.

The first planning session for statutory PSHE was very successful with a great turn out of both primary and secondary colleagues. We are now seeking two dates for a follow up training session, one for Secondary Schools and another for Primary. We will circulate the dates as soon as the trainers confirm their availability.

I mentioned in the last newsletter that the PH team won a bid to support families and parents of young people who are alcohol dependant, we are now offering this training to Primary Schools. Please see details further in the newsletter and other relevant information to support and equip teachers with the latest resources and information for PSHE teaching.

We really appreciate and value your collaborative working with us to deliver positive behaviours to young people across Swindon. This year's Schools excellence awards will be exciting as more schools have registered to achieve Silver and Gold Healthy School Status, complete the Mental Health Award and engage with the Early Years Programme.

The awareness dates on the right are to help guide you with up and coming national events for your PSHE lessons. I always look forward to seeing your photos and sharing them on the website.

Surbdeep Rai (Su)

Important School Dates

26th March – 1st April [National Salt Awareness Week](#)

2nd April - [International Children Book Day](#)

5th April – [Walk to Work Day](#)

7th April – [World Health Day](#)

10th April – [National Siblings Day](#)

24th April – [Stop Food Waste Day](#)

29th April - [International Dance Day](#)

12th May - [National Children's Day](#)

16-20th May - [Walk to School Week](#)

31st May - [World No tobacco Day](#)

Well Done



**Well done to the following schools
for achieving the**

Swindon Mental Health Award

Brookfield Primary

Moredon Primary

Wanborough Primary

Lethbridge Primary



Congratulations to

Little Pippins Pre School

for achieving the

Swindon Early Years Award



**Dementia
Friends**

Congratulations to

**Ridgeway School and Sixth
Form College**

For

Encouraging their Year 7 pupils in
becoming Dementia Friends

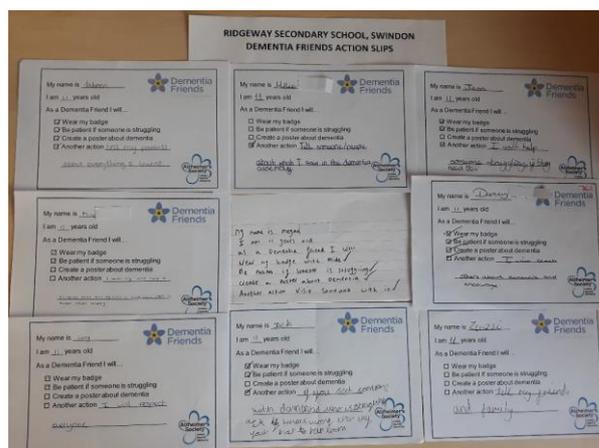


The Ridgeway School Promotes

Dementia Awareness

The Ridgeway School and Sixth Form College is the first secondary school in Swindon to invite us to give a Dementia Friends assembly to Year 7 pupils. Standing in front of over 300 Year 7's was daunting, but the pupils were great, they listened and concentrated on what we were saying. Our presentation was shortened to meet the school timings and adapted to make it age appropriate and interactive. The pupils engaged well and responded to our questions thoughtfully, showing a clear understanding. They had a range of impressive and mature questions for us too.

A week after the session, we delivered action slips for the pupils and Dementia Friends badges. The action slips were optional for them to fill in but the pupils were keen to complete them. The photo below shows a few of the actions they decided to undertake as a result of the assembly.



We are looking for more schools, primary and secondary, to contact us about having a Dementia Friends assembly, or classroom sessions. Many of the pupils we have met know someone living with dementia, and it's important to educate young people so it raises awareness and reduces the fear and stigma of dementia within our communities.

Please contact: susan.lambert@swindon.gov.uk , Dementia Friendly Coordinator, if you would like to discuss this further or arrange a session.

Are you ready for Statutory PSHE?

Following the success of the joint primary & secondary PSHE network meeting on 23rd January the following insights and learning emerged.

1. Secondary schools have a high level of interest in developing a strong PSHE programme as a result of imminent statutory status of Relationships, Sex Education & Health.
2. There is increasing awareness that the Ofsted framework is focusing strongly on the well-being of students.
3. The majority of primary schools are using the Jigsaw PSHE resource, which prepares students for transition to secondary school, with a good level of PSHE knowledge and skills, including sex education.
4. The small number of primary schools not using Jigsaw appear to have little in place to support good quality PSHE (from comments of leads at the network meeting).
5. Secondary schools are taking PSHE more seriously with increasing support from senior leadership. Most secondaries are trying to include PSHE as a curricular subject and timetabling it as a weekly lesson.
6. Schools are showing a greater interest in the use of local data to help gain insight and understanding of student needs.
7. Schools (particularly Secondary Schools), still need more support with applying strategies to support young people with mental and emotional health.
8. Group welcomed the “quick audit” tool to assess and identify PSHE provision gaps in their school.

If you were unable to attend the meeting, attached is the ‘quick audit’ to see which areas of PSHE you still need to develop at your school.



PSHE audit
Secondary.docx



PSHE audit
Primary.docx

The following slides were used in the delivery of the workshop, for further guidance or discussion drop me an email – srai@swindon.gov.uk



Preparing for
Statutory RSE.pptx

Please also see the latest version of the [draft guidance](#) released February 2019

Year 7 - Smoking Prevalence Workshop

Secondary schools have really engaged this year with the Year 7 Smoking Prevalence Workshops. We have delivered the information to more than 1500 young people across the town and still have several schools left to visit.

It's great to hear so many positive messages they would give to a friend who wishes to take up smoking, here are a few examples:

'Do you really want saggy, wrinkly skin?' 'Why do you want to kill yourself 'young?' 'Why inherit so many unnecessary illnesses?' 'Why waste your money, life and good looks?' 'It ruins the environment!' 'It will also impact on your pets!'

These are examples of their thoughts about why smoking is not a good idea;

'It's not fair young children have to inhale bad chemicals' 'it's not fair the pets have to inhale bad chemicals'

'People think it's cool to smoke, but it's actually cool not to' Smoking is expensive and it can get you into debt', 'Smoking is burning money and killing yourself', 'smoking has a bad impact on the environment'

To keep the momentum of this important message and working towards a 'SmokeFree Generation', we are holding two competitions for year 7 students;

1. A School based competition where students design a poster to share the anti smoking message. We would like year 7 students to design a poster which can be displayed at their school promoting a positive message to all the other students. Please forward us the winning poster so we can display it on the HS website and share it on schools promotional materials.
2. A Swindon wide competition to design a poster/ slogan /message to go on the school gate. The message should highlight that it is a smoke free gate. Schools are asked to select 10 of the best posters and forward these on to us. All entries will be judged by our lead commissioners and the chosen/ poster will be converted into a plaque to place outside **all** Swindon Secondary schools. The winning school will receive a special plaque to congratulate this good work.

Competition closes on **Monday 3rd June 2019**, all entries to swindonhealthyschools@swindon.gov.uk.



Jigsaw Families

We recently launched the Jigsaw Families programme in Swindon as a FULLY FUNDED resource to help you support the families in your setting. The Jigsaw Families programme supports families with skills and confidence to develop strong, lasting and loving relationships. Please see flier below for further information

We would like as many settings as possible to sign up for the training. Therefore if you have not yet booked your place, please do and take advantage of this FREE resource available only in Swindon.

Depending on numbers we anticipate running three dates over the coming year. The training is a one day event (10am to 3pm) and each setting will need to identify a minimum of two facilitators to be trained, (larger groups can be accommodated too).

Jigsaw Families Facilitators are usually teaching support staff. A wide range of individuals have been trained to deliver the programme including; ELSAs, Teaching Assistants, Parent Support Advisers, Governors and many more. The key to the success of the programme is having a suitable venue and the right people trained as facilitators.

On completion of training your setting will receive a Jigsaw Families starter kit containing your Jigsaw Families Facilitator files, Jigsaw Jonty and a chime and a set of 10 x Jonty junior characters.

FUNDING FOR THIS PROGRAMME IS LIMITED AND WILL NOT BE AVAILBE BEYOND JANUARY 2020!



53501x_Jigsaw
Families Swindon FI

Please email swindonhealthyschools@swindon.gov.uk with the name of your setting, number of delegates you want attending the training, Name and position of the delegate and your preferred date from the list below.

Tuesday	Wednesday
May 7 th 2019	May 8 th 2019
June 4 th 2019	September 18 th 2019
June 11 th 2019	September 25 th 2019
September 17 th 2019	October 2 nd 2019
September 24 th 2019	October 23 rd 2019
October 1 st 2019	



National Child Measurement Programme- Swindon data summary

The National Child Measurement Programme (NCMP) is a mandated annual programme delivered by local authorities, which involves measuring the height and weight of all school children in reception and year 6. Delivering the NCMP provides vital information that enables local authorities and their partners to plan for and invest in key services to tackle obesity and its wider determinants. It also provides the opportunity to raise parents' awareness of overweight and obesity, its consequences and healthy lifestyle choices.

Swindon Borough Council has summarised the most recent data from Swindon- from 2017/18 . It looks at trends over time and compares Swindon with a number of similar areas. The full report can be found here - www.swindonjsna.co.uk/dna/healthy-weight. The main findings of the report are:

- 23% of Swindon reception age children are overweight or obese; 34.3% of Swindon children in year 6 are overweight or obese. This is similar to the England data.
- In Reception the long term trends over the last 10 years are essentially flat. In Year 6, the figures from 2017/18 show a continuation of a small but discernible long-term upward trend in those with obesity or any excess weight.
- Swindon is nearer the poor performing end when compared to authorities in its benchmarking 'cluster' on all weight measures. Additionally, large inequalities are seen between affluent and deprived areas, with children in more deprived areas having higher rates of obesity.

Watch this space !

To support schools in reducing obesity we are creating resources for Swindon Schools which can be shared with parents so they can provide healthy lunchboxes at a low cost.

Look in the resource section below for Sugar Smart information that will also help schools support parents and the young children.



Families invited to take on UK's biggest cycling, walking and scooting school challenge

Families are being invited to take up the Big Pedal 2019 – the UK's largest cycling, walking and scooting challenge for schools.

This year's competition is backed by Angellica Bell, British television, radio presenter and cycling advocate, who took on the 'Tour de Celeb' in 2016 where she found her love for cycling.

Organised by the walking and cycling charity Sustrans, the competition will run from Monday 25 March to Friday 5 April and will encourage young people from across the UK to travel by bike, foot or scooter for their journey to and from school.

During the 10 days participating primary and secondary schools will compete with one another to make the most journeys by bike, foot or scooter.

To coincide with this year's event, dozens of schools across the UK, will for the first time, be closing the road outside the school gates to motor vehicles. This is to limit the volume of traffic and help reduce air pollution while creating an environment in which cycling and walking are safe, convenient and enjoyable.

Download the [Big Pedal Promoter information sheet](#) or email bigpedal@sustrans.org.uk for more information.



Swindon's travel choice website also encourages communities to cycle and walk around Swindon.

The travel choices website <http://www.swindontravelchoices.co.uk/> - includes walking and cycling maps around Swindon.



Swindon *fencing* Club



Swindon Fencing Club are offering 4 hours of FREE fencing for every Swindon Primary School.

Have you signed up yet?

Funded by a Heart Research UK and Subway Healthy Heart Grant, Pupils in Years 5 and 6 in **ALL** Swindon Primary Schools have the opportunity to have a go at this exciting sport. The 4 hours of sessions are specifically designed to promote heart health and the benefits of an active and healthy lifestyle as children also learn to duel with swords. Professional Fencing coaches Neil Bromley and Shaun Garley from Swindon Fencing Club will be delivering the classes. Slots can be booked throughout the year.

To book FREE sessions please contact Neil via email neilg.bromley@ntlworld.com or call 07527 546164.

Click the link to see what part of a session looks like:

<https://www.facebook.com/HeywoodPrep/videos/vb.151141488250257/322574641678042/?type=2&theater>

If you have any questions please do not hesitate to contact:

Louise Woodhouse

Engagement Coordinator

Intelligent Health

Tel : 07896124535

Email: louise.woodhouse@intelligenthealth.co.uk

Resources



With 34% of children leaving primary school overweight, [Change4Life](#) has launched a new campaign, “make a swap when you next shop”, encouraging families to cut back on sugar. To complement the national campaign, Change4Life has created interactive lesson plans in partnership with teachers, qualified nutritionists and dental professionals. These [English and Maths teaching resources](#) support teachers to educate pupils about how to make healthier choices.

The resources are set in ‘Sugar Smart World’ and teach pupils that the number of extra sugar cubes they are consuming is enough to wrap around the world more than three and a half times. A cartoon- themed [Science lesson plan](#) also helps pupils understand the effects that sugar has on their teeth.

The new Change4Life schools resources include:

- [English lesson plan PowerPoints](#) and [worksheets](#), including songs and a poster, comic strip and persuasive letter template for children aged 5 to 11 years old (school years 1 to 6)
- [Maths lesson plan PowerPoints](#) and [worksheets](#) for each school year for children aged 5 to 11 years old (school years 1 to 6)
- [Early years lesson plan PowerPoint](#) for children under 5 years old (nursery and Reception)
- [Tilly the Tooth lesson plans](#) for children aged 5 to 11 years old (school years 1 to 6), in which pupils set up a simple science experiment to observe how sugar can affect teeth, and learn about making better choices to stay healthy
- [display board print-outs](#) for schools to showcase their pupils’ work and promote healthier swaps to families
- [recipe idea print-outs](#) with healthy recipes from around the world for teachers to make with pupils and send home to families.

Schools should sign up to the [School Zone](#), so they can be the first to hear about new teaching resources.

Find out more

Sugar Smart World take-home packs

Find out more

New Rise Above resources



As PSHE becoming a statutory subject comes closer, the importance of good planning and having the right resources in place is vital.

The AET can provide everything you need for alcohol education for Key Stage 3 and 4, by topic, ability and by year group FREE of charge via www.alcoholeducationtrust.org or by emailing kate@alcoholeducationtrust.org

The resources are externally evaluated and accredited not only to meet OFSTED and DfE requirements, but to effectively raise the age that children choose to drink. The AET are now offering support to train PSHE staff and to demonstrate their games, films, activities and the Teacher Workbook. To discuss this further please contact kate@alcoholeducationtrust.org,

NICE Consultation open on alcohol education in schools

Please take a moment to read through the NICE guidance for alcohol education in schools via: <https://www.nice.org.uk/Guidance/InDevelopment/GID-NG10030/documents>

New activity box of games and resources designed to be used in 'stand alone' settings without a formal lesson plan

AET have redesigned games and activities for youth clubs, children's homes, small groups and for one to one basis. They have redesigned games, picture and story led activities and DVD to sit separately from the Teacher Workbook. They can still be ordered together. A range of activities for children with learning difficulties is also available. Priced at £45 it sits alongside the free resources available online and in print form. To place your order, email kate@alcoholeducationtrust.org .

Grant funding is also available to schools and organisations supporting vulnerable and looked after children as well those with SEN. To see if you qualify email kate@alcoholeducationtrust.org

Compulsory Health and Relationships Education

As PSHE education will be compulsory in all schools from 2020. The AET can also support you with a range of easy-to-use effective, evidence-based and evaluated resources to support the teaching of RSE in schools.

Countdown to statutory RSE

Getting relationships & sex education right for disabled children and those with special educational needs

Friday 29 March 2019, Friends Meeting House, Euston, London

2ND JOINT CONFERENCE: SEX EDUCATION FORUM & COUNCIL FOR DISABLED CHILDREN

The Sex Education Forum has been shaping policy and practice on RSE for 30 years. The Council for Disabled Children has been a leading voice for the disabled children's sector since 1974. Now we're working together to ensure all children with SEND have quality RSE that meets their needs.



- Understanding the new Government guidance on RSE
- Sharing best practice case studies from schools
- Growing skills and knowledge through tailored workshops
- Bringing together the best resources & teaching approaches
- Learning about what young people need from RSE



Sex Education Forum and Council for Disabled Children are both part of the National Children's Bureau.

sexeducationforum.org.uk/SENDcountdown



Dr Pooky Knight- Smith

More new resources and videos from Dr Pooky Knight smith

New Videos:

[How to listen so young people feel supported - ideas for teachers & parents](#)

[Book Review: Hope with Eating Disorders by Lynn Crilly](#)

[Using Mindful Moments to Help Manage Anxiety - a simple idea you can use right away](#)

[Warning Signs - What attendance & Punctuality can Tell us about Mental Health](#)

[Responding to Disclosures - retaining trust without promising confidentiality](#)

[Over Exercise - Spotting and responding to the warning signs](#)

[How to write an effective mental health policy](#)

You might also like:

[What not to do if a child is self-harming](#)

[My experience of EMDR \(personal video\)](#)

[4 ideas for supporting a child with anxiety](#)

[Window of Tolerance - a simple tool for emotional regulation](#)

[Box Breathing Technique - simple strategy to calm anxiety](#)

Research participation opportunity for secondary schools in England

[The Anna Freud National Centre for Children and Families](#) is looking for secondary schools to partner with them on their Education for Wellbeing programme, a cutting-edge research study that is the largest of its kind in England. Commissioned by the Department for Education, the programme will evaluate pioneering ways of supporting mental health for pupils in years 7, 8 and 9. [Find out more](#) and [apply online](#) by April 2019.

There are less than 100 places left, eligible schools will be selected on a first-come first-served basis.

Training and Opportunities

The [Government's commitment](#) to statutory Health Education, Relationships Education/Relationships and Sex Education (RSE) is a great step forward for PSHE education. Statutory status will allow you to build on the great work you're already doing and we look forward to helping you to make the most of this opportunity through our training, resources and membership support. We're also looking for your case studies on parental engagement and student voice, and the Department for Education is looking for schools to register as 'early adopters' of the compulsory PSHE requirements.

CPD Training this term

A range of courses on planning, leading and managing PSHE education are available, whilst all include an update on the statutory changes, two courses are dedicated to preparing for statutory Relationships Education and RSE.

[Preparing for statutory Relationships Education within PSHE](#)

[\(London, 1 May 2019\)](#)

[Preparing for statutory RSE within your PSHE curriculum \(London, 20 June 2019\)](#)

Compulsory health and relationships education - a new era for PSHE

It certainly feels like the beginning of a new era for PSHE, with huge potential for a levelling-up of PSHE standards across all schools, building on the fantastic work many of you are doing already.

The Department for Education has launched its [statutory guidance](#) on health, RSE and relationships education. This sets out what schools must cover from 2020 – the guidance is marked as draft as it is awaiting final parliamentary sign-off, but not many significant changes are expected.

PSHE Association

Register as an 'early adopter' of PSHE health & relationships requirements

The DfE is now **recruiting 'early adopters'** to assess how best to support you in covering these statutory areas of PSHE. Schools are encouraged to get involved given the relevance of the range of skills and experience school staff hold.

According to the DfE, schools that register and are selected to take part will:

- help identify appropriate structures for training that will go out to teachers nationally
- Receive advanced drafts of 'school support products'
- Be invited to attend a national DfE conference in the autumn (space permitting)

As with the guidance more broadly, the early adopter activities are not about unpicking what you're already doing well, but incorporating the new statutory health, relationships and RSE guidance and requirements into the Programme of Study for PSHE education. Many of you will undoubtedly have read the new statutory guidance and thought 'we're doing most of this already'.

[Find out more](#)

[Register your interest with the DfE](#)

Updated guidance on teaching about mental health and emotional wellbeing

The PSHE guidance on [teaching about mental health and emotional wellbeing](#) has now been fully updated to match the government's new statutory PSHE requirements regarding Health Education, Relationships Education and RSE.

The guidance covers key aspects of teaching about mental health effectively and safely, including:

- Why it is important to teach about mental health and emotional wellbeing
- Key principles in teaching about mental health and emotional wellbeing safely and confidently
- Building teaching on mental health into a planned PSHE programme
- Addressing challenging mental health issues with older students such as eating disorders, self-harm and suicide.

New 'Sleep Factor' slides launched (KS2, 3 & 4)

The association have launched a new PowerPoint version of materials. The slideshows for key stages 2, 3 and 4 include both teacher guidance, [sleep factor lesson plans](#) and pupil-facing slides, and will support your pupils to recognise what good quality sleep is and why it is important; identify habits and routines that promote good quality sleep; and understand how sleep patterns change during adolescence.

The latest 'PSHE Talks' podcast episode — Waking up the importance of sleep — features conversation between sleep experts at Evelina London Children's Hospital and one of the PSHE subject specialists Jenny Fox.

Conference



PSHE Association

Bookings open for our annual PSHE conference!

PSHE Association annual conference bookings for the 2019 events in central Leeds (13 June) and central London (27 June) are now open to schools.

The focus of the conference will be to get the statutory elements right (health education, RSE/relationships education) while continuing to prioritise economic wellbeing and careers education.

There will be two practical workshops on the day on a variety of pressing topics, and talks on thought-provoking keynotes on next steps for improving the status and quality of PSHE education. There will also be an opportunity to explore the implications of the new Ofsted framework for PSHE education.

As always there will be the opportunity to meet with like-minded PSHE professionals, visit a variety of exhibition stands and enjoy a lovely lunch!

So good they run it twice ... the Leeds and London events will follow the same structure. Further details about workshops and speakers will be released in due course but members are encouraged to book early.

[Book your annual conference place](#)

PSHE Association

Invitation to #Knifefree workshop- 4th April

The PSHE Association are inviting school leads and teachers to a workshop to inform updates to [Home Office #Knifefree lesson materials](#). **Participants will receive a £100 voucher and travel will be reimbursed.**

KS3 & 4 #knifefree lessons were launched on behalf of the Home Office in July last year. The resources have proved incredibly popular and the association are now creating additional materials to complement new videos and campaign content, and this requires help from schools to develop.

The association would like a small group of PSHE leads or teachers to attend a **2-hour workshop at 1.30pm on Thursday 4th of April** at their offices in London.

To qualify, you will need to be familiar with both the key stage 3 and key stage 4 lesson plan preferably as a result of teaching it to a whole class, but they are also interested to hear from people who are familiar but have not yet had a chance to teach it or who have reasons for choosing not to teach it.

Please [email Robert Bickers](#) at the PSHE Association to register your interest by **Friday 22nd March**. Please outline briefly (e.g. up to 150 words) your experience of using the materials including the age groups of pupils the materials were used with and the name and address of your school.

A high demand is expected for this workshop and due to limited spaces participants will be chosen based on having a good geographical spread and range of environments.