

SWINDON HEALTHY SCHOOLS

NEWS



Welcome back after the Easter holiday! We hope you managed to get some time out.

This edition of Swindon Healthy Schools e-bulletin includes:

- the latest healthy schools news
- events and training for staff and governors
- healthy schools resources for schools
- services for pupils and families.

If this email has been forwarded to you, you can sign up to receive future editions [here](#).

News

Swindon Healthy Schools Awards: Congratulations!

Congratulations to Swindon Academy Primary Schools: Alton Close and Beech Avenue for gaining the bronze Healthy Schools Award since our last newsletter.

In March, The Mayor, Councillor Imtiyaz Shaikh, presented awards to teachers and students at Greenmeadow Primary School and Millbrook Primary School. Photos of the presentations are on the [Swindon Healthy Schools website](#) (see the rotating banner at the top).



Several other primary and secondary schools are working towards gaining or renewing their awards. For more information about the Swindon Healthy Schools Awards and the BSW Asthma Friendly Schools Award please view the [Swindon Healthy Schools website](#).

UTURN newsletter: Easter edition



UTURN's April newsletter focuses on Ketamine.

You can [download a PDF of the newsletter here](#).

Calling all budding artists, poets and eco-warriors! Clean air day competition

This Clean Air Day, the Air Quality team at Swindon Borough Council (SBC) is looking for the most creative posters, poems or artwork to help raise awareness of the importance of clean air and inspire people to make changes to improve their environment.

Submissions must be sent to BWaycott@swindon.gov.uk by the end of the day on Monday 2 June and the winning entry will be announced w/c 16 June. Please label each entry with the pupil's class and school so we can ensure prizes make it to the right class - prizes for first place and runners up.

We look forward to judging all the fabulous pieces of work and spreading awareness of the importance of clean air in Swindon!

If your school is planning to run an event for Clean Air Day on 19 June, please tag SBC in your photos or posts so that we can share with the community. Similarly, if your school would like to get involved with Clean Air Day please contact

BWaycott@swindon.gov.uk for resources and ideas; perhaps a school-wide pledge to leave cars at home on 19 June?

NSPCC Childhood Day Mile

You may wish to take part in Childhood Day Mile on Friday 6 June (or any day of your choice) to promote movement and to raise funds for NSPCC services. On signing up, schools receive access to lots of fun online resources and a free welcome pack with an activity spinner so that children can decide how to move their mile. They can walk, skip, dance, relay or choose any other activity – the possibilities are endless. To register, please go to [The NSPCC website](#).

A QR code and link is provided so that parents can donate anonymously to avoid stigma. No-one needs to raise funds to take part.

Year 5 vaping and smoking sessions: case study

Holy Rood Catholic Primary School used the Mini-Police resources developed by Swindon Borough Council to reach 58 pupils across two classes in Year 5, which includes perceptions data to highlight that less pupils vape than children would expect.

Liz Galvin, Pastoral Lead and DDSL explains,

"They engaged really well and knew a little bit about smoking due to a previous lesson but did not know in depth facts about health implications.

Many children thought vaping was as bad as smoking and were surprised at the figures to do with how many young people actually did vape [fewer than they would have expected].

We also touched upon contaminated vapes and they were not aware of this... One child also mentioned about seeing 'influencers' promoting vapes.

Some raised the point that the vapes are attractive to children in the packaging and flavours so if they were not aware what they were and were offered them, they might think they were sweets.

Thank you so much for the resource, I will be using it again if that is ok."

For further information and guidance on using these resources, please contact Mike McEwan, Public Health Practitioner: MMcEwan@swindon.gov.uk

We are collecting case studies around good practice in schools around vaping and smoking to share with other Swindon schools. If you would like to contribute to this, please contact SwindonHealthySchools@swindon.gov.uk

Reporting suspected contaminated vapes or illegal sales

If you have any concerns or information around suspected contaminated vapes or shops selling illegal vapes or products to people who are under-age, please e-mail Swindon Borough Council Trading Standards TSDuty@swindon.gov.uk and report this to the police via the [Community Partners information sharing form](#) | [Wiltshire Police](#)

Live session for KS2 pupils: understanding media literacy and critical thinking skills

Free live online session for classes:

Tuesday 20 May, 9.30-10am.

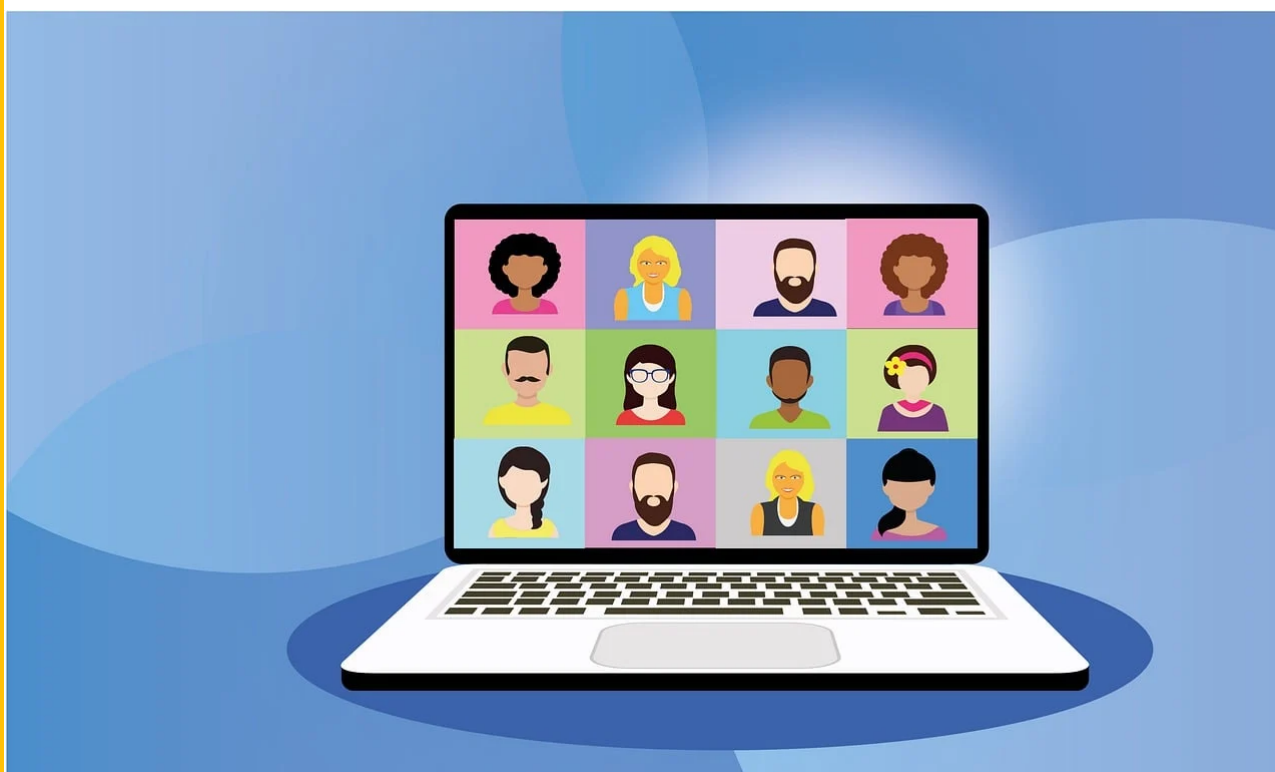


Join as a class or group to take part in this informative and interactive session led by Picture News. Participants will explore what we mean by the terms media literacy and critical thinking; learning what they are and where we can use new skills to navigate the world around us, both off- and online.

Schools can register on the [Picture News website](#).

Events and Training for Staff and Governors

Swindon Healthy Schools network meetings and events



The following online events are free to schools in Swindon.

Monday 28 April, 3-4pm: School Travel Plan training – “Getting Started” webinar for schools. [View further information and booking details here](#).

Tuesday 13 May, 3.45-5pm. Swindon Affordable Schools Network. [Book here](#). Speakers include Drove Primary, Wiltshire Warm & Well and Education Business Partnership.

Wednesday 21 May, 3.30-5pm. B&NES, Swindon and Wiltshire Senior Mental Health Leads network. [Book here](#). The theme will be misogyny in schools.

Thursday 5 June, 9am - 11.30am. In-person PSHE Leads Network meeting. Theme: PSHE delivery of managing hurtful behaviour and bullying, abuse and discrimination. [Book here](#).

Wednesday 11 June, 3.45-5.15pm. Swindon Senior Mental Health Leads network. [Book here](#). Speakers will include BeU Swindon, Virtual Schools and The Literacy Trust. University of Sussex will also demonstrate their free, evidence-based Whole School and Colleges Approach (WCSA) Measurement Toolkit

Monday 29 September, 3.30-5pm. B&NES, Swindon and Wiltshire Senior Mental Health Leads network. [Book here](#).

If you have any problems booking via the above links, please email SwindonHealthySchools@swindon.gov.uk

View dates for future Swindon Healthy Schools events [here](#).

A directory of further staff training opportunities, many free of charge, is available on the [Swindon Healthy Schools website](#).

Let's talk: Swindon skills strategy

To support the Council in developing a new Swindon skills strategy, we would like to invite you to a workshop for education and skills providers to get your input on the priorities for Swindon.

The workshop is being held on **23 April from 3.30-5pm** on Teams. You can book your place via [eventbrite](#).

Suicide prevention training



The free sessions are provided in partnership between Papyrus, Lawn Manor Academy and the Department of Health and Social Care (DHSC).

View further information and book via: [the Papyrus website](#).

School travel plan training - “getting started” webinar for schools

Monday 28 April, 3-4pm

Modeshift STARS is an accreditation scheme which recognises and rewards schools that show ongoing excellence in supporting active and sustainable travel to school, across their school communities.

Swindon Borough Council endorses using Modeshift STARS when creating school travel plans as it provides a comprehensive system and framework to create, develop and implement a travel plan at a school.



This webinar will cover:

- what a travel plan is and the benefits of your school developing one
- what Modeshift STARS is and how it can help with your travel plan
- the accreditation system
- the national awards
- an overview of getting going on the STARS platform.

Book your place

at <https://events.teams.microsoft.com/event/911f1f68-7660-4755-b49f-c990e504ec00@c14bbb5a-1d56-4698-b344-1b99964f6878>

Young people and gambling: What schools can do to improve safeguards

Wednesday 7 May, 4.30pm

This free online session will cover:

- the latest research on youth gambling trends
- online influences: loot boxes, microtransactions and advertising
- how to integrate gambling harm awareness into PSHE and safeguarding
- practical strategies to support at-risk students
- working with parents & communities for a whole-school approach.

Organised by YGam and CYP Now. You can book on here: [Webinar: Young people and gambling: What schools can do to improve safeguards by MA Exhibitions](#)

Help shape research on young people and vaping

University of Bath is organising a free event to help shape their research on young people and vaping. It's on **Wednesday 14 May from 6.15-8.15pm** at Leonardo Hotel in Swindon.

More information including booking is available on the [University of Bath website](#).

Please do consider attending/bringing along young people.



Preventing Violence against Women & Girls

Free Teacher Toolkit & Webinar Package

Book now

www.chameleonpde.com

Combat VAWG in your school or setting with this FREE webinar and lesson resource

15th May

At 3.45pm UK time



Swindon safeguarding partnership training

Swindon Safeguarding Partnership forthcoming training includes:

- Icon: Babies cry, you can cope
- developing an understanding of Child Sexual Abuse (CSA)
- domestic abuse: Impact on children and young people
- working with neglect
- protecting children in a digital age (see next article in this newsletter).



For further information, visit [Training Information - Swindon Safeguarding Partnership](#)

Protecting children in a digital age: Understanding internet safety

Thursday 19 June, 10am-2pm, Civic Offices, Swindon.

Facilitated by Cybersecurity Expert, Simon Goodwin and Youth and Early Intervention Officer, Jon Akehurst, Wiltshire Police.

Access further information and book a place via the following link: <https://forms.office.com/e/79XdChbSyz>

If you have any questions please contact Swindon Safeguarding Partnership via email: safeguardingpartnership@swindon.gov.uk

Free training on delivering tennis



The LTA offers a free online teacher training course, specifically designed to support school staff in delivering tennis. For a limited time, primary schools will receive a resource pack including fun Tennisables character cards. Secondary schools will automatically be entered into a prize draw for WTA

HSBC Championships tickets, at the Queen's Club in London. View more on the [Swindon Healthy Schools website](#).

A directory of further staff training opportunities, many free of charge, is available on the [Swindon Healthy Schools website](#).

Resources

Walk to school week: 19-23 May

This year's challenge will see pupils take on The Great Space Walk, encouraging them to travel actively to school every day of the week. Meeting various colourful intergalactic friends along the way, pupils will learn about the important reasons to walk or wheel and its benefits for individuals, communities and the planet!

View more and sign up via the [Living Streets website](#).

My money week: 9-13 June

Linked to work that you might be doing in PSHE around aspirations, My Money Week is a national activity week for primary and secondary schools, aiming to offer an opportunity for pupils to gain the skills, knowledge and confidence in



money matters to thrive in society.

View more on the [Young Enterprise website](#).

Also, The Oak National Academy has recently launched free financial education lessons for Key Stages 1 - 4 which can be downloaded [via their website](#).



Chameleon PDE misogyny toolkit

This free teacher's toolkit focuses on the issue of misogyny and in particular the influence of online misogynists.

The toolkit contains:

- detailed teacher notes about how to address this with students, and in particular how boys can be kept engaged
- two teaching pack with at least 4 hours of lesson content: 'Misogyny, causes and consequences', and 'Women's safety'
- slides from the webinar so training can be cascaded to teams in school.

View more on [the Chameleon PDE website](#).

Chameleon PDE smoking and vaping lesson pack: primary and secondary schools

The primary and secondary schools staff training and teaching materials were updated last month and are available via the Swindon Healthy Schools website:

[Primary and secondary schools lesson resources](#)

[Secondary schools updated teacher CPD](#).

New video resources have been added.

It's not love: teaching resources about positive relationships (KS3)



It's Not Love explores the themes of healthy and unhealthy relationships, including behaviours relating to interpersonal relationship abuse. Resources include three films and accompanying lesson plans. Also provided are the curriculum links for this resource. Download these for free [on the NSPCC website](#).

Tell someone safe: a video resource to help you prepare children for lessons on abuse and harm prevention (primary schools)

This short 3-minute video was developed by researchers from five universities. Their research in primary schools across the UK found that children, schools and teachers would benefit from being well prepared for such lessons, whether they are delivered by external organisations or by teachers themselves, *before* they are delivered to children in classrooms.

The video, which has been designed with the help of primary school children and professional animators, uses the views and voices of children who participated in the research.

You can access the video on YouTube: [Tell Someone Safe - YouTube](#).

HPV catch-up poster for secondary schools and sixth-forms

Please print out and display this poster at your setting if possible to support this important preventative work. The PDF version can be downloaded [via the Swindon Healthy Schools website](#). Thank you.

Resources for pupils' bladder and bowel problems and prevention (primary and secondary schools)

Swindon Healthy Schools website has a list of the up-to-date links from ERIC continence charity. Please do share these with staff and parents/carers: [Bladder and Bowels: Tips for Primary and Secondary Schools : Swindon Healthy Schools](#)

7th year of the 'Eat them to defeat them' campaign

Veg Power has announced that its popular and multi award-winning Eat Them To Defeat Them campaign is returning to primary schools across the UK.

View more on the [Swindon Healthy Schools website](#).

Newswise: The Guardian Foundation

NewsWise resources are free and aim to generate curiosity and critical engagement with news, equipping pupils with the skills and knowledge to make sense of the world and might be a useful resource for your PSHE programme. Read more on [The Guardian Foundation's website](#).

Food a fact of life resources for primary and secondary schools

The latest resources from Food a fact of life (run by the British Nutrition Foundation) include lesson plans and webinar recordings on the main factors that make up a sustainable healthy diet, such as nutrition and health, environmental impact, affordability and accessibility. View more via [their website](#).



Services for Pupils and Families

Bags of Taste: free supportive cooking offer for families and individuals



Bags of Taste is offering a free home mentored cooking course to people and families on low incomes who are struggling to cook delicious, healthy meals on a budget. They welcome referrals from schools.

Read more on the [Swindon Healthy Schools website](#).

Neurocircle, a new support group for those caring for people with neurodiversity (including parent carers)



Neurocircle

Fourth Friday of every month during term-time
9:30 - 11:30am

In person: The Junction, Town Hall | Online: Teams

Neurocircle is a space for the friends, family, and carers of neurodiverse people to learn more about neurodiversity. It is an opportunity to expand your understanding of neurodiversity and talk to other people who have a neurodiverse loved one.

The sessions will vary from month to month, including guest speakers and open discussions. All are welcome to drop-in. Guest speaker sessions will require you to register via Eventbrite.

Upcoming Sessions:

	This month	Next month
Date	Friday 25 th April 9:30-11:30am	Friday 23 rd May 9:30-11:30am
Topic	Drop in	

Service provided by: Swindon and Gloucestershire Mind in partnership with Swindon Borough Council

Financial support available for pregnant people and young families in Swindon

Swindon Public Health team has developed a list of financial support available for pregnant people and young families in Swindon that you will hopefully find helpful for signposting families to. [The list, which is in a word document, can be downloaded here.](#)

Help with home insulation measures to keep homes warm!

We'd appreciate your support with including the following information in your newsletters. Thank you.



Have you just come through another winter struggling to keep your home warm? If so, it could be a lack of insulation is causing heat to be lost from your home, heat that you have paid for. There are schemes available to help with the cost of loft and cavity wall insulation, including some that don't depend on how much money you earn. For example through the Great British Insulation Scheme if you live in home with a Council Tax Band of A to D, and your home has an energy performance certificate (EPC) of D to G then you could get these measures for free. It is only for home owners or people renting from a private landlord. If you want to find out more, contact the Swindon Borough Council backed Warm & Safe Wiltshire advice service and they will be able to talk you through the options and refer you to an installer.

www.cse.org.uk/wsw

Freephone: [0800 038 5722](tel:0800 038 5722)

Email: warmandsafe@cse.org.uk

Please let us know what you think of this newsletter



We are keen to have your feedback on both the format and content of this e-bulletin. Please do [get in touch](#) with your suggestions. Thank you.

Previous editions of this newsletter can be downloaded at: [Newsletter : Swindon Healthy Schools](#)

Swindon Borough Council

Civic Offices, Euclid Street, Swindon
United Kingdom

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