

SWINDON HEALTHY SCHOOLS

NEWS



Welcome back after half term! We hope you managed to get some time out.

This edition of Swindon Healthy Schools e-bulletin includes:

- the latest healthy schools news including an update on our offer
- events and training for staff and governors
- healthy schools resources for schools
- services for pupils and families
- research and partnerships for schools to get involved with.

News

Update on Swindon Healthy Schools offer

Following a review of Swindon Healthy Schools and reduced staffing capacity, we have made some changes to our offer. You can read more about this on the [Swindon Healthy Schools website](#). Thank you to those of you who attended focus groups and completed surveys to feed into the review.

Swindon Healthy Schools Award: well done!

Congratulations to Ferndale Primary School for renewing their Bronze Healthy Schools Award in May.

For more information about the Swindon Healthy Schools Awards (which will be self-assessed from June 2025) and the BSW Asthma Friendly Schools Award please view the [Swindon Healthy Schools website](#).



Could your pupils inspire others to use their 'Power for Good'?



Anti-Bullying Alliance has launched the Team Talk Challenge, a national competition for young people aged 13–16, as part of Anti-Bullying Week 2025. To take part, you can invite your pupils to work as a team and create a 90-second motivational video about how they can use their 'Power for

Good' to stand up to bullying. Submissions must be made by an adult staff member by 5pm on Wednesday 16 July. [See the Anti-Bullying Alliance website for more information.](#)

Events and Training for Staff and Governors

Swindon Healthy Schools network meetings and events



The following online events are free to schools in Swindon.

Thursday 5 June, 9am - 11.30am. In-person PSHE Leads Network meeting. Theme: PSHE delivery of managing hurtful behaviour and bullying, abuse and discrimination. We have a great line-up of speakers. This is also open to Senior Mental Health Leads, SENCOs and DSLs. [Book here](#).

Wednesday 11 June, 3.45-5.15pm. Swindon Senior Mental Health Leads network. [Book here](#). Speakers will include BeU Swindon, Virtual School 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 via the Swindon Schools Hub page. Please search under 'Healthy Schools' in the provider box: <https://hubforeducation.swindon.gov.uk/Training>

The impact of phone bans and restrictions in schools - free webinar



Thursday 12 June, 3.30-4.30pm, via Zoom. Presented by Life Lessons, this webinar explores the debate around mobile phone bans in schools. Book and read more on the [Swindon Healthy Schools website](#).

Practical strategies for violence reduction and positive behaviour in schools

Monday 16 June, 3.30-4.30pm.

This free webinar, presented by Life Lessons in partnership with the London VRU, offers practical, evidence-based strategies for secondary school teachers across mainstream, pupil referral units, and alternative provisions to address violence, improve student behaviour, and cultivate a sense of purpose. Learn how to effectively support all young people, particularly those at risk of exclusion, in exploring positive alternative pathways. Gain insights into equipping and upskilling staff to confidently manage interventions and help students realise their aspirations. Read more and book via the [Life Lessons](#) website.

Free e-learning on healthy relationships teaching



Further information is available via the Brook website: [Healthy Relationships - Free online course for teachers](#)

British Red Cross pilot launch of free humanitarian CPD for secondary school PSHE teachers

British Red Cross has announced the pilot launch of a free programme of humanitarian education for educators of young people aged 11-18. Through a blend of digital and in-person CPD sessions, this pilot programme is designed to equip you with the skills, knowledge, and confidence to navigate difficult topics in your classroom. [You can sign up here on the British Red Cross website.](#)

#LookCloser programme of learning

Forthcoming free online training includes:

- disrupting exploitation
- financial exploitation
- building positive relationships with young people.

View the training programme [via this PDF](#).

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

Are your school meals accessible to children and young people with SEND?

Currently, around **60%** of children with SEND cannot eat school meals due to dietary requirements or sensory processing difficulties. This short guide for Swindon schools offers tips. [Download the 2-page guide here.](#)

Misogyny in schools: a whole school approach

Our new Swindon Healthy Schools resource: [Misogyny in Schools: a whole school approach](#), aimed at both primary schools and secondary schools, includes:

- tips around a whole-school approach to preventing and tackling misogyny
- class resources and teacher training options.

We hope you find it useful and would welcome any feedback.

Free trial PSHE secondary school resources

Chameleon PDE has launched free trial resources for secondary schools including the following themes:



- sleep, rest and study. How to create balance when studying for exams
- vaping and tobacco
- loneliness, isolation, connections and mental health
- financial exploitation and 'sextortion'.

You can access these [on the Chameleon PDE website.](#)

Life Lessons free trial for Swindon schools

[Life Lessons](#) is offering the opportunity for primary and secondary schools to test their PSHE resources and CPD for two weeks. For further information, please contact Nessie Croft: nessie@lifelessons.co.uk

Register for Snack-tember!

Taking place for the first time in September 2025, the British Nutrition Foundation's *Snack-tember* is all about healthier, more sustainable snacking. Downloadable activity ideas, recipes, posters and other materials will be available to help pupils aged 5-16 years, explore their current snacking choices, and learn about, make and try

Resources for Swindon schools to support young carers



Swindon Carers Centre has designed resources, guidance, and tools to help educators identify, understand, and support young carers within the school community, which are well worth familiarising yourselves with. These can be accessed on [their website](#). You can also sign up to a regular schools newsletter.

Transition from primary to secondary schools

As we all know, the transition from primary to secondary school can be challenging for pupils. The transition guidance on the Swindon Hub for Education will provide some support for your school around supporting children through

this: <https://hubforeducation.swindon.gov.uk/Article/161290>

1decision has developed free videos and lesson plans for year 6 pupils, which can be accessed via their website: [Supporting Children's Transition to Secondary Education](#).

Free new Autumn nature walk resource for primary schools

Food for Life has launched a new resource for schools: *Autumn: Nature Walk and Celebration Lunch*.

Read more and download [the flexible resource on their website](#).



MyBnk financial education sessions

MyBnk, an organisation focused on financial education, is hosting another upcoming free session for secondary schools covering online scams, phishing, in-game scams and product scams on 26 June. You can register here: <https://buff.ly/DpJTxxqk>

Phone and shouting ban 'transforms' school

Within our CYP Public Health team, we were interested in the following article about a school in Cardiff banning both teachers from shouting and pupils from using their phones, with positive reported outcomes. You can read the article on the BBC website: [Phone and shouting ban 'transforms' Cardiff school plagued by fights - BBC News](#)

Services for Pupils and Families

Swap to stop offer continues in Swindon

Here is some messaging to parents, carers and pupils around vaping and smoking, which we hope is helpful for you all: [Swap to Stop offer continues in Swindon : Swindon Healthy Schools](#)

Research and Partnerships Opportunities

Pupils' involvement in the 'greener Swindon' working group



Secondary schools may be interested in this opportunity: "Swindon Borough Council will be bringing together staff across all aspects of council work to create a Greener Swindon Working Group, which will discuss how we will deliver the Green Infrastructure Plan. The aim of this is to connect green spaces from new fields, to community

allotments and orchards, improving access for natural environments for people and animals. Ensuring the participation of young people in this group is a key objective. We would love for pupils across local schools to engage with the working group, feeding in suggestions on what they would want to achieve, and maybe support them to deliver some of that work too. Pupils will get to listen in on meetings, present ideas, and will be provided with opportunities to aid in the work the council is doing." If your pupils would like to be involved, or for further information, please email Edward Jones: EJones1@swindon.gov.uk.

Opportunity to contribute to a study on successful collaborations between researchers and secondary schools

University of Cambridge (MRC Epidemiology Unit) in collaboration with the University of Exeter (Medical School) are leading this study. They are currently recruiting participants to take part in a brief, one-off, online interview- and if you're a current member of a Senior

Leadership Team in a mainstream secondary school they would love to hear from you! View more information via the [participant PDF](#).

University of Bristol research - weight-related bullying in schools

University of Bristol is offering school staff £40 to speak with researchers about weight-related bullying and how it is handled in schools. [View more on the Swindon Healthy Schools website](#).

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

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