

Surrey Healthy Schools Programme

WELCOME to the latest edition of the Surrey Healthy Schools Newsletter.

This issue covers the exciting news that PSHE Education is to become statutory!

If you would like to include an article in future issues of the newsletter, please get in touch via our website.

Wishing you all a happy Christmas and a successful New Year.

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PSHE Education to become statutory

As you may have heard in the national media, the Government has announced that it has accepted the move towards statutory PSHE, agreeing that there is "a strong argument for making the whole of PSHE statutory". Ministers are "...therefore attracted to giving PSHE statutory status and in consequence of this, introducing statutory programmes of study for PSHE" for Key Stages 1 to 4.

The announcement comes in response to the principal findings of both the Review of Sex and Relationships Education (SRE) in Schools and the report by the Advisory Group on Drug and Alcohol Educa-

tion, which both recommended that good PSHE was vital to providing a healthy, rounded education.

Sir Alasdair Macdonald, head teacher at Morpeth Secondary School in Tower Hamlets, has been asked to conduct an independent review of how the decision to give PSHE statutory status can be translated into a practicable way forward.

Research with young people suggests that quality PSHE teaching is patchy. In order to improve, PSHE needs to secure a place in the curriculum, with renewed guidance and increased teacher training, to make sure schools

have the resources they need.

In Surrey, the PSHE/Healthy Schools team will be working to help all schools in the coming year to review PSHE provision and ensure that the statutory provision will be met. We will be in touch with you in due course.

In the meantime, there is currently support available for schools, with more to come. We offer termly PSHE network meetings for Primary and Secondary staff. For more information and booking, please see www.vtfours.co.uk/courses and search under PSHE.

PSHE Education Conference

Date: Tuesday 24th February 2009

Audience: Secondary teachers

Venue: Fullbrook School, New Haw

Time: 1.00 - 4.30pm

An ideal opportunity for schools to get the latest updates on all aspects of Personal, Social, Health and Economic Education, to prepare for the new statutory requirements from September 2009, to hear how Surrey schools are covering all 5 outcomes of Every Child Matters and meet representatives from a variety of external agencies sup-

porting Surrey schools in all areas of PSHE Education.

The event is fully funded including supply costs for up to 2 delegates from each secondary school. Places are limited and early booking is recommended. Contact Vivian Stacey at vivian.stacey@vtplc.com to book your place.

The National Healthy Schools team has produced new PSHE Education guidance for all schools. See the national website: www.healthyschools.gov.uk to download a copy.

The School Food Trust was established by the Department for Education and Skills in September 2005. Its remit is to transform school food and food skills, promote the education and health of children and young people and improve the quality of food in schools.

PSHE Education

Young People's Drug Services in Surrey

On 1st November 2008, the young people's drug services in Surrey changed. The new service is called 24/7 and is run by Catch22 (known formerly as Rainer). 24/7 now provides the main service for young people aged 11-19 who are using substances in Surrey.

The service knows that drugs and alcohol can have huge impact on young people's lives and futures, so with a dedicated, county-wide multi-professional team of support workers, 24/7 will be working hard to help young people through this difficult time.

More information will be coming out shortly, but in the meantime, if you need to refer a young

person to the service, you have a question, or would like to find out more, please call 01372 832888 or e-mail 247@catch22.org.uk.



Healthy Eating

The Really Good School Dinner

As part of the GetReal campaign, the School Food Trust has teamed up with the UN World Food Programme on The Really Good School Dinner initiative, which is designed to demonstrate the value of a school meal, not only in this country but in parts of the developing world.

During the last week of January 2009, the SFT is asking pupils of all ages to have a school dinner and donate an extra 10p. All the money raised will be used by the UN World Food Programme to provide

children in countries including Kenya, Cambodia and Guatemala with a school meal, often their only meal of the day.



The campaign will also help provide an education for many as evidence shows that many children, especially girls, are kept at home if they are not being fed at school.

Schools can register on the website at www.getreal.uk.com/really-good-school-dinner. Each school will then receive a campaign pack which

contains posters, bucket wraps and information to help school councils promote The Really Good School Dinner to their fellow pupils. The SFT website www.schoolfoodtrust.org.uk will be updated in the run-up to the week itself, including messages from our secret celebrity and from a head teacher in Nairobi who will explain exactly what this campaign means to them.



Physical Activity



Surrey on the MEND... Spring programmes

There has been evidence in recent years from data collected on entry to school that increasing numbers of children in Surrey are overweight or obese. Whilst Surrey has lower rates than the national figures, almost **2,000** Year 6 children in Surrey are either overweight or obese (figures from National Child Measurement Programme, 2006/7). The MEND programme is for children aged between 7 to 13 years who are overweight or obese. Children must attend with a parent or carer, and the programme includes fun activities to improve physical fitness, nutrition and self-esteem. The aim is to support the whole family to lead a healthier lifestyle. For more information, see www.mendprogramme.org. From January 2009 programmes will be running in 8 boroughs in Surrey. The programmes operate on a self-referral basis so please contact the following people if you are interested.

Elmbridge Xcel Leisure Centre (for 11 - 13 year olds) from 19 January 2009
Matt York, Fitness Manager
mattyork@dcleisure.co.uk
01932 260 300

Elmbridge Molesey Centre (for 7 - 11 year olds) from 12 January 2009
Richard Jones, Assistant Health Development Officer,
rjones@elmbridge.gov.uk
01372 474 638

Guildford from 15 January 2009
Liz Toft, Deputy Chief Dietitian
Elizabeth.toft@royalsurrey.nhs.uk
01483 464 119

Leatherhead (Mole Valley) from 27 January 2009
Kate McBain, Sainsbury's Food Advisor
Kate.mcbain@sainsburys.co.uk
07714 624 254

Redhill from 27 January 2009
Alison Twomey, YMCA Redhill
Alison.Twomey@ymcaredhill.com
01737 779 979

Runnymede from 26 January 2009
Martin Evans, Facilities Manager
martin.evans@runnymede.gov.uk
01932 425 87

Spelthorne from 12 January 2009
Lisa Stonehouse, Health Promotion Officer
L.Stonehouse@spelthorne.gov.uk
01784 446431

Waverley (Farnham) from 19 January 2009
Carol Searle, Gym Manager
CarolSearle@dcleisure.co.uk
01252 713 000

Woking from 23 February 2009
Gary Cordery, Health & Wellbeing Development Officer
Gary.Cordery@woking.gov.uk
01483 743 424

Health Development in Elmbridge

Elmbridge Borough Council's Health Development team is continuing to offer for free fun and interactive lessons in schools to promote health and physical activities. To date, over 3000 children have benefited from the service, enjoying a variety of activities ranging from making smoothies with a visit from the smoothie bike, playing parachute games, fun and new playground activities and learning about hand-washing. For more details, contact the Elmbridge Borough Council's Assistant Health Development Officer on 01372 474638 or email leisure@elmbridge.gov.uk.

Emotional Health and Well-Being

The National Healthy Schools Programme has launched its **Anti-Bullying Guidance for Schools** to coincide with National Anti-Bullying Week (17- 21 November). As well as being available online, it will be distributed to all schools.

Produced in partnership with 11 MILLION, the organisation led by the Children's Commissioner for England, and supported by the Anti-Bullying Alliance, the Guidance will provide both primary and secondary schools with the tools and support they need to ensure that all children and young people feel safe in school, and can enjoy childhood free from bullying.

The Guidance for Schools draws together key evidence on anti-bullying practice including research by academics at the University of York con-

ducted for the Children's Commissioner for England. It also incorporates 'hands-on' practical advice, case studies and reflections from schools themselves, paying particular emphasis to the effectiveness of different anti-bullying approaches.

It will encourage all schools to address the issue as part of a

wider approach to improving the emotional health and well-being of children and young people, and will introduce a range of creative approaches for dealing with all forms of bullying, including cyber-bullying, as well as tools for tackling the fear and stigma surrounding being bullied.

New Anti-Bullying Guidance launched by the National Healthy Schools Programme. See www.healthyschools.gov.uk to download a copy.

Schools' news

Has your school got some news that you would like to feature in the newsletter? If so, please contact Joanna Feast (contact details on our website).

Congratulations to the following schools for recently achieving National Healthy Schools Status

St Nicholas, Merstham
 Prior Heath Infants
 Thorpe Infants
 St Giles Infants
 Horsell Village School
 Bramley Infants

REMIINDER

Submissions for Healthy Schools Status should be made on-line by Monday 9th February for consideration at the next Quality Assurance meeting. For help or further details please contact any member of the Healthy Schools team or Liz Griffiths liz.griffiths@vtplc.com.

Eco Schools at Polesden Lacey Infant School

We have had an exciting year working towards our silver Eco award and are now well on our way to achieving Green Flag status. Our projects have included saving water, recycling absolutely everything and saving energy. Our main project is gardening and the children are very proud when their vegetables have been served for school dinner.

Highlights of the year were when:

- Year Two carried out a water investigation, met with a plumber and the Governors and succeeded in getting the taps changed to a more eco-friendly design.
- We were nominated for Sustainable School of the Year by The WWF for our curriculum work on saving Polar Bears.
- We discovered we had used less paper and less electricity than the previous year.

We were shortlisted for the National Energy Efficiency Awards and were invited to a Gala dinner at the Globe Theatre on December 2nd, when we were awarded Highly Commended. The judges said that the school was 'punching above its weight for such a small school!' Next term, we are hoping to start to build a greenhouse from old plastic bottles, complete our sensory garden and improve our composting by using a wormery. The Green Team (12 Pupils) is going to participate in 'The Big Tidy Up' and clear litter from the local area.

The Hythe School Fruit Club Wins Awards

Our Year 6 Fruit Club team won THREE awards at the Speltshorne & Runnymede Education Business Partnership Awards Ceremony held recently. They received a trophy and a certificate for Best New Entrant, a trophy and a certificate for Best Display and a certificate for Encouraging and Achieving Outstanding Examples of Partnership between Education & Business for their work with Cousins, the Fruiters. They were also given three prizes of £50 each! The team is going to think hard about how they would like to spend this money as they want to do something that will benefit the whole school.

Jessie Barrington, Nicholas Liddell, Jessica Sallans, Megan Finnely and Thomas Dasseville all attended the award ceremony along with Christine Hancock and other members of staff and everyone there was extremely impressed by them. Megan said she really enjoyed the award ceremony, it was very exciting. Jessie and Jessica thought the buffet was fantastic especially "the chicken and the chocolate". Thomas told one of the judges that working with the Fruit Club had made him think he would like to be a chef. Nicholas wanted to thank everyone in Year 6 and the school for all their support for the Club.



Surrey Healthy Schools Programme

A joint partnership between VT Four S and Surrey PCT. More than 95% of schools nationally are now involved in the programme and over 60% of schools have achieved National Healthy Schools Status. This translates to around 3.7 million children and young people currently enjoying the benefits of attending a Healthy School.

Phone: 01372 834321

Fax: 01372 834000

Website: www.surreyhealthyschools.co.uk

Surrey Healthy Schools: Healthier Living and Learning



Healthy Schools

Healthier Living and Learning

VT
Education and Skills

Surrey **NHS**
Primary Care Trust

Training Opportunities



Supporting PSHE Education, Every Child Matters and Healthy Schools

PSHE and SEAL - Primary Network Meetings

A must for all PSHE leaders and a fantastic way of keeping up-to-date with all the latest developments in PSHE and SEAL. *Year-round, termly meetings, various venues, 4.15 - 5.45pm.* See www.vtfours.co.uk/courses.

Secondary PSHE Network Meetings

These termly network meetings provide support for colleagues in all aspects of co-ordination and delivery of PSHE Education. *Year-round, termly meetings, The Howard of Effingham School, Effingham, 4.15 - 5.45pm.* See www.vtfours.co.uk/courses.

Bespoke training offered by the Healthy Schools team (contact the team for more details)

PSHE Education: Personal, Social, Health and Economic Education guidance, PSHE CPD Programme for Teachers and Nurses, Citizenship.

Specialist support for Drug Education and/or Sex & Relationships Education in the following areas:

Policy development and revision; Best practice in delivering education; Parent information session; Governor responsibilities; One-to-one sessions for curriculum review; Active teaching and learning.

Meeting Pupils Needs: School councils are an excellent way to gauge pupil needs. Our team can help with a range of ways to promote and develop pupil voice, including: Pupil Consultation; Developing Peer Education within your School; Peer Mentoring; Healthy Eating, Assessment in PSHE; Supporting the Every Child Matters agenda.

Management Issues: Managing PSHE within your school can be made simpler and more effective by tailor-made support and training. We can offer PSHE Curriculum Review, How to be an effective manager of PSHE courses, Preparing for OfSTED - how PSHCE can support your SEF.

Emotional Health and Well-Being: Circle Time, SEAL (Social and Emotional Aspects of Learning - Primary and Secondary), Bereavement, Emotional Literacy, Staff Emotional Health and Well-Being.