

Welcome to this edition of the Surrey Healthy Schools Newsletter, the final issue of this academic year. We hope you have had a successful year and are looking forward to a relaxing holiday.

See you in September!

The Surrey Healthy Schools Team

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# Surrey Healthy Schools Programme

SURREY HEALTHY  
SCHOOLS NEWSLETTER

JULY 2009

## Changes to Healthy Schools

As you may have already heard, the National Healthy Schools Programme is changing.

This will mean that some schools will now be ready to go through the new 'revalidation' process.

The current revalidation process has been suspended; therefore, don't worry if your school's Healthy Schools status runs out at the end of this year (2009). The Surrey Healthy Schools team will be in touch with your school to let you know

what to do. If your school is eligible to go through the new process, you will receive an invitation to attend a briefing in November. If you don't receive an invitation next term, you don't need to do anything for the time being.

Remember that there is no rush to do anything at the moment. If you would like to prepare for the coming months, your school can do the following:

1. Make sure that your online account is ac-

tive and you know your username and password. Go to [www.healthyschools.gov.uk](http://www.healthyschools.gov.uk). This is where you log in, check your forgotten password or register as a new user.

2. Check your online audit is up-to-date. Make sure that all the developments you have made since you last achieved status are noted down here.
3. Attend our various training sessions that are coming up next term to keep abreast of developments.

## Sun Safety

It's great to be able to enjoy the sunshine at this time of year and therefore it's important to remember to be safe in the sun.

Cancer Research UK runs SunSmart—a campaign to promote sun safety. Schools have a particularly important role to play in promoting sun safety. School pupils are often outside at lunchtime when the sun is strongest, so it's important to of-

fer sun protection in the summer term.

Schools can become more SunSmart in a variety of ways:

- Develop a school sun protection policy
- Incorporate sun protection messages into the curriculum
- Make sure that sufficient shade is provided on school grounds

- Ensure parents and carers are aware of sun safety
- Organise a SunSmart Sports Day, or plan for next year's.

For more information, see <http://info.cancerresearchuk.org/healthyliving/sunsmart>

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



## PSHE Education

### Take part in the government consultation on PSHE education

The government consultation on the proposed changes to PSHE education is now underway and QCA is urging all those involved in teaching or learning the subject at both primary and secondary level to take part.

Following Sir Alasdair Macdonald's report, it is pro-

posed that PSHE education is made a statutory part of the curriculum from 2011, as part of the new area of learning Understanding Physical Development, Health and Wellbeing at primary, and as the two programmes of study Economic wellbeing and financial capability and Personal wellbeing at secondary.

See [www.pshe-association.org.uk/news\\_and\\_events/](http://www.pshe-association.org.uk/news_and_events/)

[consultation\\_on\\_pshe\\_education.aspx](http://www.pshe-association.org.uk/news_and_events/consultation_on_pshe_education.aspx)

Please take part for your views to be heard - the consultation closes at 5pm on 24<sup>th</sup> July.

PSHE Association

## Healthy Eating

### British Food Fortnight Put the Ooo back into food

The eighth British Food Fortnight runs from 19<sup>th</sup> September to 4<sup>th</sup> October when schools are again being invited to teach young people about the diverse and delicious range of food available, the pleasures and health benefits of eating quality, fresh, seasonal and regionally-distinct produce and how to cook it.

British Food Fortnight has again teamed up with the Department of Health's 5 A DAY - Just Eat More (fruit & veg) programme to encourage schools, teachers, parents and carers to support children's understanding

about the importance and health benefits of eating a variety of at least 5 portions of fruit and veg every day.

**Secondary schools** - use British Food Fortnight as an opportunity to get ready for the move towards compulsory food technology in 2011!

**Primary schools** - use the event to make sure that food stays on the curriculum in your school. It is the best way to guarantee the healthy well-being of your pupils!

See <http://lovebritishfood.co.uk/blogcategory/teachers-take-part/> for more information.

### Eating Disorder Awareness Training

Free workshops at a time to suit your school. These hour-long sessions have been developed for school staff and are delivered by registered dietitians who have worked in this field for over 15 years.

The workshop aims to:

- Increase awareness and knowledge
- Develop a greater understanding of how to deal with a pupil with an eating disorder
- Promote ways to improve self-esteem
- Encourage staff to promote healthy food choices as part of a balanced diet.

Contact

[Maggie.simkins@surreypct.nhs.uk](mailto:Maggie.simkins@surreypct.nhs.uk) or phone 01372 201612 for more details.

# Physical Activity

## Change 4 Life Schools Pack

The materials in this pack make it easy for you and your school to start getting involved in Change4Life and to extend your Healthy Schools approach by encouraging parents/carers to think about their family's own diet and activity habits. There are also materials that you could



display around your school to spread the message that you are supporting the campaign.

Schools that are already participating in the National Healthy Schools Programme (97% of all schools) will already have many things in place which will support the Change4Life key message about eating well, moving more and living longer. Change4Life is an opportunity to extend your



Healthy Schools approach, by reassuring families that your school is supporting their children in line with advice and guidance from the Change4Life campaign and the School Food Trust's Million Meals campaign. The high public awareness of Change4Life may help stimulate discussions and activities in the classroom about healthier eating choices and being more active.

For more information, see [www.nhs.uk/change4life/Pages/PartnersC4LSchoolsToolkit.aspx](http://www.nhs.uk/change4life/Pages/PartnersC4LSchoolsToolkit.aspx)

# Emotional Health and Well-Being

## Surrey Young Carers

Would you like to have a teaching resource that assists your students in understanding:

- Disability
- Health problems (including mental illness)
- Alcohol and drug addiction
- And caring for a member of the family with any of the above?

Surrey Young Carers can provide you with an easy-to-use resource pack of assembly and lesson material for KS2, consisting of the animated film, "Different... But Normal" on DVD, a book and a CD-ROM.

In addition to the overall benefits for all of your students, utilising this pack enables discussion that assists staff in identifying and supporting those children directly affected by these issues (there are at least 3000

all over Surrey). This, in turn, can assist your school in gathering the information on young carers that is now requested by OfSTED.

To arrange an appointment with your local Young Carers School Worker to discuss how we can help your school with these students, and to receive a free copy of the resource pack, please call Patrick Buckingham on 01483 457008 or e-mail on [patrick.syc@actionforcarers.org.uk](mailto:patrick.syc@actionforcarers.org.uk).



## Anti-Bullying Week 2009

This year Anti-Bullying Week will be 16-20 November, and the theme is **Cyberbullying**.

The [Anti-Bullying Alliance](http://www.anti-bullyingalliance.org.uk) will be using a 'fuzzy' (logo bug) to spread awareness of cyberbullying, and are running two competitions to help design the 'fuzzy'.

Key Stage 2 children are invited to come up with a design and colour scheme for the 'fuzzy', and Key Stage 3 and 4 pupils are being asked to think of a catchy slogan to help raise awareness of cyberbullying. The tasks present an opportunity to talk about the issues. The best designs will be used in Anti-Bullying Week and the winning school will get 500 free fuzzies.

Both competitions are open until 5pm on **July 20 2009**.

See [www.anti-bullyingalliance.org.uk/Page.asp](http://www.anti-bullyingalliance.org.uk/Page.asp) for more information on the competitions.

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).

## Schools' news

### Case study - an example of good practice in PSHE

#### Sex and Year Six! Hammond Junior School

When I first taught sex education, some 20 years ago, I was six months pregnant and the only resource I had (apart from the obvious visual bump and my blushes), was a book! SRE has come a long way since then.

At Hammond Junior, we have tried and tested various resources over the years and found that the most successful for us are the Channel 4's DVD "Living and Growing" combined with an anonymous questions box; a question and answer session with our school nurse; various books and booklets collected over the years and open, honest discussion using clear ground rules. All of which have been developed from attending various excellent Healthy Schools and CPD for PHSE training sessions. We invite parents and carers in to explain our aims and to show them the resources we use.

We also make use of the Ride resources; Will Power booklets from the Children's Safety Education Foundation and Channel 4's videos to cover aspects of drug education and peer pressure.

We feel it is important to have strong, personal relationships with our children before we embark on these topics, which is why, in Year 6, we do the bulk of SRE and drug education in the summer term.

PSHE can be a difficult subject to teach so above all else you should feel comfortable with the resources you use and know your children well, ready for the inevitable tricky questions!

*Karen Whitty is a Year 6 teacher at Hammond Junior School and is a specialist in PSHE Education.*

Date for your diary

**SRE Conference for all schools on 12th  
November 2009**

**Details to be  
confirmed in future newsletters**

## **Surrey Healthy Schools Programme**

A joint partnership between VT Four S and Surrey PCT. In Surrey, 98% of schools are now involved in the Programme and 75% of schools have achieved National Healthy Schools Status.

Phone: 01372 834321

Fax: 01372 834000

Website: [www.surreyhealthyschools.co.uk](http://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

See [www.vtfours.co.uk/cpdonline](http://www.vtfours.co.uk/cpdonline) for all courses featured here.

### 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.*

#### **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.*

#### **How To Be an Effective PSHE and Citizenship Subject Leader**

This course is a must for all new coordinators of PSHCE and also an effective way for existing PSHCE leads to reflect upon their current practice with a fresh perspective. This popular course will enable participants to explore key issues around effective leadership and coordination of PSHE and citizenship. Participants will consider the ethos of PSHCE along with how to develop coordinated, comprehensive and progressive PSHE and citizenship programmes involving the whole school community. A great place to find out about resources and supportive materials, and to network with other PSHE coordinators. This course will be of benefit to teachers new to the co-ordination of PSHCE; it would also act as a refresher to PSHCE co-ordinators who have been in the role for several years.

*Thursday 1st October 2009, Ramada Jarvis East Horsley, 9.30am–3.30pm.*