

WELCOME to the latest news from the Surrey Healthy Schools team. This issue contains information on all criteria of the Programme, as well as new initiatives, courses and up-to-date research. If you would like to get in touch, find our contact details on the website: www.surreyhealthyschools.co.uk.

PSHE

PSHE Certification Programme

This programme of continuing professional development (CPD) has been running for four years and has provided nearly 5,000 teachers across the country with an opportunity to gain recognition of their experience in teaching personal, social and health education (PSHE) and to enhance their professional development. The aims of the programme are to **improve the confidence and effectiveness** of teachers delivering PSHE and to raise the profile of this extremely important curriculum area.

The course runs for up to 12 months and, during that period, you will be offered approximately 3½ days' training and termly twilights. **The programme is fully-funded, including supply cover.** The course is suitable for all teachers at any stage of their career and can be used as part of your continued professional development and to support an application for DFES Threshold Assessment. Contact vivian.stacey@vtplc.com for more details.

Sign up now for September 2007!

Positive guidance for PSHE

An excellent new document, 'Positive Guidance on Aspects of PSHE' has recently been published by the NCB. It has been funded by the Home Office, whose Drug Education Research Programme, *Blueprint*, had found that teachers needed more support in delivering PSHE. Download your copy from the Surrey Healthy Schools website (follow the link from the 'Working Through the Scheme' page for PSHE).

Sex and Relationships Education

The Sex Education Forum has recently published a new fact sheet entitled 'Addressing healthy relationships and sexual exploitation within PSHE in schools'. It is designed to help teachers at Key Stages 3 and 4 to plan and deliver effective education on reducing the risk of sexual exploitation, and was commissioned by the Home Office to support sex and relationships education within PSHE. For details, see www.ncb.org.uk and follow links to the Sex Education Forum.

Drug and Alcohol Education

Tobacco Challenge and **Alcohol Challenge** CD ROMs provide young people from 7 to 16 with information about the damaging effects of tobacco, and the dangers associated with drinking alcohol (especially binge drinking). Each CD ROM has a specific programme for primary- and secondary-aged pupils, and also includes teacher's resources. Both CD ROMs have been used in thousands of schools with resounding feedback from teachers, pupils, parents/carers, health professionals and youth workers. For further details, visit the website at www.schoolhealth.co.uk, by phone on 01253 820458, fax on 01253 826681, or email wrightype.design@btinternet.com.

Healthy Eating

Food Awareness Week

Following the success of last year's campaign, Food Awareness Week will be running again, from **11th to 15th June 2007**. You are invited to participate again so that Surrey's Food Awareness Week will be bigger and better than last year!

Key messages of Food Awareness Week

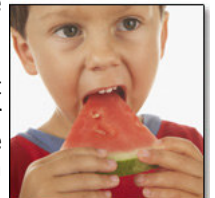


1. *To eat at least five portions of fruit and vegetables every day*
2. *To introduce the concept of a balanced diet using the Balance of Good Health*
3. *To have at least an hour of physical activity every day*

Last year, over 240 schools took part in Food Awareness Week 2006 and many gave feedback about what made their Week successful. The overwhelming response was that FAW worked best when a whole-school approach was promoted – so try to get as many people involved as possible.

Many of you will already have a FAW pack from last year (CD-ROM version). If not, the pack can be downloaded from the Surrey Healthy Schools website. Follow the link to get your copy: www.surreyhealthyschools.co.uk/downloads/LoResFoodAwarenessWeekPack.pdf.

If you are planning an event during Food Awareness Week, we would love to hear about it and may be able to visit your school during the week. If you are in the NW or NE of Surrey, please let Joanna Feast (joanna.feast@vtplc.com) know your plans, thoughts and ideas; if you are in the SW or SE of Surrey, please contact Diana Hansford (diana.hansford@vtplc.com).



For more information, look out for the Food Awareness Week special bulletin in your school.

School Fruit and Vegetable Scheme

The SFVS continues to run successfully in Surrey and thousands of KS1 children enjoy their free fruit and vegetables every day. Just a quick reminder about any leftover fruit and vegetables you may have. Schools should not be selling the free fruit and vegetables. They can be given away to anyone in school (including KS2 children, parents and staff) but must not be sold.



Physical Activity

Skipping Workshop

'Jump Rope for Heart' Workshop on 26th April 2007.

4.30pm to 6.30pm at the Ashcombe School, Ashcombe Road, Dorking, Surrey, RH4 1LY.

Jump Rope for Heart is the British Heart Foundation's popular sponsored skipping scheme, which raises money both for heart research and your school or club.



The Workshop is aimed at primary and secondary school teachers and group leaders who are keen to improve their skipping skills and learn how to develop a skipping programme as part of the National Curriculum, which could then lead to raising funds for their school/club and for much needed heart research and patient support.

The British Heart Foundation Jump Rope Co-ordinator from Loughborough University will be taking the session and will demonstrate the potential of skipping as an enjoyable and challenging way to maintain and improve cardiovascular health as well as its links with the National Curriculum. Freebies on offer for schools that can do some fundraising! Interested? Contact Barry Phillips, PO Box 651, East Grinstead, RH19 4WZ. 01342 301785, email phillipsb@bhf.org.uk.

Surrey on the MEND!

Active Surrey Sports Partnership and Surrey PCT have become partners in the Big Lottery Funded initiative 'England on the MEND'. This £8 million project tackles the problems associated with children who are overweight, or obese, through an active and fun programme.

The new MEND Programme helps local children and families become fitter, healthier and happier, and participate in fun activities to improve cardiovascular fitness, exercise tolerance, nutrition and self-esteem. After running a successful pilot project in North Guildford, 24 MEND courses will be rolled out across the boroughs of Surrey. The programme's ultimate objective is to make a meaningful and sustained impact on the physical, psychological and social well-being of children and families.

Children participating on the pilot MEND Programme in Guildford really enjoyed themselves: "I have learnt a lot so far at MEND, all about what foods are good for us to eat and what we should be careful not to eat too much of, which is quite hard sometimes, but all my family are doing the programme together so it makes it a bit easier." For further information about the MEND programmes running in Surrey, please contact Philippa Evans, Sport and Health Development Officer on 01483 518946 or philippa.evans@surreycc.gov.uk.

Emotional Health and Well-Being

'Chill Out' with Feeling Good Week

Surrey CAMHS (Child and Adolescent Mental Health Services) gears up for Feeling Good Week 2007.

This year's theme, 'Chill Out', explores how learning to relax can enable children and young people to manage their emotions. This spring, each school in Surrey will receive a resource pack filled with activity ideas, information and guidance around the theme and mental health in general. The pack also includes a grant application form to help fund sustainable and one-off activities aimed at developing emotional literacy. The pack and grant application can be downloaded at www.surrey-camhs.org.uk.

Schools and organisations working with children or young people in Surrey are all invited to take part in Feeling Good Week, which runs from **2nd to 6th July**. The work undertaken during the week can help schools meet new government targets and highlight important mental health issues. For more information about Feeling Good Week or CAMHS in your area, visit the website or call 020 8541 9543.



Bullying

A study by York St John University on 'cyber-bullying' found that bullies are using video iPods and social networking sites, such as MySpace and Bebo, to bully their victims. A survey of 15,227 children aged 11 to 13 found 15 per cent had received threatening or nasty text messages and e-mails and that girls were twice as likely to be affected by cyber-bullying than boys - 20 per cent of girls reported being bullied in this way compared to ten per cent of boys. The research, led by Nathalie Noret, was presented at the British Psychological Society conference in York. She told the conference: 'What we have found is traditional bullying is moving out of the playground and off the school bus and being played out at home...



Parents need to be aware this is happening, and children need to know that if they are receiving these messages they should talk to people'. The most common form of text message bullying was appearance-related name-calling, followed by homophobic insults.



Secondary PSHE Leaders Network Meetings

The all-new series of PSHE Leaders Network Meetings for Secondary practitioners is a fantastic opportunity to network with other colleagues. The first session provided teachers with some of the **latest PSHE updates**, along with the Understanding Drugs pack (KS3). All future network meeting will give you ideas, tips and resources to support you in the delivery of PSHE in your school. Meetings are held termly at The Howard of Effingham School, Leatherhead, from 4.15pm-5.45pm and cost £20 per meeting (for Surrey-maintained schools). Dates for the coming year are as follows:

1. Tuesday 19th June 2007

2. Tuesday 16th October 2007

Primary PSHE Network Meetings

These networks continue to offer excellent support to anyone teaching PSHE, SEAL or any health-related topic.

For more information, and to book a place on the Primary or Secondary Networks, see the course bookings website: www2.fours.co.uk/courses