

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

Has your school got some news that you would like to share with others across the county? If so, please get in touch via our website to feature in future issues of the newsletter.

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# Surrey Healthy Schools Programme

SURREY HEALTHY  
SCHOOLS NEWSLETTER

MARCH 2009

## Changes to the Healthy Schools Programme

As many of you will know, the Healthy Schools Programme is changing. At present, final decisions about the 'revalidation' process are yet to be made by the national team.

Importantly for schools, the 'revalidation' process has been suspended until September 2009. Therefore, if your school has had Healthy Schools status for more than 24 months, you may want to start reviewing the progress your school has made since achieving status.

All schools will need to use the national Healthy Schools website to update their progress. Here you will find an

online audit that will need to be completed or updated. Feel free to have a paper copy of the audit as well if you prefer, but make sure that you use the online audit.

### What do I do now?

Visit the website: [www.healthyschools.gov.uk](http://www.healthyschools.gov.uk). You will need your username and password. Once you have logged in, the first page you will see is the Schools Summary page which shows your progress to date. To record your information, simply select the Theme you wish to work on.

You can record notes on each criterion if you wish. Simply select the theme then crite-

ria, then click the notes tab and type in your notes. Remember to click on the 'save' button. This is a free format field and once saved can be viewed on the School Summary page of the site. These notes can only be viewed by your schools.

You can record actions to be taken on each criterion if you wish. Simply select the theme then criteria, then click the 'actions' tab and type in your requirements. Remember to click on the 'save' button.

Some schools have already done this, while others are yet to start. If you would like any assistance, contact the Surrey Healthy Schools team.

## Healthy Schools Training

Everything you need to know about Healthy Schools in one place! This two-day training event is the perfect venue to find out about how to support your school's developments in PSHE (including Sex and Relationships and Drug Education), Healthy Eating, Physical Activity and Emotional Health and Well-being.

Hear Surrey Healthy Schools Programme co-ordinators speak about national and

regional successes and developments, and take part in helpful and informative activities. Discover how Healthy Schools aligns with other national initiatives and how they can combine to support each other. A packed, informative and inspiring event.

This free training is aimed at schools that have not yet registered with the National Healthy Schools Programme or have not updated to the

current National Healthy Schools Status. It is also suitable for schools where there has been a change in Healthy Schools coordinator or where Healthy Schools needs re-focusing.

**Dates:** Thursday 18th and Friday 19th June

**Time:** 9.30am-3.30pm

**Venue:** Manor House Hotel Guildford.

See [www.vtfours.co.uk/courses](http://www.vtfours.co.uk/courses) for more details.

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.

Sign up for your free Food Awareness Week pack.

## PSHE Education

### Design a Strapline

The Surrey Teenage Pregnancy Partnership Board in partnership with the DAAT (Surrey Drugs and Alcohol Action Team) are launching a competition for young people, up to the age of 18, to design a strap line or strap lines about risk taking behaviour.

Strap lines should be designed to help young people think about the consequences of risk taking be-

haviour: unprotected sex and drug and alcohol use. It is hoped that some of the winning entries will be used for work with young people on the consequences of teenage pregnancy and drug and alcohol use.

There will be 3 prizes, each of £30 vouchers, awarded for the best entries.

Entries should be sent to: Helen Castledine, Public Health Lead, NHS Surrey, Pascal Place, Randalls Busi-

ness Park, Randalls Way, Leatherhead Surrey KT22 7TW.

Telephone: 01372 201625  
or Email: [Helen.Castledine@surreypublic.nhs.uk](mailto:Helen.Castledine@surreypublic.nhs.uk).

The deadlines for entries is Friday 3rd April 2009 and entries will be judged by representatives of the Teenage Pregnancy Partnership Board and Surrey Drugs and Alcohol Action team.

## Healthy Eating

### Food Awareness Week 2009

Food Awareness Week (FAW) is a campaign designed to promote healthy eating and active lifestyles and supports the 'healthy eating' and 'physical activity' components of the National Healthy Schools Programme.

Following the great success of Food Awareness Week 2008, it will run again from 15<sup>th</sup>- 19<sup>th</sup> June 2009 (although schools can choose an alternative week to suit them). The packs are being updated and, along with free vegetable seeds, will be sent to all schools that register.

The focus for this years' FAW will be to support the national Change 4 Life campaign [www.nhs.uk/change4life](http://www.nhs.uk/change4life) rolled out this January with the aim of reversing the rising tide of childhood obesity. It is ex-

pected that many parents and children will have already come in to contact with the Change 4 Life campaign via the extensive advertising and media coverage achieved since January and it is the intention that FAW will be able to reinforce this message in schools.

The aim for FAW will be for schools to run a practical food-related activity week using the free Food Awareness Week pack, Change 4 Life and Million Meals resources and, where possible, be assisted in this by help from health-related organisations.

#### What you need to do?

To register your school for Food Awareness Week (FAW), email [Diana.hansford@vtplc.com](mailto:Diana.hansford@vtplc.com) with your school name and FAW contact (phone number and email address); make sure you write 'FAW registration' in the subject

line. You will be sent your updated FAW pack and vegetable seeds in early May.

### Million Meals - New Resources

Million Meals, the national campaign from the School Food Trust, which aims to get a million more school children eating school meals by 2010, now has over 4,200 schools signed up to the campaign. If you are not one of the 75 Surrey Schools signed up then you can join at [www.schoolfoodtrust.org.uk/millionmeals](http://www.schoolfoodtrust.org.uk/millionmeals).

Schools that sign up to the campaign get access to a range of fantastic resources that can help them improve their meal service and increase take up. It takes less than 2 minutes to sign up. Latest resources: 'Work up an appetite for change' and 'Be creative: think outside the (lunch) box'.

# Physical Activity

## Staff Physical Activity

In order to achieve Healthy Schools status, all schools need to have a Physical Activity policy. The Healthy Schools criteria sets out requirements for encouraging and promoting at least 2 hours of high quality physical activity for every child. However, what about staff physical activity? For general health benefit, adults should achieve a total of at least 30 minutes a day of at least mod-

erate intensity physical activity on 5 or more days of the week. The 30 minutes of physical activity can be achieved either by doing all the daily activity in one session, or through several shorter bouts of activity of 10 minutes or more.

Any activity during leisure, working or travel counts. Physical activity includes activities such as walking, housework, cycling, gardening, dancing and housework, as well as participation in sport and formal exercise. However, only 3 out of 10

people in England participate in the minimum levels of activity necessary to promote health.

The workplace is an important setting in which people can increase their levels of activity to benefit their health and protect against illness.

For more inspiration about how to get your school's staff more physically active, see [www.bhf.org.uk/thinkfit/index\\_home.asp?SecID=1590](http://www.bhf.org.uk/thinkfit/index_home.asp?SecID=1590).

# Emotional Health and Well-Being

In a world where 77 countries punish women, men and children because of their sexuality, an **International Day Against Homophobia and Transphobia** (IDAHO) provides a platform for everyone to make a powerful statement to demand improvements for peoples quality of life, overseas and in the UK.

On 17th May 1990 the World Health Organisation removed homosexuality from their list of mental disorders. Now IDAHO exists to provoke action to end homophobia.

Throughout history and in a large part of the world today, LGBT have been under attack with constant pressure to remain "closeted" and removed from mainstream society. Every living person has a sexuality and this is part of who we are as individuals. Activities and events

that help raise the profile of the existence of the UK and global LGBT community also help to demonstrate that sexuality does not make you less of a person.

## International Day Against Homophobia and Transphobia

**Date:** 17th May 2009, 4pm onwards.

**Venue:** Oatlands Park Hotel, Weybridge, Surrey.

## SEAD: Social and Emotional Aspects of Development

The SEAL resources for early years foundation stage have been updated. SEAL provides guidance about how PSED can be supported and developed within the school. It provides some specific examples about how a school can help children who are ready for a more structured approach develop social and emotional skills through planned learning opportunities, inside and outside the classroom. The red booklets targeted at reception classes and older nursery children have been revised in line with the EYFS but remain essentially unchanged. Order your free copy at <http://nationalstrategies.standards.dcsf.gov.uk/node/162873>



Surrey Child and Adolescent  
Mental Health Services

## Feeling Good Week 6-10 July 2009

Now in its sixth year, FGW aims to raise awareness of emotional health issues with children, young people, parents, carers and teachers. During the week everyone can get involved and feel good. Each year FGW has a theme; this year's is **time out**, which focuses on the importance of taking time out to do things for ourselves and others.

The FGW 2009 pack will be available shortly. Contact [Emma.harris@surreycc.gov.uk](mailto:Emma.harris@surreycc.gov.uk) for more details.

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

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

Laleham Primary School

Starhurst School

Meath Green Junior School

Stepgates Community School

Salesian School

St Peter's CofE Primary School, Farnham

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

#### Developing SRE at West Ewell Infant School - Monica Paines

We were in our fourth term of working towards becoming a Healthy School and it was time to focus on SRE. I had purposely left this one towards the end because I knew that I wanted quite a drastic change. At the time the only SRE within the school was an occasional lesson on labelling your head, shoulders, knees and toes. And in circle time we talked about being a good friend. Luckily I was able to attend an SRE workshop and this gave me the fuel and information I needed to make changes.

The first thing we did was as a staff group we thought about what SRE meant to us. We laid down what we thought was acceptable for infant children to know. Then we began talking about the naming of body parts, should we/shouldn't we use them? So just out of curiosity I brought a diagram for us to label - one of a male and one of a female.

All 14 teachers in the staffroom were deathly quiet. A rare occasion! After the shock, there was laughter, general hubbub and eventually we began to label the parts. 14 teachers in the staffroom and no one could agree on body parts. No wonder we are too afraid to talk about SRE - we didn't even know our own bodies! From here we developed a scheme of work that was to include the naming of body parts as well as lessons about appropriate touching and relationships. All for 3 - 7-year-olds!

There were many interesting conversations at that time and I am sure that there would have been a few eyebrows raised if outsiders looking in heard them. One thing stood out though - and that was the children. They were not bothered in the slightest. In their conversations they did not use the words but when someone had to talk about where exactly they had been hurt it gave a common language that we could use. The whole school used the terminology as well as what the children referred to we just slip in the odd 'correct' term - just as we would correct a grammatical error. It may not have been right but at least we were talking about it! Not just hiding our heads in the sand hoping that SRE would be dealt with at junior school!

Then suddenly it was my turn to actually teach the discrete lesson. I was not going to wimp out. I had to put my money where my mouth was. So I dived in, dolls and all. Not a problem. The children didn't even laugh! They were so taken by the knowledge that parts of their bodies had 'professional' names they couldn't get over it. The next day when I asked for parental feedback, as part of our policy, one mum said:

"Yes. Well, I, er, asked what she learned yesterday. And she said - 'Oh nothing much. You know, the usual.' The usual? I asked. 'Yes, you know about peanuts.' Peanuts? I said. You learned about peanuts? 'Yes, she said to me. We learned about peanuts and chinas.'"

Had it been a success? Well, I am not sure. I think there is still a long way to go before many people feel totally confident talking to children about delicate matters. What I think it did was open up the conversation and debate. Some teachers at school still feel that some children are too young to be introduced to such words or have dedicated time to think about what is right or wrong in a relationship. But I just always think that maybe, just maybe, something like SRE might actually stop one child from being abused - and if I have to bandy the word 'china' about a bit more - well, that's fine.

*Monica Paines used to teach at West Ewell; she is now deputy head teacher at Long Ditton Infant and Nursery School. She has successfully completed the PSHE CPD Programme and is a link teacher for the Healthy Schools Programme and PSHE in Surrey. For details about the PSHE CPD Programme, see page 5.*

## Surrey Healthy Schools Programme

A joint partnership between VT Four S and Surrey PCT. In Surrey, 97% of schools are now involved in the Programme and 73% 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/courses](http://www.vtfours.co.uk/courses) 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.*

#### Refreshing SEAL for Phase 3 and 4 Schools (Primary)

This course is for SEAL coordinators from Phase 3 and 4 primary schools. It is designed for staff members who have been implementing SEAL for at least 2 terms and would like to refresh their enthusiasm, update their knowledge and discover innovative ways to continue working with the SEAL resources. *8th June OR 26th June, 9.30am-3.30pm, The Talbot Inn, Woking. (Code: 09T/7815 or 09T/7836)*

#### Assessment in PSHE (Primary)

This course will give participants the opportunity to explore and analyse the theory, current QCA guidance, end of Key Stage statements and Ofsted findings and recommendations to support effective assessment in PSHE. The day will be lively, informative and is based on best practice. Assessment methods used will be interactive and accessible for both pupils and teachers and will enhance the existing PSHE curriculum. *11th June 2009, 9.30am-3.30pm, Four S Development Centre Cobham.*

#### Writing and Developing Sex and Relationship and Drug Education Policies (all schools)

This course will help delegates explore the need to have up-to-date SRE and Drug Education Policies which address both curriculum and management issues. *2nd July, 9.30am-3.30pm, Reigate Baptist Church. (Code: 09T/7557)*

#### PSHE Education for the Form Tutor (Secondary)

This course combines the theory behind PSHE Education with interesting and engaging activities to support delegates in the delivery of high quality PSHE Education lessons. It looks at the components which make up PSHE Education and examines their meaning for schools and pupils. The course will share a variety of activities with delegates and will support them in adapting them to suit a range of pupils and topics. *3rd July, 9.30am-3.30pm, Four S Development Centre Cobham. (09T/7468)*

### Statutory PSHE education by 2011: What is your school doing to prepare for this?

#### PSHE CPD Programme

The key to success is to ensure dynamic leadership and effective teaching and learning in PSHE education. The National PSHE CPD Programme can support schools through a local training programme which focuses on Policy development, Effective teaching and learning and Effective partnerships in PSHE education. Plus the opportunity to develop confidence in a chosen specialism of either: sex and relationship education; drug education; emotional health and wellbeing or economic wellbeing and financial capability.

This national programme is funded by the DCSF, delivered locally and accredited by Roehampton University, London. For more information and to register your interest in the local programme starting September 2009 please e-mail [vivian.stacey@vtplc.com](mailto:vivian.stacey@vtplc.com). Please note: applications cannot be completed via the course bookings website.