



WELCOME to the latest issue of the Surrey Healthy Schools newsletter. If you would like to get in touch with any of the team, find our contact details on the website: www.surreyhealthyschools.co.uk. We can offer training, development ideas and support for pupils and staff in all schools across Surrey.

PSHE

PSHE CPD 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 their 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!

PSHE Subject Association

The PSHE Subject Association is committed to helping teachers and other PSHE professionals to better plan, manage, deliver, evaluate and monitor PSHE provision, raising its status and quality and increasing its impact on, and relevance to, learners in the 21st century. It aims to work closely with members, developing effective practice, representing views to relevant bodies and the media and influencing policy and perceptions of PSHE. See the website at www.pshe-association.org.uk.

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! Download the **FREE** Food Awareness Week pack from the Healthy Schools website. Go to www.surreyhealthyschools.co.uk and click on 'Working Through the Scheme'. You'll find the pack, plus lots of other updated resources (assemblies, lesson plans and certificate) in the Healthy Eating section.

Laughing Fit!

Leicestershire Nutrition and Dietetic Service worked with Leicester Comedy Festival Ltd to lead workshops with young people focusing on the subject of healthy eating & exercise. A short **DVD and education pack** have been designed to assist teachers and health professionals with their health education work with young children. The film covers:

- the importance of a balanced diet
- the 5 major food groups
- the importance of regular exercise
- the value of nutrients
- making positive decisions for a healthy lifestyle

For ordering and information, contact Fran Andrews: fran.andrews@lnds.nhs.uk; 0116 272 7200

SURREY HEALTHY SCHOOLS CELEBRATION EVENT

Thursday 12th July 2007, 2pm - 4pm, Denbies Wine Estate, Dorking

All schools that have achieved National Healthy Schools Status (NHSS) are invited to join the Surrey Healthy Schools team for an afternoon of celebrations to mark your success in becoming a Healthy School!

To arrange your free place (one per school), contact Vivian Stacey on 01372 834321 or vivian.stacey@vtplc.com

Physical Activity

Healthy Elmbridge Schools

Are you an **Elmbridge school** looking for help and ideas for healthy lessons? Elmbridge Borough Council (EBC) may have just the thing for you. EBC's Health Development Team is offering Elmbridge schools the opportunity to benefit from healthy eating and physical activity lessons. The lessons are provided free of charge through Sport England's Active England funding. With lessons delivered by qualified staff, school groups can benefit from a wide range of activities, from an assembly for the whole school to individual lessons focussing on eating a balanced diet or getting active with games and walking.

All lessons are linked to the National Curriculum and can help schools working towards achieving the Healthy Schools status. Nearly 2000 Elmbridge school children have already benefited from the service, enjoying a variety of activities ranging from making smoothies to walking.

A box of healthy resources is available on short-term loan to the school to support health activities. If you would like further information or would like to book a healthy session, please call Victoria Heald, Assistant Health Development Officer, on 01372 474638, or email vheald@elmbridge.gov.uk.

Yoga for Children

YogaBugs classes are designed for children aged two-and-a-half to seven years old. The children are led through creative stories and exciting adventures that stimulate their imagination and help to maintain their natural flexibility. Whilst enjoying a variety of safe postures, the children sing songs, play games and work together. The stories involve a wonderful combination of stretches, back arches, twists and balances; these combine to support and strengthen children, not only physically but also mentally, by building confidence in themselves, improving their concentration and helping them to sleep better.

Visit the website to find out more (www.yogabugs.com) or contact Hayley Chalwin on 0772 540 2650.



Emotional Health and Well-Being

Social and Emotional Aspects of Learning (SEAL)

Phase 3 training and support for primary schools

Schools that have not engaged with either Phase 1 or 2 are able to participate in Phase 3, which will enable schools to implement SEAL independently. What's on offer?

1. A briefing session to explore strategies for whole-school implementation of SEAL and to share good practice
 - Wednesday 20th June 2007, 1.30-4.30pm, Manor House Hotel
 - Thursday 21st June 2007, 1.30-4.30pm, Royal Alexander and Albert School (Ballroom Suite)
2. Network meetings (2 per term, starting in the autumn term 2007) to support the ongoing implementation of SEAL and to share good practice
3. A pack of resources for schools to use independently

Contact Joanna Feast for more details and to apply for a place at a briefing session: phone 07702 670413; e-mail joanna.feast@vtplc.com.

NSPCC Campaign

New awareness campaign from NSPCC—Don't Hide It!



Launched on 11th May 2007, the new campaign seeks to empower 11-16-year-olds to speak out about all forms of child abuse and neglect and also bullying. The campaign is preventive in that it encourages all young people to understand what child abuse is and how they can help ensure their safety. A special microsite called www.donthideit.com has been set up which young people can access. The site will not encourage disclosures but rather encourage young people to call ChildLine.

'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. The free pack and grant application can be downloaded at www.surrey-camhs.org.uk.



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 forthcoming session will **focus on emotional health and well-being**, and colleagues from CAMHS will be giving vital input. All future network meetings 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