

Welcome to this **SPECIAL** edition of the Surrey Healthy Schools Newsletter, which focuses on training opportunities. There is a range of courses available, from Healthy Schools Programme updates, to PSHE, to SEAL. Come along to one (or more!) of them to update your professional knowledge and skills.

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# Surrey Healthy Schools Programme

**SPECIAL EDITION  
ON TRAINING**

MAY 2009

## National PSHE CPD Programme

Accredited training in PSHE for Primary and Secondary Teachers of PSHE: prepare for statutory PSHE!

The DCSF PSHE CPD Programme is a government-funded programme for all those who teach PSHE. It enables teachers to take part in an accredited programme run in partnership with the DCSF, VT Four S and Roehampton University. Over 80 Surrey teachers have already gained this qualification and it has been widely acclaimed as an excellent opportunity to enhance the quality of teaching and learning in PSHE Education in schools.

Teachers are invited to collect evidence to demonstrate their skills and experience against a set of national standards for:

- Managing Teaching and Learning in PSHE
- Knowledge and Understanding and its Application in the Teaching of SRE, Drug Education, Emotional Health and Well-Being or Economic Well-Being & Financial Capability.

This programme is aimed at all who have experience of teaching PSHE in schools or other settings. It will enable teachers to develop their

confidence and effectiveness in teaching PSHE and will provide official recognition of their expertise. It is validated by Roehampton University and teachers will be able to use this work for higher level accreditation including Higher Level Diploma or Master's Degree (30 credits at HE3, 20 credits at HE4).

An introductory briefing will be held on **Wednesday 24<sup>th</sup> June 4.30 - 5.30** at Four S Head Office, Bay Tree Avenue, Kingston Road, Leatherhead, KT22 7UE.

To register your interest or find out more, e-mail [sarah.lyles@vtplc.com](mailto:sarah.lyles@vtplc.com) or phone 07921 400926.

## PSHE CPD for HLTAs

September 2009 sees the launch of the accreditation for HLTAs through a pilot project. For the first time ever, the PSHE CPD Programme will enable HLTAs to take part in an accredited programme run in partnership between the DCSF, VT Four S and Roehampton University.

This programme is aimed at all who have experience of delivering aspects of PSHE in schools or other settings. It

will enable HLTAs to develop their confidence and effectiveness in supporting PSHE and will provide official recognition of their expertise.

Successful participants will be awarded 30 HE1 credits through Roehampton University as a 'Certificate of Professional Practice'. Four training days are funded; schools will be expected to release staff for further sup-

port sessions to help with portfolio development.

Places will be awarded through application as numbers are limited. The introductory briefing session is on **Monday 22<sup>nd</sup> June 2.30pm - 3.15pm / Monday 22<sup>nd</sup> June 4.00pm - 4.45pm** June at West Park Hospital, Horton Lane, Epsom KT19 8PB. For more details and an application form, contact [sarah.lyles@vtplc.com](mailto:sarah.lyles@vtplc.com).

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

### My Money Week 29th June - 5th July 2009

Free primary and secondary resources. Developed in response to the growing need to prepare children for their financial future, My Money is an innovative financial education programme in England, delivered by a consortium led by pfeg (Personal Finance Education Group) and funded by the Department for Children, Schools and Families.

It is the first programme to provide a completely joined-up approach to financial education from when a child first

starts school, through the transition to working life or further and higher education. My Money will be giving you access to a wide suite of free resources for primary and secondary schools help you to integrate personal finance activities across the curriculum from PSHE and maths to drama. See [www.pfeg.org/](http://www.pfeg.org/) for more details.

### Fire Safety Education Programme

Surrey Fire & Rescue Service provides a service to **all schools** to help teach the message of **fire safety**.

Our Education Officers aim to provide **Years 2, 5, 8** and **SEN** children with an understanding of fire safety, how to prevent fires, how to protect themselves and their families should they become involved in a fire and their responsibilities as citizens. Full details of the education programme and session plans are available in the 'Fire Safety Education in Schools' section of our web-site [www.surrey-fire.gov.uk](http://www.surrey-fire.gov.uk). Bookings can be made online at the website.

### Contraception and sexual health services in Surrey

[www.surreysexualhealth.nhs.uk](http://www.surreysexualhealth.nhs.uk)

## 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 new updated Food Awareness Week (FAW) pack is now available. Over 100 schools have registered so far and received this pack which includes:

- The updated planning information booklet complete with contact information
- Food Awareness Week CD
- Information on the Change4Life programme which has a wealth of

free resources to give a way to registered schools [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

- Free packs of carrot and lettuce seeds for your school garden

The focus for this year's FAW will be to support the national Change 4 Life campaign rolled out this January with the aim of reversing the rising tide of childhood obesity. It is expected that many parents and children will have already come in to contact with the Change4Life 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.

### What you need to do?

To register your school for Food Awareness Week ( F A W ), e - m a i l [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.



If your children turn their noses up at everything you offer them at mealtimes, then the Children's Food Festival is for you - or rather for them. This celebration of food and cooking is designed to turn fussies into foodies and is devoted entirely to young people. Adults will have fun too, but this is one occasion where the kids are in charge of the dough.

[www.childrensfoodfestival.co.uk](http://www.childrensfoodfestival.co.uk)

**Date and time:** Saturday 27 (10am - 6pm) and Sunday 28 June (10am - 5pm)

**Place:** The Northmoor Trust Farm.

**Car:** £10 per car on the gate  
**Shuttle Bus:** £3 per adult from Didcot Parkway railway station  
**Cycle or Foot:** £3 per adult.

# Physical Activity

## National School Sport Week 29th June to 3rd July 2009

This is a unique opportunity for schools to celebrate successes in PE and school sport, launch new sporting initiatives and profile all the wonderful work that has been taking place in your school. Lloyds TSB National School Sport Week will help you to deliver important education and sport agendas, including PE and Sport Strategy for Young People, Every Child Matters, National Healthy Schools Status and Extended Schools. Re-

sources are limited, so register your school to take part and find out more at [www.schoolsportweek.org](http://www.schoolsportweek.org) today!

## Surrey on the MEND Summer programmes

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.

Being obese in childhood increases the risk of obesity in adult life. Childhood obesity also increases the chances of developing chronic diseases typically associated with adult obesity such as type 2 diabetes and cardiovascular disease. More information on MEND can be found on the website [www.mendprogramme.org](http://www.mendprogramme.org).

Six programmes will be delivered in Surrey this summer (see MEND website). The programmes operate on a self-referral basis so please contact Julie Nelson, Public Health Dietitian, for more details: [Julie.nelson@surreypct.nhs.uk](mailto:Julie.nelson@surreypct.nhs.uk), 01372 201 626.

# Emotional Health and Well-Being



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 have been sent to schools. Contact [Emma.harris@surreycc.gov.uk](mailto:Emma.harris@surreycc.gov.uk) for more details.

## SEAL—Social and Emotional Aspects of Learning

The next phase of Primary SEAL training will be taking place this term. It is an excellent chance for schools that have not yet attended training to come along and find out how to implement SEAL and hear about good practice in other schools.

The objectives of the session are:

- To understand the background to SEAL and why it has become an important vehicle for addressing emotional literacy in schools
- To consider good practice based on SEAL schools and research
- To explore ways of implementing aspects of good practice and becoming successful in supporting staff and pupils
- To consider next steps

## Course details

**TITLE:** Primary SEAL Introductory Training—Phase 5

**DATE:** Wednesday 10th June 2009.

**TIME:** 1.30pm—4.00pm

**VENUE:** Talbot Inn, Woking

To book a place at this free training session, go to [www.vtfours.co.uk/courses](http://www.vtfours.co.uk/courses).

## Anti-Bullying Week 2009

### Advance warning!

This year's Anti-Bullying Week will take place on 16-20 November.

The theme for this year will be cyber-bullying. More information on the theme, and plans for the week, will appear on [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) soon.

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

Farnham Heath End School    St Joseph's Catholic Primary School, Guildford  
St Francis' Catholic Primary School

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

Tillingbourne Junior School

As part of our 'journey' to becoming a Healthy School, we needed to review our Sex and Relationship Policy. I had been putting off doing this because I was aware that it would take some time to complete and that it was important to involve representatives from different areas of the school community. A review group was subsequently set and three meetings were held. The discussions which arose were both constructive and thought-provoking. We talked about the definition of SRE, how it would be delivered across the key stage and the resources that would be used. More importantly, perhaps, we agreed the terminology to be used with the children, the topics we would cover in the lessons and how the school would deal with sensitive issues. Before starting SRE lessons, we decided to establish clear guidelines for classroom discussions using ROCK : Respect, Openness, Confidentiality and Kindness.

One of the most significant developments was that in the previous SRE policy, we had an agreed list of subject matter that was not to be covered in lessons. This list included homosexuality. It was agreed that this was no longer a relevant list and that a topic should be tackled if the teacher felt it appropriate for the children. This has proved particularly important in year 6 when we work on a topic called Growing Up. This is their last chance before they move onto secondary school for them to ask questions and discuss issues in an environment where they feel comfortable and safe, because they know their peers and class teacher so well.

*Caroline Mankelov—Year 6 teacher and PSHE Specialist at Tillingbourne Junior*

## Healthy Schools Training

Everything you need to know about Healthy Schools in one place! This two-day training event is the perfect opportunity 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.

**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, 97% of schools are now involved in the Programme and 74% 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, 9.30am-3.30pm, Four S Development Centre Cobham.*

#### Primary SEAL Introductory Training—Phase 5 (Primary)

This course is for any primary school that has not yet received Phased training (Phases 1 to 4). The course will enable schools to gain a fuller understanding of the background to SEAL, how to implement it and examples of good practice. *10th June, 1.30-4.00pm, Talbot Inn, Woking.*

#### PSHE including Drug Education and Sex and Relationships Education—Theory and Practical Activities for Independent Schools

This course combines the theory behind PSHE with interesting and engaging activities to support delegates in the delivery of high quality PSHE. It looks at the components which make up PSHE 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. It will also demonstrate ways of engaging pupil voice to inform lesson activities and planning. *17th June, 9.30am-3.30pm, Ramada Hotel, Farnham (09T/7992)*

#### 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)*