

## WELCOME to the new-look Healthy Schools newsletter.

Hope you had a relaxing summer holiday and have had a successful start to the new academic year! Here's the latest from the Healthy Schools team in Surrey. Do get in touch if you would like more information on any of the items in this edition.

### PSHE

#### Sex and Relationships Education

'*Making Sense of Growing Up and Keeping Safe*' is a new interactive CD-ROM aimed at Key Stage 2. The CD is designed to support work to promote children's emotional and social development. It follows a group of illustrated characters through real-life situations including internet safety, puberty and bullying and links to Every Child Matters. The CD can be used in both groups and one-to-one sessions and comes with lesson ideas. A version for parents and carers is also available. For more information, see [www.sensecds.com](http://www.sensecds.com) or call 01622 752160.

#### Drug and Alcohol Education

A new resource for KS3 teachers - *Drugs Information Pack for Schools (KS3)* - is available to help promote awareness and understanding of drugs. The pack will support the Government's drive to ensure all young people understand the risks associated with cannabis and include information and guidance for teachers, classroom activities and leaflets for pupils. To order a pack please call the DfES Publications Helpline, quoting ref: 0305-2006BKT-EN, telephone 0845 60 222 60.

#### SEAL (Social and Emotional Aspects of Learning)

Family SEAL materials are now on the website - [www.bandapilot.org.uk](http://www.bandapilot.org.uk)

#### Training course

'*PSHCE through ICT*' (Course code 06T/1569) - Thursday 1st February 2007. This workshop will focus on how ICT can enable children to access the PSHCE curriculum in an innovative and cross-curricular approach. For more details, see [www2.fours.co.uk/courses/coursedetail.asp?file=1&ID=1569](http://www2.fours.co.uk/courses/coursedetail.asp?file=1&ID=1569)

### Healthy Eating

#### Food in Schools conferences

**Never has there been a more exciting and opportune time to discuss food in schools!**

The Food in Schools Programme helps ensure children have access to healthy choices throughout the school day, in order to lay foundations to help prevent obesity and disease in later life. Diana Hansford, Surrey's Food in Schools Co-ordinator has organised two **essential** conferences for schools to attend. The primary schools event is on Thursday 2nd November but is already fully booked! However, there are a few places left for the secondary schools event on **Thursday 9th November at the Manor House Hotel in Guildford**. This day will be particularly suitable to secondary schools working towards the Healthy Schools Programme, as the course covers all aspects of Criterion 2, including writing a Whole School Food Policy. There will be representatives from all school food arenas, including the School Food Trust, as well as opportunities to share ideas and network with colleagues.

*If you would like a place on this course, do book quickly! Details can be found on the Four S course bookings website; the subsidised cost is £30 per person. For more information, contact Diana Hansford (01372 834470; [diana.hansford@fours.co.uk](mailto:diana.hansford@fours.co.uk)).*

#### School Fruit and Vegetable Scheme

Many of you will be aware that the SFVS is now run by MWW the distribution company in Surrey. Contact them on 0870 288 1783 for more information about how to get fruit for your Key Stage 2 children.

## Healthy Schools Information

The Surrey Healthy Schools team website

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

The National Healthy Schools website

[www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk)

## Physical Activity

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. Through Sport England's Active England funding the lessons are provided free of charge. 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. Several Elmbridge Schools 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](mailto:vheald@elmbridge.gov.uk)

### Children's Sports Clubs

It's easy to drop your child off at an activity or local sports club and then return an hour or so later to pick them up – but have you ever stopped to wonder whether it is actually safe, fun and progresses your child's abilities? The Active Surrey Sports Partnership is working with sports clubs and coaches to try to raise standards of sporting activity across the county and they have put together a list of questions you can ask at your child's club. Research shows there are 1.2 million coaches in the UK and only 38% of them are qualified.

#### Questions to ask at any school coaching session, at a club or leisure centre

- Is the coach qualified through a relevant sports governing body?
- Has the coach been police-checked within the past year?
- Have they attended other training, e.g., First Aid? Is it up to date?
- What is the ratio of coaches to children? (More than 15 children per coach is not recommended).

#### Questions to ask at your club

- Is the club working towards Clubmark accreditation?
- Has the club a working Child Protection & Equity Policy? Is there a Child Protection Officer at the club?
- Is there sufficient First Aid equipment and trained First Aiders?
- Are the coaches qualified?
- Can I help?

To find out more about Coach Development, Clubmark or sports activities in Surrey, click on [www.activesurrey.com](http://www.activesurrey.com)

## Emotional Health and Well-Being

### Anti-Bullying Week: 20-24 November 2006

#### “Bullying: See it. Get Help. Stop it.”

The slogan for this year's campaign supports the theme of the bystander, focusing on the important role that witnesses can have in taking action to challenge and stop bullying. As in previous years, the final day, Friday 24 November, will be Blue Friday, a non-uniform day when children, young people and adults dress in blue, and take part in a range of activities to demonstrate their commitment to work together to stop bullying. A set of resources will have been sent to all schools in England in late September and early October, including posters designed by children and young people, and materials to support teachers during the week. Included in the pack will be a set of four postcards, designed to help children and young people communicate their concerns about bullying.

The Alliance has also commissioned a limited edition anti-bullying lanyard, which can be used in a number of ways, for example as a key ring, or attached to mobile phones or bags. More information and an order form can be found on the Alliance website: <http://www.anti-bullyingalliance.org.uk/>

#### EACH (Educational Action Challenging Homophobia)

is a nationally recognised charity that is funded by Comic Relief to provide a freephone helpline enabling children and young people to seek support concerning homophobia and homophobic bullying. EACH tackles homophobic bullying through:

- Promoting the five outcomes of the Every Child Matters agenda
  - Meeting requirements within Sex and Relationship guidance
  - Fulfilling Duty of Care issues relating to responsibilities to draw up measures to prevent all forms of bullying among pupils.
- See [www.eachaction.org.uk](http://www.eachaction.org.uk) for more details.

### Training course

“Every Teacher Matters” (course code 06T/1561) - 17th November 2006 (see the Four S course directory [www2.fours.co.uk/courses/coursedetail.asp?file=1&ID=1561](http://www2.fours.co.uk/courses/coursedetail.asp?file=1&ID=1561) for more details).

## Other important information

### CRB regulations – background checks on staff

TeacherNet's child protection section details what pre-appointment checks should be made on people working and coming into contact with children. There are also links to guidance from the CRB and the DfES. See this essential information at [www.teachernet.gov.uk/wholeschool/familyandcommunity/childprotection/mandatorycrbchecks/crbregs-qa/](http://www.teachernet.gov.uk/wholeschool/familyandcommunity/childprotection/mandatorycrbchecks/crbregs-qa/)