



WELCOME back! Hope you had a successful start to the new term. Now that nearly 90% of all schools in Surrey are part of the Healthy Schools Programme, the half-termly newsletter will be sent out via the Schools Bulletin. If you have any queries, please get in touch via our website: www.surreyhealthyschools.co.uk.

PSHE

Drug Education / Sex & Relationships Education Briefing for schools

The Healthy Schools Team will be running a briefing session on Tuesday 6th November (4.30-5.45pm) at West Park Hospital (Executive Room, Horton Lane, Epsom KT19 8PB) for any school working towards Healthy Schools status that would like additional input in these areas. Contact Liz Griffiths for a place: liz.griffiths@vtplc.com.

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 government, other bodies and the media and influencing policy and perceptions of PSHE. For more information, and information on how to join, see the PSHE Subject Association website: www.pshe-association.org.uk.

Alcohol Awareness

Pupils will be able to study for a new alcohol awareness certificate, which will teach them about the health hazards associated with excessive drinking and the legal penalties incurred by those who sell alcohol to underage drinkers. The course has been developed by the BII (British Institute of Innkeeping), and has been accredited by the QCA. The Certificate covers key subject areas including what alcohol is and what it does, the effects and dangers of alcohol, alcohol and the law, being responsible and how the licensed trade contributes to the local and national economy.

Healthy Eating

European Day of Healthy Food

Did you know that Thursday 8th November is European Day of Healthy Food and Cooking with Children? See <http://eu.mini-chefs.eu> for more information, plus a free set of online resources for schools, including recipes from around the world. The celebration will involve some 4,000 chefs cooking in schools, or inviting pupils into their restaurants for European cookery lessons. Even if you are not directly involved in an event on the day, the website provides a set of simple recipes that you can try with your class, as well as advice on safety in the kitchen and a guide to food groups.

Budding Bakers!

Cooking workshops for children with multiple food allergies are being run in Haslemere. There will be a Halloween workshop on 22 October and an allergy-free gingerbread workshop on 15 December. It will be a great opportunity for children with allergies to take part in a positive and fun cooking experience from which they might otherwise be excluded. For more information contact Nicola.mundy@buddingbakers.co.uk

Food for Life

Wanted: Flagship Schools and Communities

Want to improve your school food culture and involve the community? The Food for Life Partnership can help you kick-start a whole-school food policy with cooking, food growing and farm visits for pupils and get the community involved too! See www.soilassociation.org/foodforlife.



NPSLBA

National Programme for Specialist Leaders of Behaviour and Attendance

The NPSLBA (National Programme for Specialist Leaders of Behaviour and Attendance) Programme has been developed by the DCSF and key partners to provide an exciting opportunity to give professional status to behaviour and attendance specialists. NPSLBA aims to strengthen participants' practical and theoretical knowledge, develop their leadership skills and build a professional community of specialists in this field. For news of NPSLBA in your area, see www.teachernet.gov.uk/wholeschool/behaviour/npsl_ba/ for local details.

Helpful resources on the website include: the NPSLBA study materials available for access and downloading; a video introduction to NPSLBA called 'The Essential Guide', which provides an overview of the Programme; and information for session leaders and participants that can be found in the resource bank.

Physical Activity

The smoothie bike has landed in Elmbridge!



Elmbridge Borough Council's Leisure and Cultural Services have been having fun with a brand new smoothie bike. Thirsty cyclists get the opportunity to pedal a custom-built bike that is a pedal-powered smoothie blender. What better way to encourage people to be

healthy than by combining physical activity with healthy eating.

As part of Leisure and Cultural Services Health Bites Back initiative the Health Development Team offers schools the opportunity to benefit from healthy eating and physical activity lessons. Health Bites Back is an initiative providing lessons free of charge to schools in Elmbridge and is made possible with Sport England's Active England funding. The smoothie bike contributes to the success of the programme. If you would like further information on Health Bites Back or the Smoothie Bike, please contact Victoria Heald, Assistant Health Development Officer, on 01372 474638 or vheald@elmbridge.gov.uk.

British Heart Foundation

Jump Rope For Heart is the **BHF's popular sponsored skipping challenge**, which raises money both for your school and the nation's heart charity. Everyone benefits from doing the challenge: Teachers receive an **exercise routine** that is easy to organise plus a comprehensive teacher's pack, and children are encouraged to exercise their hearts and co-ordination skills, and it's great fun too! Find out more at www.bhf.org.uk.



Emotional Health and Well-Being

Social and Emotional Aspects of Learning (SEAL)

Phase 3 training and support for primary schools

The next opportunity for support will be at the Network Meetings on:

- **Monday 12th November 4.15-5.45pm at Wray Common Primary, Reigate, OR**
- **Wednesday 14th November 4.15-5.15 at Bishop David Brown School, Woking.**

Contact Joanna Feast for more details: phone 07702 670413; e-mail joanna.feast@vtplc.com.

Secondary SEAL: interested in joining Phase 2?

As part of the new secondary SEAL programme, Secondary schools in Surrey are invited to express an interest in the programme and become part of Phase 2. Look out for the information bulletin in your school. Alternatively, please contact Joanna Feast: joanna.feast@vtplc.com.

Stop it Now!

Stop it Now have produced a booklet on Internet Safety with Ten Top Tips for Parents on keeping their child safe. The booklet can be ordered by e-mailing: office@stopitnow.org.uk.

Anti-Bullying Week 2007

19th-23rd November

The theme for this year's campaign is 'Safer Together, Safer Wherever'. The theme will be around school and community and will provide scope to explore safer routes to and from school, community cohesion, engaging parents/carers in school life, cyberbullying, and extended school provision. See www.anti-bullyingalliance.org.uk for more details.



Secondary PSHE Leaders Network Meetings

The PSHE Leaders Network Meetings for Secondary practitioners is a fantastic opportunity to network with other colleagues. 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). The next session is on **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 in primaries.

Every Teacher Matters - The Emotional Health and Well-Being of Staff

Healthy and motivated staff will perform better and this will be of benefit for the pupils and colleagues with which we work. This one-day event will look at practical ways to help schools support and enhance the emotional health and well-being of staff and develop a healthier, more effective work place. **Friday 16th November 2007, 9.30-3.30pm, Holiday Inn Guildford.**

Assessment in PSHE

Assessment in PSHE will be an informative and practical course based on best practice, Ofsted findings, QCA guidance and active teaching and learning. It will give participants the opportunity to reflect upon current practice, and will support with directing and structuring interactive methods to help tailor the curriculum to meet pupil need, as well as understanding the nature and purpose of PSHE. **Thursday 28th February 2008, 9.30-3.30pm, Cobham Development Centre.**

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