

Surrey Healthy Schools Programme

SURREY HEALTHY
SCHOOLS NEWSLETTER

DECEMBER 2009

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

This issue is packed
with all of the latest
information needed to
have a safer Christmas
and a successful
New Year.
If you would like
to include an article in
future newsletter,
please get in touch via
vivian.stacey@vtplc.com

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PSHE Education to be Statutory

Christmas comes early for National Healthy Schools this November for good news is announced by the government that personal, social, health and economic, (PSHE) Education will become statutory for primary and secondary phases from September 2011. This includes Academies and City Technology Colleges.

Surrey Healthy Schools will continue to offer advice and support to schools and teachers in teaching PSHE Education through our CPD training, website and team, for details: www.surreyhealthyschools.co.uk.

Search and book all PSHE Education courses through: www.cpd.vtfours.co.uk/cpd/

SRE Conference

Valuing Sex and Relationship Education in our Schools

On Thursday 12th November we held our first ever SRE Conference for all Surrey schools. With the confirmation of PSHE becoming statutory in 2011 the timing of the conference was perfect as it enabled participants to discuss how important it is to embed sex and relationship education from the early years and consider the broader context of all that SRE encompasses.

We were thrilled to have Gill Frances as one of the key note speakers. Gill has a wealth of experience in the field of delivering SRE and being a champion for the cause of better SRE /PSHE in schools. She shared her knowledge, expertise and encouragement, urging the audience to lobby their local MPs to ensure all party support for statutory status.

Roger Street our Regional Co-ordinator for the Health of Vulnerable Young People helped to provide an overview of the local context for Teenage Pregnancy and the important role that schools play in addressing the health needs and aspirations of young people.

"Fantastic! Interactive and engaging"

We were also delighted to welcome Andrew Moffat who was able to provide a humorous but vital insight into the importance of challenging homophobia in schools and developing positive attitudes towards difference and diversity.

"Superb use of humour to engage and entertain the audience with a very important message at the heart."

A range of workshops ran throughout the day to help participants focus on teaching and learning and our thanks go to all workshop facilitators who gave up their time and shared their expertise.

"Really made me feel inspired."

We are also grateful for all the feedback that participants gave which help us improve our future events for you; some comments from the day are highlighted.

We were also lucky enough to provide a free PSHE toolkit for our secondary schools and a CDrom to support SRE delivery in key stage 3 and 4. For further details on the toolkit please contact Mai Kennedy: (mai.kennedy@vtplc.com).



Surrey Healthy Schools Feature: 'PSHE for Christmas'

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Contraception. worth talking about
Is the first phase of the new NHS campaign **Sex. Worth Talking About** that will help young people to make more informed choices about contraception, look after their sexual health and avoid unwanted pregnancies.

A focus for more open and honest discussions about sex, relationships and contraception among young people drives this campaign.

For straight-forward advice and information to make it easier to discuss everything to do with sexual health, visit the website below:

nhs.uk/worthalkingabout



drinkcheck.nhs.uk

Check Up
Keep track of your festive drinking units online



or track with your mobile @ the **nhs Tools Library**

Safe Sex Message for Teens

The Christmas season is a time for fun, socialising and partying. But research has found that the number of young people engaging in risky sexual behaviour increases during this period.

Teenage pregnancies rise during this time, which suggests that young people are continuing to engage in risky sexual behaviour and have no knowledge, or ignore the support services that are available.

Contraception
worth talking about

The Teenage Pregnancy Partnership board is running a campaign around the festive season, asking young people to 'put condoms on their Christmas list, so they won't get an unwelcome gift.'

It's really important that young people know about the support services available to them.

So if you work with young people or have teenagers of your own and they approach you for advice, please direct them to the free national **Sexwise** helpline for young people on 0800 28 29 30 or see the website: www.surreysexualhealth.nhs.uk for more information on their services.

Know your spirits this Christmas!

December 25th is fast approaching and no doubt you will be starting to sense Christmas in the air. Traditionally it's the time to eat, drink and be merry but most people are more familiar with the Christmas spirit than the one in their glass! So to help de-mystify some of the facts about sensible drinking this Yule, we thought we'd set a few quick questions you may ask yourself.

What is hazardous drinking?

So what exactly is a unit of alcohol?

Can hazardous drinking be harmful to my health?

What if I know someone who needs further help, information or advice?

Not sure exactly what the answers are; Surrey has seven out of the top ten boroughs for hazardous drinking in England and only less than a quarter of respondents to Surrey's Big Drink Debate, website: surreybigdrinkdebate.nhs.uk

were aware of the UK sensible daily drinking guidelines. Hazardous drinking is a reality many Surrey families face, many areas of peoples' lives are being severely affected.

More information is available, a few sources are:

National Drinkline: 0800 917 8282
Alcoholics Anonymous National Helpline: 0845 769 7555
Surrey Drug Care 24hr Helpline: 01483 300112
NHS Know Your Limits website: <http://units.nhs.uk/>

Type of Drinking	
Sensible (Lower Risk)	Men - not regularly drinking > 3-4 units per day Women - not regularly drinking > 2-3 units per day
Hazardous (Increasing Risk)	Men - regularly exceeding > 3-4 units per day Women - regularly exceeding > 2-3 units per day
Harmful (Higher Risk)	Men - regularly drinking > 50 units per week or regularly drinking > 8 units per day Women - regularly drinking greater > 35 units per week or regularly drinking > 6 units per day



Practical Toolkit

**Improving Safety,
Reducing Harm:**
Children, young
people and domestic
violence.

Free Download @ DH
website dh.gov.uk

Food Awareness Week (FAW) 2010:

Following 2009's success
we are planning to run
FAW again from 7 - 13th
June 2010, (Although
schools can choose an
alternative week).

**The focus will
continue to support
the Change 4 Life
national campaign**

[www.nhs.uk/
change4life](http://www.nhs.uk/change4life)

More information on
FAW including how to
register will be out in
January but in the
meantime please
contact Diana Hansford
Diana.hansford@vplc.com
with any questions!

7-13 June 2010

PSHE Education

Why Abortion? New Education Pack
A new learning resource 'Why Abortion?'
from The Family Planning Association (fpa)
provides teachers, youth and community
workers with an objective resource to use for
exploring the emotive issues of abortion.

*Why abortion? Understanding why women
choose to have an abortion*, is an educational
DVD pack suitable for young people aged 14
and over and meets curriculum guidance for
key stages 3 and 4.

Through choice provoking and informative
drama pieces the viewer explores the
realities of an unplanned pregnancy, a help-
ful manual is included.

Find out more and watch a preview at the
fpa website www.fpa.org.uk.

Is your school getting Lions Clubs' assistance with PSHE Education?

'Lions Clubs International' is the familiar
voluntary service organisation that can
assist schools in delivering top quality PSHE.

76 Lions Clubs in South East England are ready
to help schools in need of assistance with
PSHE Education; with PSHE to become
statutory in 2011 it may be more important
than ever to enlist Lions' help.

Lions' partnership with Tacade ensures
excellent educational programmes for many
PSHE topics are available to assist delivery
and promotion of PSHE Education, throughout
South East Schools.

For more info, programme brochures and for
seeking assistance from a helpful Lions Club,
please contact **David Skinner** - 01323 767656,
or dajskinner@hotmail.com for local details.

Healthy Eating



The School Milk Project

www.schoolmilk.co.uk



**BREAKFAST BENEFITS
Farmhouse Breakfast**



The eleventh annual Farmhouse
Breakfast Week, organised by HGCA, is
taking place 24-30 January 2010 and we
hope you will get involved.

The theme for this year's campaign is
'Breakfast Benefits'. Experts agree
breakfast can benefit our energy levels,
concentration, mood and even help with
weight management. From community
breakfasts to sampling and school visits
there are lots of easy ways to get in-
volved. For your free guide to planning
great events and activities visit
www.farmhousebreakfast.com.

Farmhouse Breakfast Week is the ideal
opportunity to promote your schools
breakfast club to parents and pupils
alike. Or why not start a breakfast club
during the week itself?

The Farmhouse Breakfast Week website
is packed full of hints and tips to build
super breakfast clubs.

For more ideas for classroom activities,
visit www.grainchain.com, an educa-
tional resource developed by HGCA and
the Flour Advisory Bureau.

DairyCo's School Milk Project is
currently working with schools in Surrey.
This non commercial, non profit making
organisation is a free resource in schools.

With the emphasis on healthy eating in
schools, it can help schools educate chil-
dren and their parents on Dairy Farming
and the benefits of drinking milk.

For more information visit their
website www.schoolmilk.co.uk which
includes sections detailing important
information for schools on the introduc-
tion, promotion or sustainability of school
milk schemes.

The School Milk project also offer free
class talks in schools, these fit in
extremely well within many areas of the
curriculum.

Included is an essential resource centre
where 'surfers' can download curriculum
linked publications free of charge to pro-
mote healthy eating to children. For any
further information please contact:
Sharon Long, School Milk Facilitator
07973 327533 or see schoolmilk.co.uk

Physical Activity

Spring MEND Programmes

MEND continues to provide programmes, services and resources to help children and families learn how to improve their health, fitness and the way they feel about their bodies.

MEND now offer three different programmes for overweight children aged 7-13 and 5-7, both of which involve parents or carers. An early years' program for 2-4 years olds, whatever the child's weight also covers healthy lifestyle with their families

All of the elements of MEND help support the whole family to lead a healthier lifestyle; more information on programmes delivered in Surrey from January can be found on MEND online: www.mendprogramme.org

To keep things moving through the Christmas season MEND's educational resource **Moveit** is now online, and ready to inspire new motivation during colder months.



move it!

The Move It Challenge pack is designed to get kids feeling healthier, happier and more energetic.

Try this fun and achievable way to head off health issues by encouraging kids to take part in physical activity both at home and in school - and teaching them all about moving more.

The Move It pack is a MEND resource especially for schools, designed for all kinds of kids, regardless of ability. Whether you're already involved, or just want to know more, this is a great place to start. Visit the [mendmoveit](http://mendmoveit.org) website: mendmoveit.org for details.

Emotional Health and Well-Being

Safer Internet Day 2010

Safer Internet Day is celebrated through more than 500 events in 50 countries all over the world. Every February, Safer Internet Day is organised by Insafe to promote safer and more responsible use of online technology and mobile phones, especially amongst children and young people across the world.

Supporters of Safer Internet Day 2010 can download a registration form and get in contact with a Safer Internet Day Committee member through the website:

saferinternet.org/web/guest/safer-internet-day

Next years events have not been released yet (due out shortly), 2009's material on the ThinkUknow website will help temporarily.



Speak Solve Stop: Anti-Bullying film

The **Speak Solve Stop** DVD was written and produced by young people from Beverley in East Yorkshire with support from East Riding Youth Service. The aim was to encourage people to speak out about bullying and shows the benefit of doing so in a school based scenario.

This short film is suitable for secondary schools and is an ideal way of promoting discussion around bullying issues. The DVD comes in a pack with accompanying notes, suggested activities for schools and useful contacts.

If you wish to order a copy of the pack or get more information about the **Speak Solve Stop** project please contact Joanne Bennett, East Riding Youth Service, Tel: 01482 392827 or by email joanne.bennett@eastriding.gov.uk The film was facilitated by [dare to know](http://daretoknow)

Free online Resource Wellbeing South East:

Since **Wellbeing South East** launch in 2008, the website has undergone 2 phases of development, and now more than 500 registered users enjoy this valuable resource which helps you to promote healthier lifestyles.

Relevant south east region information and a range of practical resources are available. Case studies and current projects and interventions relating to the core themes of the Healthy Schools Programme are covered.

An endless range of practical toolkits, policies and templates relating to healthy weight, physical activity, healthy eating and mental wellbeing are at your fingertips.



A resource for practitioners, used by practitioners and owned by practitioners!

You can also submit your news, events, case studies, resources and jobs, another perfect way to highlight, profile and publicise your work!

Visit wellbeingsoutheast.org.uk to explore the website and or register to keep up to date.

We are always looking to learn and share your stories which encourage best practice and or help celebrate success with Surrey Schools.

Please forward any interesting news or stories for feature in our newsletter to a Surrey Healthy Schools Team Member.

Anti-Bullying Surrey Schools Competition

There is still time to enter! £100 prize each for Best Primary School entry and Best secondary school entry.

May be in the form of: PowerPoint, art work, poetry, short story /cartoon, poster, podcast, video of an school play/assembly.

Entries in by 8th Jan 2010 to VT Four S at Bay Tree Avenue, Leatherhead Att:Gail Allen.

Winning entries will be shown at the Surrey Schools Anti-Bullying Conference to be held on: Fri, 12th Mar 2010

Schools' news

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

Kings International College for Business and the Arts
Ottershaw Junior School
Rodborough Technology College
Limpsfield Grange School
St Paul's Catholic College
The Acorns Infant School
St Bede's Catholic Secondary School

Special Congratulations to **Polesden Lacey Infant School** that has achieved Surrey Health Schools Enhanced Status

DATE
for
DIARY



Surrey Anti-bullying Conference

Friday, 12th March 2010

Booking details will be appearing shortly on: www.vtfours.co.uk/cpdonline

National Healthy Schools' New look and New Model

Anyone logging on to the National Healthy Schools website will have noticed some considerable changes. The updated website has come on-line with many more resources and tools to help schools achieve and maintain Healthy Schools Status and to progress to the new Enhancement model.

The Surrey Healthy Schools team is running a series of **workshops** to help schools complete the new Annual Review, invitations to these events will be sent to schools according to the date that they achieved National Healthy Schools Status (NHSS). In the Spring term we will also start running a series of events to assist schools with progress on to the new Enhancement Model.

All schools that have achieved NHSS are expected to complete the new annual review on-line, do check out the website for details and you do not need to have attended any of the workshops above to make a start. Any information that schools have entered as part of their healthy schools submission can be transferred across so none of your hard work has been lost!

If you are having any difficulty logging on to the website (or finding your password details) contact Vivian Stacey vivian.stacey@vtplc.com for help, or any of the Healthy Schools team.



Guidance for Schools Supporting Young Carers

As part of the **Healthy Schools Young Carers project**, the new 'Guidance for Schools Supporting Young Carers' document is now available for download from the resource section of the Healthy Schools website: healthyschools.gov.uk

Children and young people who take on excessive or inappropriate caring responsibilities can damage their own health and negatively impact their school life. Schools are uniquely placed to identify and respond to concerns and 'triggers' where young carers may require additional help.

The guidance contains information for schools about young carers, who they are and the issues they face. Also many ideas are included for schools to help identify and support young carers, by using the curriculum, whole school approach and applying the enhancement model within their school community.

Surrey Healthy Schools Programme

A joint partnership between VT Four S and Surrey PCT. More than 99% of Surrey schools are now involved in the programme and over 78% of schools have achieved National Healthy Schools Status.

Phone: 01372 834321

Fax: 01372 834000

Website: www.surreyhealthyschools.co.uk

**Surrey Healthy Schools: Healthier
Living and Learning**



VT
Education and Skills

Surrey **NHS**
Primary Care Trust

Training Opportunities



New Secondary Curriculum Regional PSHE Education Conferences

It promises to be an excellent event - aimed specifically at teachers to bring to light the recent developments within PSHE Education. With the subject to be made statutory by Sept 2011, this CPD will be invaluable for all teachers of PSHE Education. To book your free delegate place please go to the link below and complete the online booking form by the 22nd January 2010, as places are limited: <http://dom.cfbt.com/nsc/psheregevents.nsf/pshemap?openpage>
19 March 2010, The Holiday Inn, Guildford, Guildford (Code: 09T/00463).

Secondary PSHE Education and Well-being Network Meetings

These termly network meetings provide essential support for colleagues in all aspects of the coordination and delivery of PSHE Education.
Year-round, termly meetings, The Howard of Effingham School, Effingham, 4.15 - 5.45pm.

PSHE Education, Citizenship and SEAL Leaders - Primary Network Meetings

A must for all PSHE leaders! A fantastic way of keeping up-to-date with all the latest developments in PSHE Education and SEAL.
Year-round, termly meetings, various venues, 4.12 - 5.45pm.

Emotional Health & Well-being Training to Support the Healthy Schools Programme

Course suitable for any school that is working towards achieving NHSS and seeks support with Criterion 4 - Emotional Health & Well-being.
20 Jan 2010, 1 - 3.30pm, Leatherhead Golf Club, Leatherhead, (Code: 09T/00749).

NQT Induction - Effective PSHE delivery including Circle Time and SEAL

Effective PSHE delivery including Circle Time and SEAL is a practical and exciting course for NQTs. This session will explore exactly what constitutes PSHE and will look at how the subject can be delivered. Links between PSHE and SEAL will be examined along with methods of delivering quality Circle Time.
8 Feb 2010, 9.30 - 3.30pm, Princess Alice Conference Centre, Esher (Code: 09T/00893).

PSHE Education (including Sex & Relationships and Drug Education) Support Training

Course designed for both teachers and co-ordinators of PSHE along with TAs or HLTAs supporting the subject area. It will enable participants to reflect upon their current practice alongside the key issues surrounding PSHE (including SRE and Drug Education) with a fresh perspective.
25 Feb 2010, 1 - 3.30pm, Leatherhead Golf Club, Leatherhead, (Code: 09T/00750).

Healthy Eating In Schools

This course will provide participants with information and training about healthy food and drink in schools. It is a half day workshop that will assist schools in achieving criteria 2 of the Healthy Schools programme and provide greater understanding and knowledge of the whole school approach to healthy eating and drinking. It will include information on the latest government legislation relating to school food and help and advice on writing a whole school food policy.
27 Apr 2010, 9.30 - 12.30, Leatherhead Golf Club, Leatherhead, (Code: 09T/00883).

See <http://cpd.vtfours.co.uk/cpd/> for details of all courses.