Welcome

A very Happy New Year to you from the Surrey Healthy Schools Team.

Physical and mental health and wellbeing are now consistently in the news and on the education agenda. Not a week goes by without at least several mentions of the importance of PSHE, mental health and wellbeing, healthy eating and being physically active – all delivering benefits to learning, health and the community as a whole.

Schools and agencies continue to strive to meet demands and support the health and wellbeing of pupils, staff and the wider community, and the Surrey Healthy Schools team provides support to a wide range of agencies. Please do help to share the information contained within this newsletter by forwarding it to other interested parties and further relaying the information through your own newsletters and communication methods.

Since the re-launch of Surrey Healthy Schools in July 2015, 47 schools have achieved Surrey Healthy Schools Bronze Award. 5 schools have achieved Surrey Healthy Schools Silver, and 5 schools have achieved Healthy Schools Gold Award. The team are finding that the overall quality of the Healthy Schools Annual Reviews being submitted is much higher than previously, with schools using RAG rating systems and having an increased focus upon impact and future developments.

Congratulations to the following schools on achieving Surrey Healthy Schools Bronze Award for their work to support health and wellbeing in their school and community:

- Broadwater School
- Busbridge CofE Junior School
- Oakfield Junior School
- Pirbright Primary School
- Puttenham CofE School
- Reigate Parish Church School
- Sandcross Primary School
- St Anne’s Catholic Primary School, Chiddingfold
- St Mary’s CofE (A) Primary School, Oxted
- St Polycarp’s Catholic Primary School
- Tatsfield Primary School
- William Cobbett Primary School

Congratulations to the following school on achieving Surrey Healthy Schools Silver Award for their planned project to improve health and wellbeing in their school and community:

- Walsh Memorial CE (Controlled) Infant School – Emotional Health and Wellbeing of Staff and Pupils Project

Quality Assurance Group meeting dates are:

9th February 2016 and 14th March 2016

Please submit your Annual Review, Planning Template or Case Study at least one week prior to the dates above.
PSHE

Agencies, unions, individuals and subject experts continue to press the government for a positive response to the All Party Education Committee’s report ‘Life Lessons’ (2015) recommending a greater profile for the National PSHE CPD Programme and statutory status for PSHE. The government had said that they would respond by the end of the year (2015), so we await….

Related to the calls for statutory status of PSHE is the possible strengthening of wording in the DfE safeguarding documentation, Keeping Children Safe in Education 2015 – for more information see page 9.

The National PSHE CPD Programme – Accredited by the University of Roehampton

The National PSHE CPD Programme is a robust and effective accredited training for teachers, school nurses and other PSHE Professionals.

OfSTED have reported raised confidence and subject knowledge of those who undertake the National PSHE CPD Programme and have also found it contributed to good and outstanding teaching and learning.

PSHE can effectively support many important issues such as safeguarding, mental health, CSE, relationships and sex education, drug education, safety education and helps to embed and promote the spiritual, moral, social and cultural development of children and young people.

In 2015 the All Party Education Select Committee recommended that PSHE should be made a statutory subject, and that relationships and sex education should form a part of this.

The committee also drew attention to the National PSHE CPD Programme and highlighted its role in helping to ensure that PSHE Professionals are trained and confident to deliver the subject and its content – suggesting that all primary and secondary schools should have at least one teacher who has received specialist training in PSHE.

Our next cohort begins on 5th February 2016

For more information visit: www.pshe-cpd.com or email nationalpshe@babcockinternational.com

Attend the Launch of Surrey PSHE Guidance (and PSHE Framework for Secondary Schools)

Surrey CC, Public Health, Babcock 4S, the Surrey Healthy Schools Team and the National PSHE CPD Programme Team have been working together to develop a PSHE Guidance document to assist schools in the planning, delivery and monitoring of PSHE.

For Secondary Schools a framework has been developed for PSHE which combines the PSHE Association Programme of Study and the National Curriculum for PSHE into one overarching flexible scheme of work. This briefing session (one for primary, one for secondary) funded by Public Health and Surrey CC is free to staff from Surrey maintained and academy schools.
The session led by Sarah Lyles (PSHE Consultant) and Nicola Mundy (Public Health Lead) aims to provide an overview of the importance of PSHE, highlight the subject’s position in the curriculum and explore its role in supporting wider issues, such as values, safeguarding, mental & physical health, and school ethos along with issues such as FGM and CSE. The session addresses the aforementioned areas and emphasises the links with achievement, learning, teaching and OfSTED.

The Guidance document provides schools and providers of PSHE education with subject specific information on a range of topics such as the current climate for PSHE education, effective teaching and learning in PSHE and effective leadership and management of PSHE whilst supplying a range of subject specific proformas and tools to help ensure PSHE provision is robust and meets the needs of pupils.

Primary: 4 February 2016 Event code: 15T/11275
Secondary: 11 February 2016 Event code: 15T/11273

Both sessions are being held from 9.30am – 12.00 noon at Park House, Leatherhead. Your place can be booked at: www.babcock-education.co.uk/4Scpd

Teaching About Controversial Issues – Guidance from the Association for Citizenship Teaching

Although not PSHE – we have included the document 'The Prevent Duty and Controversial Issues: creating a curriculum response through Citizenship' in the newsletter as it lends itself to strengthening the approach taken towards addressing controversial and sensitive issues and supports the development of spiritual, moral, social and cultural consideration, along with British values.

The guidance is designed to support schools and teachers as they consider and develop their response to the Prevent duty. It aims to help teachers working in primary and secondary education to:

- consider how to best meet the requirements of the Prevent duty and be clear about the purpose and role of the Citizenship curriculum and the teacher in this context;
- develop understanding of the Citizenship pedagogical tools available to help them address Prevent as a controversial issue;
- feel more confident in planning teaching and learning that is appropriate within the context of their school and their pupils’ diverse needs and backgrounds;
- be informed about what to do if they find a pupil is at risk of being drawn into terrorism or extremist behaviour.

Exclusively Pupil-Orientated Website on Alcohol

There has been a total rebuild of the www.talkaboutalcohol.com website to make it purely for teenagers. This exciting project is already underway with phase one, created by Wellbeing People, being nearly complete. The AET hope to be ready for roll out in Spring 2016.

Recent Research in Effective Alcohol Education

The problems associated with underage drinking varies across Europe, and ‘alcohol consumption and drinking patterns are determined by the social norms, individual legislative arrangements and diverse cultural contexts specific to each country. No one intervention will be suitable for all of Europe, and instead a tailored approach that accounts for an individual region or nation’s demographics and drinking patterns is required. What is common to all European nations is the importance of school and family environments in influencing the behaviour and values of children and young people.’
Key features include:

- Strong social norms component.
- Skills-based approach that incorporates personal, social and critical thinking skills.
- Delivery that places more emphasis on interactive teaching rather than instructive and passive approaches.
- Age-appropriate goals, with programmes targeting older children focusing upon a harm-minimisation approach as opposed to a purely abstinence approach.
- Giving particular consideration to the demographics, social norms, and educational structures of the region and country in question.
- Lessons are sufficiently adaptable to allow teachers to adopt them for the individual classroom setting they are delivering the session in.
- Adequate teacher training to ensure that facilitators are able to discuss issues openly and without judgement.

To read the full paper visit:


Healthy Eating

Childhood obesity demands bold Government action

The ‘Childhood obesity - brave and bold action’ report published by the Health Select Committee last month highlights nine areas of improvement including improved education and information about diet, universal school food standards and greater powers for local authorities to tackle the environment leading to obesity.

In England currently more than one in five children are overweight or obese when they start school – a figure which rises to one in three by the time they leave primary school. The most recent national dietary survey suggests children are eating too much saturated fat, added sugars and salt and not enough fruit, vegetables, fibre and oily fish. Obesity has a striking and unacceptable impact on children. In response to the obesity crisis the Government is preparing a national childhood obesity strategy which is expected in the new year. The Health Select Committee has called for a number of actions including a tax on sugar-sweetened drinks, tougher controls on price promotions, marketing and advertising of unhealthy food and drink, and a centrally led reformulation programme to reduce sugar in food and drink.

Look out for the Change4Life New Healthy Eating Campaign

Look out for Change4Life’s new healthy eating campaign to be launched in January 2016.

Focusing on the new sugar guidelines, it will provide families with the knowledge and tools they need to help them cut down on sugar.

Update - Framework for Careers, Employability and Enterprise Education 7-19

The Careers Development Institute (CDI) have launched a new framework, which replaces the ACEG Framework.
A new app will help parents visualise the sugar lurking in foods. Sugar content is brought to life on the screen with a visual of sugar cubes.

Further resources, including recipes and ideas for healthy swaps, will be available online to help parents take control of the sugar in their child’s diet.

From January every primary school that is part of the School Fruit and Veg Scheme will receive healthy eating teaching packs. For the first time, resources have been differentiated by key stage and feature a lesson plan with a downloadable presentation, extension and homework activities, plus a suggestion for how to get the whole school involved.

For schools that don’t receive the School Fruit and Veg Scheme, resources can be ordered from the [https://campaignresources.phe.gov.uk/schools](https://campaignresources.phe.gov.uk/schools).

For further information contact [partnerships@phe.gov.uk](mailto:partnerships@phe.gov.uk)

Universal Infant Free School Meals – Parents Recognise the Benefits and Chancellor Announces they Will Continue

One year on from the launch of free school meals for all infants in England, 95% of parents of the children taking up the offer are recognising the benefits for their child.

According to a new survey commissioned by the School Food Plan and carried out by Opinium Research, almost one quarter (23%) of parents with children eating a free infant meal say the main benefit to their child is the greater variety of food they will now eat. The same proportion (23%) say they most value their child eating a proper meal at lunchtime, whilst almost one fifth (19%) say their child has enjoyed trying new foods. The opportunity to eat together and socialise with friends was identified as the most important aspect by 15% of parents.

Parents are seeing the positive impact school meals can have on children’s eating habits, and the value of eating a ‘proper meal’ with friends at lunchtime.

The universal infant free school meals policy, launched in September 2014, entitles every child in Reception, Year 1 and Year 2 to a free lunch at school every day. Figures from the Department for Education, published in June, show that 85.5% of these children – more than 1.6 million – are taking up the offer.

George Osborne announced in his Autumn statement that the funding for Universal Infant Free School Meals (UIFSM) will be maintained.

Cooking on the curriculum - Framework for knowledge and skills available to support teaching practical cookery in schools.

The British Nutrition Foundation (BNF) has been developing a range of support materials and training opportunities to help schools unpack the new National Curriculum for Design and Technology (D&T).

The materials will help schools to address progression, challenge and attainment, plan Schemes of Work and implement high quality food, cooking and nutrition teaching.

[http://www.foodafactoflife.org.uk/section.aspx?t=0&siteId=20&sectionId=118](http://www.foodafactoflife.org.uk/section.aspx?t=0&siteId=20&sectionId=118)
In addition, along with Public Health England (PHE), the BNF have developed “Food teaching in schools: A framework of knowledge and skills” to support schools in implementing the requirements for food teaching within the new National Curriculum for Design and Technology (D&T), the GCSE Food Preparation and Nutrition in England and the Core Competences for Children and Young People.

Separate frameworks are available for both primary and secondary teachers.

The framework is available to download at:
http://www.nutrition.org.uk/foodinschools/competences/foodteachingframework.html

Eat Like A Champ - FREE toolkits available!

Eat Like A Champ is a free healthy eating education programme aimed at primary school children aged 9-10 years. The aim of the campaign is to tackle the growing issue of poor nutrition and obesity amongst children through six specially tailored lessons about healthy eating.

The concept of Eat Like A Champ is to make healthy eating exciting, and inspire children to adopt the healthy choices of champions they admire; in this case, former Blue Peter presenter and multiple Guinness World Record holder, Helen Skelton.

Schools can register now for one of 2,000 FREE toolkits containing lesson plans and resources.

For more information see
http://www.eatlikeachamp.co.uk/

REGISTER FOR BNF HEALTHY EATING WEEK
13-17 JUNE 2016

BNF Healthy Eating Week 2015 was the most successful to date with over 7,500 nurseries, schools and academies registering to get involved. Inspired by the success of the week, BNF has already set the date for 2016 and is starting to plan activities and resources based around healthy eating, cooking and food provenance.

You can start preparing for BNF HEW 2016 too!

Why not:
• put the date in your school diary, BNF Healthy Eating Week 13 – 17 June 2016
• plan for the school to be off timetable for the week so you can run whole school food and health activities
• consider guests you could invite into school to provide talks and run workshops based on healthy eating, cooking and food provenance
• think about trips and visits for the pupils, e.g. to a local farm, supermarket, food factory, restaurant
• talk to your canteen about special dishes and events for the week.

Registration for BNF Healthy Eating Week 2016 is now open! To register your school, click here.
Physical Activity

Run to Rio - the Daily Mile Programme to Get All of Surrey's Primary School Children Active this Summer

This Summer Active Surrey is looking to get all primary school children moving a mile every day. Schools across Surrey will be challenged to get their pupils collectively walking or running the 5700 miles from Surrey to Rio to mark the start of the 2016 Olympic Games.

The Run to Rio competition will run for 12 weeks from the start of the Summer term with the mileage covered by the school uploaded weekly to the Golden Mile website where they can track their progress. All schools who cover the full distance will be entered to win great prizes including a sporting champion visit to the school, Golden Mile membership for a year and a free fitness baseline test for pupils.

Getting pupils moving a mile each day, in addition to regular PE lessons, has been adopted by schools across the country who have observed reduced obesity levels, improved behaviour and increased concentration in class.

For more information or to get your school involved, please contact elizabeth.duggan@surreycc.gov.uk Active Surrey.

The Primary PE and Sport Premium – New Updates and Announcements

The later part of 2015 saw a flurry of updates and announcements concerning the sporting health and wellbeing of children.

Funding has been extended for the Primary PE and Sport Premium in 2015/16 with a further commitment from government to continue investment (as outlined in the Sporting Future policy document p35).

PE and Sport Premium Allocations for 2015/16 – The Funding Essentials

- Calculated using pupil numbers in years 1 to 6 as recorded in the January 2015 census (maintained schools)
- Schools with 17 or more pupils receive £8,000 plus £5 per pupil
- Schools with 16 or fewer pupils receive £500 per pupil
- 1st Installment – 31st January 2016

The Department for Education has reviewed the first two years of the PE and Sport Premium using a research sample of 1,925 schools (published November 2015).

Key headlines show that in 2014/5:

- 81% of schools used the premium to train and up-skill staff (CPD)
- 86% purchased new equipment
- 69% provided more extra-curricular opportunities
- 68% employed new sports coaches
- 74% used the premium to introduce new sports into the PE curriculum

In this same research schools reported that the premium had led to an impact on physical fitness (99%), healthy lifestyles (99%), skills (98%) and behaviour (96%).

PE and Sport Premium Terms, Conditions and Ofsted

Throughout all the formal PE and Sport Premium (2015/16) documents (DfE) it is made very clear that the funding should be used to ‘generate sustainable improvements which enhance, rather than maintain, existing provision’ (Sports Premium 2015/16 grant conditions).

Within Ofsted’s latest School Inspection Update (December 2015) inspectors and schools are reminded that the use of the PE and Sport Premium to cover PPA or the minimum requirements of the National Curriculum are not considered to be acceptable uses.

www.babcock-education.co.uk/4s
'The premium is provided to schools with any pupils in Years 1 to 6. Inspectors should be familiar with this guidance, which clarifies that the funding should not be used to cover planning, preparation and assessment (PPA) or to teach the minimum National Curriculum requirements, including for swimming’

Ofsted School Inspection Update December 2015

Where schools do employ specialist sports coaches this should be sustainable and the impact monitored. The simplest way that this can be achieved is to use the specialist knowledge of coaches to upskill and train teaching staff and volunteers (subject knowledge). Lesson observation and feedback is an important part in ascertaining the impact (of funding) and quality of learning.

Assessing Impact

As part of the terms and conditions of the PE and Sport Premium funding schools should publish (on their websites) how they have used the funding and what the impact has been on pupil outcomes. Given that the funding should be used to enhance current provision this suggests that it would be useful for schools to establish clear reference points on which they can demonstrate improvement.

Examples of pupil outcomes in PE and Sport

- % of pupils who achieve the floor standards for PE at the end of Key Stage 1 and Key Stage 2*
- % of pupils engaged in extra-curricular and competitive sports (making note of whether the same pupils play multiple sports or whether all pupils participate)
- Vulnerable pupils who make better than expected progress or whose health and well-being has been improved through PE and Sport
- Physical fitness and healthy lifestyle outcomes (diet, weight management, resilience, self-esteem)
- Quality of teaching and learning in PE and how this directly impacts on the health, wellbeing and achievement of pupils e.g. more children enthused through PE and encouraged to participate in extracurricular activity

* - Physical Education does not have yearly standards identified within the National Curriculum but end of key stage expectations

Clayton Wilson, Babcock 4S Physical Education Consultant is able to provide comprehensive advice and support regarding the PE and Sport Premium. Should you have any questions or would like to discuss further your individual school needs please do not hesitate to contact him.

E-mail: clayton.wilson@babcockinternational.com
Mobile: 07843344542

Important Related Links

Sports Premium 2015/16 Grant Conditions


Ofsted – School Inspection Update December 2015


The PE and Sport Premium – An investigation in primary schools November 2015


Sporting Future: A New Strategy for an Active Nation December 2015

Emotional Health and Wellbeing

Proposed Changes to Statutory Safeguarding Guidance – Consultation Open Until 16th February 2016

The government are currently looking to revise the statutory safeguarding document ‘Keeping Children Safe in Education’ to ensure that schools address safeguarding with rigour. The revised document and consultation questions streamline several sections of the document and provide an additional section which focuses upon online safety. In relation to PSHE the government are proposing that wording is strengthened, signifying a fundamental shift in thinking:

“Governing bodies and proprietors should ensure children are taught about safeguarding, including online, through teaching and learning opportunities, as part of providing a broad and balanced curriculum. This may include covering relevant issues through personal, social health and economic education (PSHE), and/or – for maintained schools and colleges – through sex and relationship education (SRE).”

New e-learning Package to Support People Working with Children at Risk from Dangerous Online activities

The Department of Health is providing funding for an e-learning course and other tools to help people spot when children are at risk from dangerous activity online. The resource will give nurses, doctors, teachers and other professionals who work with children the understanding and guidance they need to support young people in today’s digital world.

Norovirus Schools Guide – for Early Years Professionals

Norovirus, also known as the winter vomiting bug, is the most common stomach bug in the UK. NHS Choices, in collaboration with the Food Standards Agency, has put together this useful guide and printout to help schools and parents understand Norovirus, from detection to prevention. To download the guidance visit:


Jigsaw (South East) Child Bereavement

Jigsaw (South East), a local child bereavement charity that supports bereaved children and young people in Surrey, is expanding its training courses for professionals and is running eight training courses in 2016.

The courses have been put together for education, health and social care professionals who work with children, in order to help them offer the right support to any bereaved child with whom they work.

The courses range from the popular ‘Introduction to Bereavement’ training that is followed up two weeks later by the ‘Practical Workshop’, to specialist courses on how to deal with children who have been bereaved through traumatic circumstances and those who have a parent/ close relative who has been diagnosed with a life-limiting illness.
The courses offer help on how to deal with a bereaved child e.g. what to do, what to say and provides delegates with useful tools to give the child the best support they can.

All courses run from 9.30am to 1.30pm and take place in Guildford/Woking or Crawley in West Sussex.

For detailed information, please visit the website at www.jigsawsoutheast.org or phone 01342 313895.

Supporting Inclusion - Surrey Young Carers

Surrey Young Carers is a charitable service working across the county to support young people, aged up to 18 years, who have a caring role for a family member or friend with a disability or a long-term health problem (including mental illness, or a drug or alcohol addiction).

Current reports indicate that there are at least 14,000 young carers in Surrey, many of them hidden from view and providing practical, personal and emotional support.

Although many families cope with these conditions, up to two-thirds of young people in these home situations experience difficulties.

Emotional, physical and social problems can manifest from inappropriate caring responsibilities and from the impact of stress and low income that can be associated with disability, ill-health and addiction within the family. Such problems within the home often causes difficulties for young people in their education, such as getting to school, being able to focus upon schoolwork, and completing assignments. Over time, this can have a considerable impact upon their ability to achieve qualifications and to move into further education and careers.

Surrey Young Carers work with schools to assist them in identifying and supporting these students, to help them to get the most out of their education.

OFSTED recommend this work as best practice. Surrey Young Carers are able to provide briefings, information and advice to staff to assist them in creating ‘carer-friendly schools’. They can also present assembly talks to inform students on the issues and the support that is available.

Surrey Young Carers have produced PSHE materials to enable primary and secondary schools to address the topics of disability, caring and emotional literacy.

Surrey Young Carers also offers a range of individualised support, including assisting families in accessing the statutory services they require to reduce the young person’s caring role, and providing social activities, breaks and one-to-one support for these young people.

For further information on Surrey Young Carers and to contact your local Education Adviser, please call 01483 568269 or visit www.surrey-youngcarers.org.uk

Support for Young Adult Carers in Education

A group of young adults within Action for Carers’ 18-24 Network have recently launched a campaign to raise awareness to 6th form staff, college and university tutors about the challenges that student carers face. With the assistance of Fixers UK, they have produced a short video for staff, calling for support with their studies, easier access to college bursaries, and face-to-face guidance on Higher Education and careers.

You can view the video here:
https://www.youtube.com/watch?v=fLQ9WaxmvJU

6th form and college and university staff are encouraged and invited to promote this to their colleagues and networks.

For more information on the campaign, and for briefings and INSET sessions, please contact Patrick Buckingham, Education Adviser, by email Patrick.Buckingham@actionforcarers.org.uk or Tel: 01483 457008.
New Rights for Young Carers

The Care Act 2014 and the Children & Families Act 2014 both came into full force from April 2015. These pieces of legislation pull together and simplify previously overlapping laws, and increase the rights available to young carers – namely the right to an assessment of their needs by the local authorities, no matter what their age or who they care for. There is also an increased responsibility upon social care and mental health services to work with schools in the support of these vulnerable students.

For more information on the legislative changes, please visit: https://professionals.carers.org/new-rights-young-carers-england or contact your local Young Carers Education Adviser on syc@actionforcarers.org.uk.

CAMHS Youth Advisors (CYA)

CYA (CAMHS Youth Advisors) are a group of young people who have experiences of accessing mental health services in Surrey.

The young people use their experiences to develop, improve and complement services. They work together with professionals towards better outcomes for children and young people and have initiated projects to achieve this.

One of CYA’s most successful projects is called CYA in Schools. The aim is to increase awareness and reduce the stigma around mental health. This is done through interactive activities to engage students and young people, sharing personal experience of mental health difficulties and accessing mental health services. Presentations are tailored to meet the needs of each school and can be delivered in different ways e.g. through assemblies, lessons or information stalls at lunch breaks.

For any questions or more information please feel free to email us on just.cya@surrey.gov.uk or call 01483 519571.

For more information you can check out the CYA section of the CAMHS website www.surrey-camhs.org.uk

What about YOUth Fingertips Tool Launched

The What About YOUth? 2014 survey, a study of self-reported attitudes to healthy lifestyles and risky behaviours in 15 year olds in England, was published on 8th December 2015. The survey was carried out by Ipsos Mori and commissioned by the Health and Social Care Information Centre (HSCIC). PHE will also publish the data through the Fingertips platform.

The Health behaviours in young people – What About YOUth? tool provides local authority level estimates for several topic areas, based on what 15 year olds themselves said about their attitudes to healthy lifestyles and risky behaviours (self-reported), including diet and physical activity, smoking, alcohol, drug use, bullying and wellbeing. For each topic area, the information is shown by ethnicity, deprivation, sexuality, region and local authority.

NSPCC School Service offers all schools free information and lesson plans and training on safeguarding and e safety. As well as this the School Service has been offering FREE Assemblies and Workshops to EVERY child aged 9-11 years old throughout the UK. So far in Surrey we have spoken to over 20,000 children on Keeping safe, definitions of abuse and Trusted adults.

If you would like more information on any of the services NSPCC can provide please feel free to contact your Surrey Area Coordinator Anne-Marie.Dougherty@nspcc.org.uk
Nicky Morgan: Schools ‘plagued’ by Homophobic Bullying

School bullies are pushing gay and lesbian teenagers to choose ‘safe’ career options, ‘screwing’ their future prospects, the Education Secretary has said.

Nicky Morgan told a conference that schools were still being “plagued” by homophobic bullying with many young people contemplating ending their lives.

Her remarks follow a survey in schools that showed that nine in ten teachers last year said there was homophobic bullying in the classroom.

For the full story visit: http://www.telegraph.co.uk/education/educationnews/12015383/Nicky-Morgan-Schools-plagued-by-homophobic-bullying.html

Feeling Good Week Returns in 2016

After holding two different Feeling Good Weeks in 2015 - one for children up to 11 years old and another for young people aged 11-18, we’ll be doing the same again in 2016. Feeling Good Week Seniors will take place from 8-12 February 2016 and from 13-17 June 2016 for younger children.

Schools and youth organisations will be able to apply for funding to host events that help young people feel good and encourage them to think about their mental health. For Feeling Good Week Seniors we’ll be asking young people to think about using technology in a way that supports good mental health. At the same time we’ll remind them of the potential dangers they should be aware of such as cyberbullying.

The week will coincide with Safer Internet Day on Tuesday 9 February 2016.

Find out more about Feeling Good Week here.

Make Time 4 Mental Health Programme

Make Time 4 Mental Health is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness.

To find resources which can support professionals working with young people visit: http://www.time-to-change.org.uk/get-involved/resources-youth-professionals

Intersex Women Speak Out

This article by Sarah Morrison in the Independent explains how intersex people have been made largely invisible and why this needs to change. Morrison explains: Nature produces bodies on a spectrum; a continuum of possibilities…. As many as 1 in 2000 babies is born visibly intersex, while many more are born not so obviously unique...

LGBT – Free Wall chart Resource

The LGBT British time line showing the legal changes and some key events with pictures of some of the people who have helped us along the way can be downloaded from: http://lgbthistorymonth.org.uk/wallchart/ .

In the centre of the poster is a massive march, pictures from Pam Isherwood’s archive, which demonstrates, the work of thousands of people that have gone into the achieving of our human rights.
After a competitive tender Surrey & Borders Partnership Foundation NHS Trust have retained the contract to provide Surrey’s mental health and learning disability services for children and young people.

The Trust was one of five mental health and learning disability providers to bid for the £12.9 million contract, which now includes an extra £2.3 million to strengthen and develop the delivery of mental health and learning disability support services across the county.

The new arrangement will take effect from April 2016 and will lead to the creation of new clinical posts. The funding will be used to increase access to services, resulting in more out of hours support, and to also broaden the range of services offered.

There will also be an increased drive to reach vulnerable and under-represented groups.

To help achieve this, the Trust will lead a partnership of both national and local voluntary, statutory and private providers, who have proven track records in delivering services to children and young people.

For more information about partner agencies and the key changes to mental health and learning disability support services across Surrey are available by clicking the links below:

(http://www.sabp.nhs.uk/news/trust-wins-new-ps12.9m-contract-for-youth-mental-health-services

CAMHS Brochure

TaMHS (Targeted Mental Health in Schools)
Funded training for All Surrey Maintained and Academy Schools

In order to help their pupils succeed, schools have a role to play in supporting them to be resilient and mentally healthy. School should be a safe and affirming place for children where they can develop a sense of belonging and feel able to trust and talk openly with adults about their problems. (DfE, 2015 Mental Health and Behaviour in Schools)

Due to its success, the TaMHS Approach (training in core mental health awareness), is fully funded for all Surrey maintained and academy schools. Schools engaging in TaMHS can access whole school, Core Mental Health Awareness training, delivered by Primary Mental Health Workers and CAMHS Community Nurses. This is followed by a session offered to schools around attachment theory.

These two fully funded sessions of 3 hours and 1.5 hours respectively are proving useful for staff and especially useful in terms of understanding how CAMHS systems operate, how to make an effective referral and in raising staff awareness of what lies beneath behaviours.

To take part in TaMHS training contact:
sarah.lyles@babcockinternational.com or susan.skinner@babcockinternational.com

Further details visit:
http://www.healthysurrey.org.uk/your-health/mental-wellbeing/camhs/professionals/tamhs/
TaMHS Network Meetings

Network meetings provide further support for schools and educational establishments. The Spring Term meeting will include presentations by the CYA (CAMHS Youth Advisors) and ACT (Assessment Consultation Therapy).

Spring Term 2016

NW Quadrant:
Wednesday 24th February 2016
Broadmere Primary Academy, Devonshire Avenue, Sheerwater, Woking GU21 5QE

NE Quadrant:
Wednesday 2nd March 2016
Riverbridge Primary School, Park Avenue, Staines, TW18 2EF

SW Quadrant:
Wednesday 9th March 2016
Tillingbourne Junior School, New Road, Guildford, GU4 8NB

SE Quadrant:
Wednesday 16th March 2016
Tandridge Education Partnership Learning Centre, CR3 5YX

All 4:00pm to 5:30 pm

To book your place at the network meetings contact Susan.Skinner@babcockinternational.com

Training Opportunities

PSHE, Citizenship and SEAL Leaders Primary Network Meeting (Primary)
Wednesday 3 February 2016
Thursday 19 May 2016
16.15 – 17.45 - Tillingbourne Junior School
Event Code: 15T/10282

PSHE, Citizenship and SEAL Leaders Primary Network Meeting
Wednesday 10 February 2016
Wednesday 25 May 2016
16.15 – 17.45 - Merstham Primary School
Event Code: 15T/10283

PSHE, Citizenship and SEAL Leaders Primary Network Meeting
Thursday 11 February 2016
Thursday 12 May 2016
16.15 – 17.45 - Cranmere School
Event Code: 15T/10290

Surrey Healthy Schools Training; helping to ensure a proactive approach towards physical and mental health and wellbeing (Primary & Secondary)
Wednesday 9 March 2016
9.15 – 12.15 - The Legacy Thatcher’s Hotel, Leatherhead
Event Code: 15T/10907

Effective Relationships and Sex Education for Primary Schools
Friday 15 April 2016
9.30 – 15.45 - St George’s Christian Centre, KT21 2DA
Event Code: 15T/10405

Circle Time for emotional Literacy, Resilience and Restorative Practice
Friday 29 April 2016
13.30 — 16.00 - St George’s Christian Centre, KT21 2DA
Event Code: 15T/11421

For further details please contact Sarah.Lyles@babcockinternational.com

Training for Staff Meetings

If you require training on any of the following areas:

- Drug Education
- PSHE education
- Relationships & Sex Education
- Circle time
- e-safety and PSHE
- PSHE and preparing for OfSTED
- PSHE: supporting Equalities and Inclusion

For further details please contact Sarah.Lyles@babcockinternational.com

Book your place now at:
http://cpd.babcock-education.co.uk/cpd/
Contacts & Links

PSHE, Relationships and Sex Education, Drug Education, Restorative Approaches: 
sarah.lyles@babcockinternational.com
Healthy Schools: liz.griffiths@babcockinternational.com
Safeguarding, Behaviour, CSE: liz.griffiths@babcockinternational.com
Healthy Eating and Food Education: diana.hansford@babcockinternational.com
Physical Activity and Education: clayton.wilson@babcockinternational.com
Alcohol Education Trust: www.alcoholeducationtrust.org
Bereavement (supporting children and young people): Jigsaw South East www.jigsawsoutheast.org.uk
CAMHS (Child and Adolescent Mental Health Services): www.surrey-camhs.org.uk
CAMHS Primary Mental Health Team (PMHT) Advisory Line numbers:
  North Sector (Woking, Runnymede, Spelthorne, West Elmbridge) - 01784 884817
  East Sector (East Elmbridge, Epsom, Mole Valley, Reigate & Banstead, Tandridge) - 01737 287002
  South Sector (Surrey Heath, Guildford, Waverley) - 01276 605376
CYA (CAMHS Youth Advisors): www.healthysurrey.org.uk or contact just.cya@surrey.gov.uk
National PSHE CPD Programme: www.pshe-cpd.com or contact nationalpshe@babcockinternational.com
Nutrition Foundation (British): www.nutrition.org.uk
NSPCC — Childline Schools Service: Surrey area contact Anne-Marie Dougherty on 07785 371844 or anne-marie.dougherty@nspcc.org.uk
Road Safety: Brake http://www.brake.org.uk/beepbeepday
Surrey Healthy Schools: www.surreyhealthyschools.co.uk or contact vivian.stacey@babcockinternational.com
Surrey Young Carers: www.surrey-youngcarers.org.uk or contact Local Education Adviser
  Runnymede, Surrey Heath, Woking, Guildford and Waverley, call 01483 457008, or email: Patrick.Buckingham@actionforcarers.org.uk
  Spelthorne, Elmbridge and Mole Valley, call 01737 245576, or email: Elin.Tommervik@actionforcarers.org.uk
  Epsom and Ewell, Reigate and Banstead, and Tandridge, call 01737 245576, or email: Nicky.Marshall@actionforcarers.org.uk
TaMHLS (Targeted Mental Health in Schools) training and networks:
sarah.Lyles@babcockinternational.com / susan.skinner@babcockinternational.com