



**WELCOME to the first 2008 edition of the Healthy Schools newsletter, which is packed with information, course details and the latest projects and programmes for schools. If you have any queries, please get in touch via our website: [www.surreyhealthyschools.co.uk](http://www.surreyhealthyschools.co.uk), where you will find the team's contact details.**

## NHSS website - password details

All schools in Surrey that are participating in the National Healthy Schools Programme will have been sent password details by e-mail within the past couple of weeks. This password is for access to the national Healthy Schools website.

If you have not received your password, or if you would like to register using a different e-mail address, please visit the national Healthy Schools website at [www.healthyschools.gov.uk](http://www.healthyschools.gov.uk). This is where you can check all the details for your school and complete the online audit and self-validation form.

If you have any queries, please contact [liz.griffiths@vtplc.com](mailto:liz.griffiths@vtplc.com) or [joanna.feast@vtplc.com](mailto:joanna.feast@vtplc.com).

## Thank you!

A big thank you to all schools that helped us with our recent questionnaire! We had an overwhelming response from so many of you and were able to put together an accurate picture of your experience of the Healthy Schools Programme in Surrey. You came up with some excellent suggestions for how things could be improved, as well as lots of compliments for our team!

We are always keen to hear feedback from the hundreds of schools with whom we work; so if you have any comments, queries or questions, do let us know. Our details can be found on the Team Page of our website: [www.surreyhealthyschools.co.uk](http://www.surreyhealthyschools.co.uk).

## Training Course: PSHE CPD for Teachers and School Nurses

This DCSF-funded programme of continuing professional development (CPD) has been running for five years and has provided over 8,000 teachers across the country with an opportunity to gain recognition of their experience in teaching personal, social and health education (PSHE) and to enhance their professional development. The aims of the programme are to improve the confidence and effectiveness of teachers delivering PSHE and to raise the profile of this extremely important curriculum area.

The course runs for up to 12 months and, during that period, you will be offered approximately 3½ days training and termly twilights. The programme is fully-funded, including supply cover. The course is suitable for teachers at any stage of their career and can be used as part of your continued professional development. The course is accredited by Roehampton University at 30 credits at HE3 or 20 credits at HE4 so can be used as credits towards a Master's degree or to support applications for Threshold Assessments.

For those wishing to find out more, briefing sessions will be held on Thursday March 27th at Leatherhead Golf Club and Tuesday April 1st at Four S, both at 4.30pm. To book a place please contact: [vivan.stacey@vtplc.com](mailto:vivan.stacey@vtplc.com).

**New!**

## Sign up [online](http://www.surreyhealthyschools.co.uk) to automatically receive the Healthy Schools newsletter

Log on to [www.surreyhealthyschools.co.uk](http://www.surreyhealthyschools.co.uk) and enter your e-mail address in the 'subscribe' box to receive the half-termly Healthy Schools newsletter. Once you have registered on the site, you will automatically receive the newsletter from [newsletter@surreyhealthyschools.co.uk](mailto:newsletter@surreyhealthyschools.co.uk).

You will continue to receive the newsletter every half term unless you unsubscribe (details of how to do so are on the website). If you have any queries, please contact [liz.griffiths@vtplc.com](mailto:liz.griffiths@vtplc.com).

# PSHE

## Drug and Alcohol Education

Surrey Stop Smoking Service offers free, friendly and professional advice for any school where staff members smoke. Wendy Kite, Surrey Workplace Specialist, invites all schools in Surrey to contact her. She will arrange a site visit to meet with staff who smoke to look at practical support measures including workplace stop smoking groups and desktop quit programmes. Contact Wendy by e-mail [wendy.kite@surreypct.nhs.uk](mailto:wendy.kite@surreypct.nhs.uk) or by telephone on 01483 510463.

### Interventions in schools to prevent and reduce alcohol use among children and young people

The National Institute for Health and Clinical Excellence has produced public health guidance for use in primary and secondary schools on sensible alcohol consumption. The guidance also covers pupil referral units, secure training units, local authority secure units and further education colleges. It is for teachers, school governors and practitioners with health and well-being as part of their remit, working in education, local authorities, the NHS and the wider public, voluntary and community sectors. It may also be of interest to children and young people, their families and other members of the public.

It gives advice on incorporating alcohol education into the national science and personal, social and health education (PSHE) curricula, and helping children and young people access the right support. Find the document at [www.nice.org.uk/guidance/index.jsp?cction=byId&o=11893](http://www.nice.org.uk/guidance/index.jsp?cction=byId&o=11893)

## Sex and Relationships Education

### Surrey Chlamydia Screening Programme

Chlamydia is the most common Sexually Transmitted Infection (STI) in the UK, and it affects both men and women. Chlamydia is easy to treat once detected but the majority of cases are asymptomatic. The programme throughout Surrey offers free self-taken Chlamydia tests in a range of healthcare and non-healthcare venues, including Family Planning Clinics, GP's, Connexions centres, Walk-In centres, Barracks, Youth Services, schools and colleges.

Young people in Surrey are able to take advantage of a Chlamydia outreach screening project. As part of the Surrey Chlamydia Screening Programme (SCSP) young people can pick up a pack and return the completed sample to the person they received the test from. Postal kits are available in some venues, where young people can take a pack home to complete the test and post it back. Postal packs can also be sent out to young people's home address; these can be requested by ringing the Chlamydia Screening Office on 0800 0198589 or via the website [www.surreycscreen.nhs.uk](http://www.surreycscreen.nhs.uk).

Programme Lead Wendy Smith says: "The aim of the Chlamydia Screening Programme in Surrey is to ensure that young people are able to access free self-taken Chlamydia testing kits in a wide range of young people-friendly venues. 1 in 10 young people aged 16-24 has Chlamydia and the vast majority will display no symptoms. Testing is simple and treatment is usually a one-off dose of free antibiotics. If you work with young people and would be interested in finding out more information about the programme please contact us, we are happy to provide training and information to staff on the Chlamydia Screening Programme. We are able to attend Schools and Colleges to offer information both through PHSE." For more details contact Simon Shaw - Programme Advisor ([simonshaw@nhs.net](mailto:simonshaw@nhs.net); 07813 773090); Wendy Smith - Programme Lead ([wendysmith4@nhs.net](mailto:wendysmith4@nhs.net); 07971 660897).

# Healthy Eating

## Food Awareness Week 9-13th June 2008

Food Awareness Week (FAW) is a campaign designed to promote healthy eating and active lifestyles. This year's FAW supports the 'Year of Food and Farming' and the aim will be for schools to run a practical food-related activity week using the free Food Awareness Week pack, Year of Food and Farming Resources and, where possible, help from health-related organizations. It is hoped that schools will be able to show/sell produce harvested or prepared during FAW on a home produce stall at their school summer fete.

To assist you with your planning, and to give you lots of great ideas for different age groups, a free Food Awareness Week Pack with over 60 activity sheets is available for your school. It is a practical and useful resource suitable for use with all children. The pack is being revised for 2008 and a new pack will be sent to all schools who register for FAW. As this year's FAW will be run in conjunction with Year of Food and Farming all registered schools will also be sent free vegetable seeds with planting instructions and related teacher resources. It is hoped that these seeds will be ready for harvest by FAW.

To register, e-mail [Diana.hansford@vtplc.com](mailto:Diana.hansford@vtplc.com) with your school name and FAW co-ordinator including their best contact number and email address and put 'FAW registration' in the subject line. You will then be sent the seed packets, new free FAW pack, updated contact information and tips on how best to run a successful FAW.

## Get Gardening for Africa

Send a Cow's African Gardens competition offers kids bags of fun. The development charity is launching its 2008 African Gardens Competition to get children growing their own vegetables using African-style techniques taught by Send a Cow.



Each starter kit costs £9.99 and includes a hessian sack, three seed varieties, plus full instructions on how to grow your garden in a bag and entry into this year's competition. There are also Mini-Bag Starter Kits available for smaller gardeners, one of several new and exciting additions for 2008. The competi-

tion is open to children aged 14 and under - schools, classes, year groups, families and individuals can all enter. To order a starter kit phone 01225 874222, or download an order form and read more about the gardens at [www.sendacow.org.uk/africangardens](http://www.sendacow.org.uk/africangardens).

## Children's Cookery Competition: Cook It! 2008

The Guild of Food Writers is asking budding young cooks, aged between 10 and 14, to create a two-course family meal for a special occasion using mainly fresh and healthy ingredients. The closing date for entries is Monday 7 April 2008. This year the Guild has introduced a food writing section to its annual Cook It! competition: CookIt-WriteIt! Open to applicants aged between 15 and 18, entrants are required to write a descriptive 750-word piece based on any food-related subject such as a visit to a restaurant, market or food shop, either in Britain or abroad. For entry forms and further information for both competitions, go to [www.gfw.co.uk](http://www.gfw.co.uk).

## Physical Activity

### Airedale Backcare Programme for Children (ABC)

The aim of the ABC programme is to provide school children with the information and skills required to facilitate adoption of positive lifestyle behaviours that can reduce the risk of developing an unhealthy spine and to facilitate a back-friendly school environment. In the UK back pain is a significant problem, being the largest single-recorded cause of long-term sickness. Up to 50% of 14-year-olds experience low back pain.



Actively promote good back care!



Be a back friendly school!



Complaints of back pain reported halved!

By promoting good back care early on the aim is to raise awareness and lower the incidence of adolescent back pain. The programme works best in small groups and is interactive including a 10 minute DVD. The programme takes 45-60 minutes to deliver and includes some group work. The ABC programme has been found to be most effective in year groups 5 and 7 and is therefore targeted at these year groups. Contact [Helen.Fleming@surreypct.nhs.uk](mailto:Helen.Fleming@surreypct.nhs.uk) for more details.

### Happy2BHealthy Project

The Happy2BHealthy project, which employs a partnership approach to tackling obesity in school-age children, was set up by Surrey Primary Care Trust (East Locality) in response to the national and local health improvement agenda. Following the success of the pilot project in Summer 2005, the project is being rolled out to targeted primary/junior schools (Year 4 Cohort) in certain areas of East Surrey, initially, with future roll-out across Surrey if funding is available. A resource pack, including a CD-ROM, has been developed and is supplied to all schools who have completed the programme, enabling future roll-out year-on-year. If you would like your school to be part of the next project, contact Yvonne Turnbull, Health Improvement Practitioner (01737 214765; [yvonne.turnbull@surreypct.nhs.uk](mailto:yvonne.turnbull@surreypct.nhs.uk)).

## Emotional Health and Well-Being

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

#### Primary Network Meetings

If you have implemented SEAL within the past couple of years and would like some support and an opportunity to network with other schools, come to a free network session.

**East Surrey:** Monday 3<sup>rd</sup> March 2008, 4.15 - 5.45pm – Wray Common Primary School, Reigate **OR**

**West Surrey:** Thursday 6<sup>th</sup> March 2008, 4.15 - 5.45pm – Bishop David Brown School, Woking.

For your free place, please e-mail [joanna.feast@vtplc.com](mailto:joanna.feast@vtplc.com) with your name, school, and the date that you would like to come, by 29<sup>th</sup> February at the latest. The focus of the meetings will be on Family SEAL, as well as the usual updates, activities, suggestions, sharing good practice and networking. There will also be time to discuss evaluation and data collection. For any queries on Primary or Secondary SEAL, please contact Joanna Feast.

### Emotional Health and Well-Being Twilight Session

The Surrey Healthy Schools Programme is running a twilight session for any school that is working towards the Healthy Schools award and would like some additional support with Criterion 4. Date: 26<sup>th</sup> February 2008; Time: 4.15-5.45pm; Venue: Leatherhead Golf Club. For your free place, please contact Vivian Stacey: [Vivian.stacey@vtplc.com](mailto:Vivian.stacey@vtplc.com) or phone 01372 834321.

### Friendship Funday - 23 May 2008

Friendship Funday is Save the Children's annual fundraising day for schools. It's a unique opportunity to promote and celebrate friendship. If you haven't already registered, you can sign up online at [www.savethechildren.org.uk](http://www.savethechildren.org.uk).

### Golden Time

Get free ideas and activities for Golden Time from this excellent new website: [www.golden-time.co.uk](http://www.golden-time.co.uk).

### 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 £95 for 3 meetings (for Surrey-maintained schools).

### Primary PSHE Network Meetings

These networks continue to offer excellent support to anyone teaching PSHE, SEAL or any health-related topic in primaries.

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

### Free Training Opportunity with the Food Partnership for Secondary Food Tech Teachers

The Food Partnership is part of the national DCSF-funded Food in Schools programme. A food partnership is a continuing professional development (CPD) programme organised between a secondary school and its family of feeder primary schools. The aim of the partnership is to develop food and nutrition education, specifically practical work with food, as a key learning activity and offers secondary teachers an exciting opportunity for free training to help enhance and develop food education in primary schools. The 2-day training will cover practical food handling, nutrition and healthy eating, food hygiene and cooking skills, with an emphasis on preparing current favourite and healthy dishes. Teachers will receive a comprehensive training manual for use in training primary teachers. Schools will be paid supply cover for each day the teacher is out of school. Secondary teachers interested in this free training must complete an on-line application form at [http://www.foodinschools.org/food\\_partnerships/trainer\\_application.php](http://www.foodinschools.org/food_partnerships/trainer_application.php). Contact [Diana.Hansford@vtplc.com](mailto:Diana.Hansford@vtplc.com) for details.