

Healthy Schools

Issue 1 Summer 2010

Newsletter



Welcome to the first edition of our e-newsletter! We hope that you enjoy finding out about health and wellbeing best practice in county schools, new resources available and courses to attend. Please get in touch with us if you would like more information on how your school can continue its Healthy Schools work (see page 6). From the Healthy Schools Team.

New Healthy School! Hardingstone Primary School



Hardingstone Primary School have worked hard to complete their Healthy Schools Status and have achieved a good range of outcomes in all of the four themed areas.

Within the healthy eating theme, the school has recently joined the Lets Get Cooking scheme and has completed the training. Children, staff and parents are all now keen to start the first club in June and organise their community events.

Year 5 children have been participating in the recent Walk to School Week and the children have been out into the village with the traffic team and the speed gun, led by the Junior Road Safety Officers.

The school have also recently begun to support vulnerable children's pastoral needs through their work with the Lighthouse Trust, which has focussed on team building, self esteem and relationships with other children.

Congratulations to...

Congratulations to the following schools for recently achieving their Healthy Schools Status! All schools will be invited to receive their award at our Awards Ceremony in June.

Broughton Primary School
Cogenhoe Primary School
Corby Business Academy
Culworth CEVA Primary School
Hayway Infant School
Hardingstone Primary School
Kings Heath Primary School
Moulton Primary School
Newnham Primary School
Our Lady of Walsingham Catholic Primary School
St Gregory's Catholic Primary School
Stoke Bruerne CE Primary School
The Rushden Community College

The following schools have recently maintained their Healthy Schools Status by successfully completing the Annual Review:

Beanfield Primary School
Bracken Leas Primary School
Brigstock Lathams Primary School
Danesholme Junior School
Gayton CE Primary School
Great Addington CEVA School
Gretton Primary School
Irthlingborough Junior School
Loatlands Primary School
Maplefields School
Naseby CE Primary School
Ringstead CE Primary School
St James Infant School
The Bliss Charity School
Titchmarsh Primary School
Victoria Primary School
Weldon CE Primary School

Family SEAL pilot project at Kislingbury

Kislingbury CE Primary School have recently undertaken a 6 week pilot project on Family SEAL. The school were supported both by the County SEAL team and the Healthy Schools Team to run a course based on the principles of SEAL for both children and their parents. Each week on a Wednesday morning parents dropped their children at school as usual, but then stayed on for coffee and an interactive hour's session based on a SEAL theme.

The school used the Family SEAL guidance and delivered sessions on 6 of the main SEAL topics. After break the children came in to work on a fun family activity with their parents/carers linked to the parent session. Families shared their experiences together at the end of each session.



A joint family activity in progress

Headteacher, Janet Northing ran the sessions and is keen to repeat more sessions in the autumn term, she says of the course, *'We have been looking for a purposeful way of reaching out to our parents both to support them in their role and to involve them more fully in their child's development. The Family SEAL project provided just this opportunity as it was both informative and fun. It provided space for the parents to discuss the weekly theme at their own level as well as giving them some quality time with their children in school. It worked very well and will definitely become a regular feature of our school life.'*



Rebecca, James and Sam showing their completed 'Ways to Relax' poster, which they worked on with mum

Parents and children's feedback from the course was very positive. The parents who took part were unanimous in their praise for Family SEAL. One commented that the best thing for her had been, *'Spending time with my children and learning how to deal with certain situations differently.'* Another described it as, *'A lovely opportunity to talk about bringing up families and all the problems that can unfold.'*

There was total agreement that they would recommend Family SEAL to other parents at the school. Likewise all the children agreed that they had enjoyed the workshops and in particular the opportunity to work with their parent.

All but two of the children said that they wouldn't change anything about Family SEAL. The two children concerned just wished it could have lasted longer! All the children would recommend taking part in Family SEAL to their friends. The project was also part of a national research project linking children's behaviour, health and wellbeing. Findings from parent/carer surveys taken at the beginning and end of the project showed that parents' perceptions of problem behaviour dropped significantly from 81 responses for various problem behaviours at the beginning of the course to 10 responses at the completion.

Family SEAL is a project that your school can work on as part of the Healthy Schools Enhancement Model. It is a measurable and meaningful way of improving the emotional health and wellbeing of children and is a great way of building relationships with parents. If you would like to run such a project in your school, please contact Dawn Macaulay, Healthy Schools Advisor (01327 708160).



James, Oliver, Grandma and Grandad receive their Family SEAL certificate at the end of the project

Head teachers from across the county attended our Head teachers Briefing Event earlier this year to launch the Healthy Schools Enhancement Model. For schools who have completed Healthy Schools status and the Annual Review (see below), this is an opportunity to work on 1-3 year health and wellbeing projects. Schools should identify one school priority and one local priority to work on. Northants Healthy Schools have identified 4 local health priorities from the Children and Young Peoples Plan (CYPP) that schools can focus on for their local priority project: obesity/healthy weight, emotional health and wellbeing, teenage pregnancy and substance misuse. Schools may choose to work with other schools within their cluster on these local health priorities. The Healthy Schools team has been working with Head teachers and local health professionals to develop local action plan examples for schools to use as part of the Enhancement Model. If you would like a copy of these action plans or would like to talk to an Advisor about how your school can become part of the Enhancement Model, please contact your Advisor (see details on page 6). Details of the Enhancement Model can also be found on the National Healthy Schools Website www.healthyschools.gov.uk



A set of new on-line surveys to gather data on the views of children, young people, parents, governors and

staff has been developed. The surveys have been developed by the East Midlands Regional Healthy Schools Teams and are a great way of collecting perception data for the enhancement model. Once your school has a user name and password (issued by your Advisor), you can log on and complete the surveys, as well as receiving reports back directly. The surveys and reports are free to complete and cover all aspects of health and wellbeing within school. Results for children can be filtered into gender, year group and subject, so for example you can find out what girls in year 6 think about their PE provision or what boys in year 8 think about their PSHE lessons. If you would like your school to take part in the on-line surveys, please contact your Advisor.

Annual review

From 2010 all schools will need to complete a review of current health and wellbeing practice within the school. Schools who are coming up to the end of their three year Healthy Schools Award will be contacted to complete the Annual Review.

This will be done on an annual basis and is completed via an online tool. The review covers nine areas of the whole school approach and makes links to the OFSTED SEF form. Help and advice on completing the annual review is available from your Healthy Schools Advisor.

Children at Roade Primary School enjoy Healthy Living Week

Children, staff and parents at Roade Primary School all enjoyed a wide variety of cross-curricular activities at their recent Healthy Living Week.

*The children were encouraged to do lots of exercise throughout the week, including a Move-it challenge and a visit from Freddy Fit.

*The school used rowing machines provided by the school sports partnership to set a Rowing challenge for children and staff. The child who could row the furthest in 1 min was selected as the winner from each class. An adult competition also took place. This involved teachers, LSA's, governors and a parent!

*Children all participated in some healthy cooking activities.

*The week ended with a teddy bears picnic and fruity fancy dress day, where children and staff all dressed up as either a fruit or vegetable!

The children had a great week, and so did the adults!

SEAL - Lunchtime supervisor courses

Judith Coley is currently offering SEAL training for lunchtime supervisors where, '*staff can examine the contribution that well managed playtimes and lunchtimes can make to pupil's social, emotional and behavioural development.*'

Training for lunchtime supervisors is key to ensuring that SEAL values are embedded across the whole school day. Judith is available to come into your school and deliver the one hour free training on site.

For further details contact Judith on 01933 353146 or e-mail: randjcoley945@btinternet.com

Freddy Fit

The Freddie Fit Project comes to South Northants Schools!



The Freddie Fit Project is a new health and fitness programme for primary schools which is currently being funded in 30 Daventry and South Northants schools by the local School Sports Partnership (SSP).

The programme is currently offering taster sessions, but also runs 'circuit for life' workshops and equipment for structured playground activities, including lunch time leader training for children in years 5 and 6.

St James Infant School in Daventry were one of the schools who have enjoyed the Freddie Fit experience and are now offering regular sessions before school. Amy Smith, PLT at St James' said, "this is a fantastic programme which is appealing for both children and parents. It is encouraging those children who were late to school to arrive early for the sessions, as well as engaging our gifted and talented children in leading this fun fitness project..."

Watch the DVD clip on the website www.freddyfit.co.uk

For further information on booking The Freddie Fit Project for your school, contact 01904 778551 or e-mail: info@freddyfit.co.uk

Launch of new PSHE pack

PSHE Education in Northamptonshire moves forward with the launch of the Primary materials to support teaching of all aspects at Key Stage 1 and 2.

This will take place at 9.30am on Tuesday 20 July at Brittainia House, Northampton. To book a place at the launch please phone LA&SI CPD on 01604655098 or go on line at: www.northamptonshire.gov.uk

SRE Training and Support

Free support is available to all schools in the county for Sex and Relationships Education (SRE). This could be for either policy development, parents evenings or staff training. Contact Tessa Parkinson on 01604 365093 to book.

Tasting a Rainbow

If you are planning a healthy eating day or week at school, need to encourage healthy packed lunches or want to enrich your PSHCE curriculum, then this new resource will be invaluable! 'Tasting a Rainbow' has been developed by Derby City Healthy Schools team and is a comprehensive CD-Rom resource pack on healthy eating for primary schools. It includes sections on key healthy eating messages, great ideas for themed weeks, including songs and activity sheets and a range of classroom activities.

A copy of the resource is available free to each primary school in the County, so if you have not yet received your copy, please get in touch with your advisor.



An invitation to MEND



Families who would like to be fitter, healthier and happier are being invited to join a FREE programme in NORTHAMPTONSHIRE that makes learning about a healthy lifestyle fun.

MEND (Mind, Exercise, Nutrition, Do it!) is an interactive 10 week programme that is run in leisure centres all over the county. It teaches children and parents how to eat healthily and enjoy an active lifestyle. Children aged 7-13 who are above their healthy weight are invited to join. They attend all sessions with a parent or carer.

The programme consists of two sessions a week for ten weeks. Parents and children do some activities together and some apart – in a bid to learn how to avoid the pitfalls of unhealthy lifestyles. Parents learn about why it's important that their children maintain a healthy lifestyle, through a series of workshops and discussion groups, the emphasis is on offering help and information - and not to judge.

Kerrie Pearson, MEND Co-ordinator for Northamptonshire, said: “The MEND Programme is a fun way for children above a healthy weight to get fit and healthy and improve their self-esteem. We offer a safe and non-judgmental environment for families to learn how to make healthy choices and become more active.”

MEND sessions are taking place at leisure centres locally in the following areas:- Brackley/ Towcester, Daventry, Northampton, Kettering, Rushden, Wellingborough, Corby.

Anyone interested in joining the MEND programme or finding out more about it please call **0800 085 1988** or go to **www.mendprogramme.org**



50 schools in Northamptonshire have recently taken part in the Big Lottery Funded Let's Get Cooking initiative. The programme aims to set up a network of cooking clubs across England, for children, their families and the wider community.

All of the schools have taken part in a 2 day cookery training course providing them with cooking presentation skills, safety knowledge and the confidence to show club members how to make a range of recipes which they can make at school or home. They have also attended a hands-on cookery day for a group of children to start cooking, get ideas and inspiration for food activities, meet other local clubs and start cooking.

All of the new clubs also receive funding for cooking equipment and club running costs, training for adult helpers and a range of resources. Each term clubs receive an activity pack full of recipes suitable for Let's Get Cooking clubs. They also contain ideas and tips for cooking activities to help breathe new life (and food) into school events such as sports events, harvest festivals and parents' evenings.

Although the training element in Northamptonshire has now been completed, schools can still apply to be associate clubs. £500 worth of funding is available for schools who wish to expand their current cookery club.

For further details of Associate Club membership, visit the website at **www.letsgetcooking.co.uk**



Contact details for Healthy Schools Team

Kate Adamson

Healthy Schools Programme Manager
01327 708169

kate.adamson@northants.nhs.uk

Dawn Macaulay

Healthy Schools Advisor for Daventry and South Northants
01327 708160

dawn.macaulay@northants.nhs.uk

Caroline Yeomans

Healthy Schools Advisor for Corby, Kettering, Wellingborough & East Northants
Tel: 01327 708158

caroline.yeomans@northants.nhs.uk

Liz Mackay

Healthy Schools Advisor for Northampton
01327 708159

elizabeth.mackay@northants.nhs.uk

Jo Wood

Learning Advisor Healthy Schools and Anti-bullying Project Manager CYPP
01604 655143

jlwood@northamptonshire.gov.uk

Julie Le May

PA to the Healthy Schools Team
01327 708161

julie.lemay@northants.nhs.uk

Pauline Faulkner

PA to the Healthy Schools Team
01327 708168

pauline.faulkner@northants.nhs.uk

Website addresses

www.healthyschools.gov.uk - National Website for status, annual review and enhancement tools and resources.

www.health4schools.net - Northamptonshire Healthy Schools Team website for local information, resources and contacts.

