**Swindon Healthy Schools News September 2023**

We hope you are feeling settled into the new academic year, having been back for a few weeks now, and that you had an enjoyable summer break. Welcome back!

A big well done to all of you who continued to work so diligently to support the health and wellbeing of pupils at your schools in the last academic year, which will have been even more challenging than usual, following the pandemic and during the cost of living crisis.

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**Swindon Healthy Schools Award**

The Swindon Healthy Schools Award, which many of you have achieved and maintained, was introduced to reward schools for meeting local and public health needs, alongside the annual Healthy Schools baseline audit. The Three Tier Award (Bronze, Silver and Gold), takes a progressive approach and at each level recognising the additional measures schools have taken to:

· address and identify national and local health priorities

· ensure health and wellbeing are key areas of school improvement

· prioritise the most disadvantaged children and young people

· support other schools by sharing practice

· support staff wellbeing

· encourage close work with parents/carers and the wider community to bring about changes in health behaviours.

An additional award, the mental health and emotional wellbeing has five focus areas: whole school mental and emotional health, anti-bullying, targeted support, staff emotional wellbeing, staff training and development needs.

Caroline McAleese, Public Health Specialist for Children & Young People aims to contact you individually to discuss the status of your awards. Meanwhile, for further information, or to start the ball rolling, please see the [Swindon Healthy Schools website](http://www.swindonhealthyschools.org/swindon-healthy-schools/newswindinhealthyschoolsawards/).

We plan to review the award process this academic year and will also be asking for your suggestions at a later date on how the process could be improved for you and what a healthy school means to you and your pupils. Meanwhile, please do not hesitate to get in contact if you have any feedback.

**New Vaping Resources for Key Stage 3**

We are seeing an increase in experimental use of vapes amongst young people. The latest data from [Action on Smoking and Health](https://ash.org.uk/resources/view/ash-brief-for-local-authorities-on-youth-vaping) (ASH) suggests that most young people who have never smoked are also not currently vaping (88%), but use of disposable vaping products has increased substantially, with 69% of current vapers using them in 2023, compared with 52% in 2022, 7.8% in 2021 and 5.3% in 2020.

The Better Health team has recently created free [resources](https://campaignresources.phe.gov.uk/schools/resources/vaping-ks3-form-time-activities) for schools to talk to young people about vaping. Aimed at Key Stage 3, three curriculum linked resources feature:

* Information on nicotine, what vaping is and the impact it has
* Films co-created by young people
* Activities to prompt pupil discussion and reflection
* Content written and reviewed by teachers
* Guidance on teaching about vaping
* Flexibility of use as either short form time activities or a full lesson plan
* Endorsement from the NHS.

**Vaping, smoking and cannabis workshops for Year 7 pupils in Swindon**

Chameleon PDE is providing sessions specifically focusing on tobacco, vaping, and cannabis use for year 7 students this Autumn.

Prior to the disruption caused by COVID and subsequent school closures there had been workshops to support tobacco education which all schools in Swindon signed up to and were well received. The 2023/24 offer builds on this approach and has been updated to reflect current issues and new research findings with a focus on the significant rise in young people vaping.

The sessions will include the following:

* Staff CPD session to provide background, rationale, and requirements from schools to ensure the success of the workshops. Knowledge based content re: vaping, tobacco use, and cannabis will be accredited by CPD UK.
* Interactive sessions via video link with students (three dates are available for schools to choose from)
* Feedback report following sessions including evaluations.
* Recommendations for follow-up work and signposting to resources in the Chameleon PDE library.
* The workshop will be cross-referenced to RSHE criteria, PSHE association programme of study, values, and skills.
* Following delivery, the resource pack will be available via Swindon Healthy Schools website.

If your school has not yet signed up and you would like to take up this free offer, please contact Angela Milliken-Tull: angela@chameleonpde.com

A twilight session for schools will be after school on Tuesday 3 October to offer more information. This will be recorded for any of you not able to attend. Further information including booking details will be circulated to PSHE Leads as soon as possible. Meanwhile, if you would like to attend, please email swindonhealthyschools@swindon.gov.uk

**Website resources updated**

We have spent some time over the Summer revamping the Swindon Healthy Schools website and adding new resources: [www.swindonhealthyschools.org.uk](http://www.swindonhealthyschools.org.uk). It would be great to hear your feedback on this and hear from you about any resources you have used that you feel other schools would value. Please do feedback your comments to SwindonHealthySchools@swindon.gov.uk

**Swindon annual SEND survey**

Swindon’s Special Educational Needs and Disabilities (SEND) Services aspiration is for every child and young person in Swindon to be safe from harm and abuse, be enabled to reach their full potential and develop skills for life, enjoy healthy lifestyles, and be a happy and active member of the community.
The annual SEND survey, which can be filled out by pupils, parents and carers will be open from 25 September—15 December 2023. It can be accessed and shared [via this link](https://www.smartsurvey.co.uk/s/nwvrq7) once the survey is open.

**Senior Mental Health Leads network meeting**

The next Senior Mental Health Leads network meeting is from 3.30-5pm, Wednesday 20 September. Subsequent dates are Tuesday 6 February 2024 and Wednesday 3 July 2024. These are B&NES, Swindon and Wiltshire-wide and take place on MS Teams. These are a great way for Senior Mental Health Leads at schools to share good practice. Booking details and further information can be found on the [Wiltshire Healthy Schools website](https://www.wiltshirehealthyschools.org/partnership-projects/dfe-senior-mental-health-lead-training-bsw/).

**Arrangements for the Early Intervention Wellbeing Support Service**

Following a recent tender process led by the NHS Bath and Northeast Somerset, Swindon and Wiltshire Integrated Care Board (ICB), ABL Health, an experienced and CQC accredited healthcare provider, has been awarded the responsibility for early intervention wellbeing support service from 1 October 2023. Further information is included in the following letter, which was sent out by ABL Health to schools earlier this month. [Read the letter here.](https://www.swindonhealthyschools.org/news/items/mental-health-services-for-children-and-young-people-in-swindon)

**PSHE network relaunch**

Are you a PSHE Lead at your school? If not, please do pass this information on to the relevant colleague. The PSHE network is an opportunity to share good practice. The relaunch will have a theme of Relationships and Sexual Health Education and is aimed at primary and secondary schools in Swindon. It will be from 3.45-5pm on Tuesday 10 October. For more information and to book, email SwindonHealthySchools@swindon.gov.uk

**Free PSHE resource library for all schools in Swindon**

A reminder that Swindon schools have access to the following free resource library for the rest of this academic year for a range of lesson and assembly plans to meet the PSHE curriculum requirements: <https://www.chameleonpde.com/users/sign_up?signup_path=free>

**Accessing Swindon’s Schools Map**

Active travel is a perfect way for pupils to increase physical activity, potentially see nature and enjoy a more relaxing start to the day.

The “Accessing Swindon Schools” map is now on the [Swindon Travel Choices website](https://www.swindontravelchoices.co.uk/switch-travel/travel-to-school/getting-to-school-maps-and-guides/).  This is the latest guide to accessing Swindon schools.  You can see the walking and cycling routes across the borough, and read about schemes and initiatives to help keep children safe so that they can travel actively to schools in their neighbourhood.

Individual schools' travel guides are also available for individual schools on the same web-page.

**Tasty and Affordable Cookery Classes for Families in Swindon**

Fridays 15th September to 13th October, 9 – 11am, Buckhurst Community Centre organised by Swindon Borough Adult Community Learning Team. A flyer to share with families and further information is available on the [Swindon Healthy Schools website](https://www.swindonhealthyschools.org/news/items/cookery-for-families).

**The United Against Bullying programme new resources**

Anti-bullying Alliance’s United Against Bullying programme aims to support schools to reduce bullying and improve the wellbeing of all children, focusing on those most at risk. The programme is **free** for schools in England. Participating schools receive:

· A 360° audit and action planning tool

· An online pupil questionnaire to ascertain levels of bullying and wellbeing

· Specialist tailored resources to support you to implement an action plan, including case studies

· CPD online and face to face training and invitations to other special events

· An interactive anti-bullying Parent Information Tool.

Before starting the programme, it is recommended to take [the free Bullying and Difference online training course.](https://www.eventbrite.co.uk/e/united-against-bullying-free-cpd-training-tickets-668865914957?aff=oddtdtcreator)

What are the deadlines?

Step 1: Complete a baseline audit questionnaire by Friday 29 September.

Step 2: Develop and implement your action plan by Friday 15 December.

Step 3: Complete a final audit, final pupil questionnaire and submit evidence by Friday 23 February.

For further information, email uab@ncb.org.uk

**Odd Socks Day!**

All you need to do is wear odd socks! It's a great way to celebrate what makes us all unique in Anti-Bullying Week! Odd Socks Day 2023 will take place on Monday 13 November. Odd Socks Day is delivered in partnership with CBeebies and CBBC star Andy Day and his band, Andy and the Odd Socks.  Read more and download free resources for schools on the [Anti-bullying Alliance Website.](https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying/odd-socks-day)

**Drugs awareness posters for staff room**

Drug related deaths in the UK rose by 6.9% from the year 2020 to 2021, 54 people a week in the UK lose their life due to drug addiction. Here in Swindon we want to reverse this trend and reduce drug related deaths to an all-time low. We are seeing a number of emerging threats here in Swindon and across the UK.

You can download a poster for the staff room and some further detail about the signs and symptoms of suspected drug overdose, which you may wish to share with staff in your school.

[poster](https://www.swindonhealthyschools.org/IOAD2023%20Poster.pdf)

[further information](https://www.swindonhealthyschools.org/IOAD2023%20Information.pdf)

**5-year substance misuse strategy survey**

Your views would be very welcome. More information is available on the [Swindon Healthy Schools website](https://www.swindonhealthyschools.org/news/items/substance-misuse-strategy-survey).

# Swindon and Wiltshire risk of radicalisation online webinars: 4/5 October

View more information on the [Swindon Healthy Schools website](https://www.swindonhealthyschools.org/news/items/radicalisation-webinars).

**Do you have a case study to share?**

We know that there has been some excellent work in Swindon’s schools, thanks to your creativity and knowledge of local need, to support pupils and families around their health and wellbeing and we’d love you to share your good practice with each other. If you have a case study of a Healthy Schools intervention that has worked and would be willing to work with us to develop a case study for our website and for future newsletters, please get in touch: swindonhealthyschools@swindon.gov.uk Thank you!

 **Health Benefits of Regular School Attendance**

Head Teachers will have received a letter from DfE on 5 September, setting out the health benefits of regular school attendance and providing reassurance that it is usually appropriate for parents to send their children to school with symptoms of mild respiratory illness or anxiety. View the letter and further information on the [Swindon Healthy Schools website](https://www.swindonhealthyschools.org/news/items/health-benefits-of-regular-school-attendance--).

**Attendance and Inclusion Mailing List**

To help ensure that colleagues in schools receive all the necessary information regarding attendance related activity in Swindon, the Attendance and Inclusion Team is compiling an ‘Attendance Mailing List’. We encourage Attendance Leads, Attendance Officers and other key staff to join the list. For those who wish to join, please can you send the following details to attendance@swindon.gov.uk

* Name
* Role
* School/Setting
* Contact email

Please put MAILING LIST in the subject of the email.

**E****motionally Based School Avoidance Training**Hosted by Swindon Educational Psychology Service Tuesday 19 September, 9.15am – 12.15pm at Ferndale Primary School. This course is suitable for SENCOs, attendance leads and senior leaders in primary, secondary and specialist settings. For further information and to book on (deadline 13.09.2023) please visit the Swindon Hub for Education at Emotionally Based School Avoidance | Swindon hub for Education: <https://hubforeducation.swindon.gov.uk/Event/197441>

**SWIFT stands for Swindon and Wiltshire Intervention for Families to Thrive**

This intervention works closely with partners to identify children and young people aged between 8 and 15 who would benefit from some additional support and guidance and in particular police strengths based engagement to prevent risk issues escalating, prevent entry to the criminal justice system and reduce vulnerability to becoming victims or perpetrators of crime.

SWIFT Criteria

Identified young people will be from 8 -15 years old who are not already being engaged with by statutory services (for example those on a Child protection plan).

SWIFT is a consent-based programme so the young person and their parents or guardian would need to be in agreement before they can begin the programme.

For more information about referring pupils, please contact SwiftSwindon@wiltshire.police.uk

**Awareness Days**

The forthcoming awareness days might be useful to include in lesson planning and as a way of promoting and supporting health and wellbeing within your staff team and with pupils.

16-22 September: [Travelwise Week](https://modeshift.org.uk/travelwise-week/)

18-24 September: [National Eye Week](https://www.visionmatters.org.uk/)

21 September: [World Alzheimer’s Day](https://www.awarenessdays.com/awareness-days-calendar/world-alzheimers-day-2023/)

26 September: [National Fitness Day](https://www.nationalfitnessday.com/)

October: [International Walk to School month](https://www.livingstreets.org.uk/get-involved/campaign-with-us/international-walk-to-school-month)

October: [ADHD Awareness Month](https://www.adhdawarenessmonth.org/)

October: [Stoptober](https://www.awarenessdays.com/awareness-days-calendar/stoptober-2018/)

2-8 October: [Dyslexia Awareness Week](https://www.bdadyslexia.org.uk/support-us/awareness-events/dyslexia-awareness-week)

10 October: [World Mental Health Day](https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day)

11 October: [World Obesity Day](https://www.worldobesityday.org/)

14-21 October: [National Hate Crime Awareness Week](https://www.stophateuk.org/national-hate-crime-awareness-week/)

16-22 October: [Challenge Poverty Week](https://challengepoverty.co.uk/)

13-17 November: [Anti-Bullying Week](https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying)

**Path to Paris physical activity resources for schools**

The Paris 2024 Olympic and Paralympic Games are approaching, and Get Set will be calling all young people aged 5-11 and their families to get active and embark on their own Path to Paris. Further information is available at <https://www.getset.co.uk/pathtoparis> and even more information about this will be sent out to Swindon schools in due course!

## **New plan to deliver PE and sport for all pupils**

The government has published a [two-year plan to improve equal access and the quality of Physical Education (PE) and sport in schools for all pupils](https://www.gov.uk/government/news/new-plan-to-deliver-high-quality-pe-and-sport-for-all-pupils). The School Sport and Activity Action Plan will support teachers and schools to deliver two hours of PE and provide competitive and extra-curricular opportunities to both girls and boys.

[New guidance also published, alongside the action plan includes details of a digital tool to help schools spend their allocation of the PE and Sport Premium](https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools).

Guidance is due to be published later this year to support in the delivery of equal access and two hours of PE per week. The government has also said that they will share resources and findings from targeted programmes that support children with special educational needs and disabilities.

**Future of this newsletter**

This newsletter will be sent out six times a year and we are working on an attractive, user-friendly template for the next edition.

Meanwhile, we are developing our mailing list and want to ensure that this reaches all relevant school staff and Governors. Please email Caroline McAleese, Public Health Specialist, School-Aged Children and Young People at: swindonhealthyschools@swindon.gov.uk to be included in the distribution for this newsletter if it has been forwarded on to you by a colleague.

If you have feedback on this newsletter, of if there are particular areas of news relating to Healthy Schools that you feel you’d like to see included, please do get in touch: swindonhealthyschools@swindon.gov.uk