

SWINDON HEALTHY SCHOOLS

NEWS



News



Welcome back after October half-term!

This edition of Swindon Healthy Schools e-bulletin includes:

- the launch of the Swindon secondary schools How are You? 2023 survey
- how to respond to the important consultation on creating a smoke free generation and tackling youth vaping
- an update on senior mental health lead training
- free healthy schools resources for primary and secondary schools
- updates on local services for pupils
- forthcoming events
- a reminder of how to promote free school meals to parents and carers.

News

How Are You Survey 2023? Capturing secondary pupils' voices



The 'How Are You?' student voice survey to all Swindon secondary settings has just been relaunched. Please get involved!

This Autumn, we would encourage you to carry out the How are you? Survey with Yrs 8, 10 and 12 if applicable in your setting. It only takes on average 11 minutes for pupils to complete and offers a wealth of useful data around health and wellbeing outcomes for children and young people.

The survey not only provides you with excellent insight to your pupils' health and wellbeing, it also helps you to provide evidence that you have included pupils' voices to help inform your PSHE programme. [Read more.](#)

Your views are needed - consultation: creating a smoke free generation and tackling youth vaping



Has your school submitted a response to this important consultation yet? Pupils, parents and carers can also respond and so do please share this with them. This consultation closes on 6 December 2023. [Read more...](#)

Child sexual abuse local snapshot - please give your views



Swindon Safeguarding Partnership is pleased to be working with the NSPCC to review our local response to child sexual abuse.

Below is the link to an online survey so that you can share your views and experiences to inform the local response. Please complete this and circulate it to your school staff. Thank you.

Link to the survey: [CSA Snapshot Questionnaire \(2023\) \(office.com\)](#)

Help improve infection control guidance for schools

The UK Health Security Agency (UKHSA) needs your help to improve guidance on dealing with infectious diseases at schools. [Read more.](#)

The whole school SEND self-evaluation

The Whole School SEND Self-evaluation is now live. This survey is for SENCOs, in collaboration with other senior leaders and SEND Governors/Trustees to complete by the 17 November. Please complete the survey via the following link:

<https://localoffer.swindon.gov.uk/Wholeschoolsendselfevaluation>

Message from the Secretary of State for Education regarding RSHE

The Secretary of State for Education has written to all schools to set out expectations around the sharing of worksheets, presentations, or other content used in RSHE lessons with parents and carers when

asked to do so. View the Department for Education's press release [here](#).

Training

Senior mental health lead training

Senior mental health lead training will equip your mental health lead with the knowledge and skills to implement an effective whole school or college approach to mental health and wellbeing.



All state schools and colleges can claim a £1,200 grant to fund DfE quality assured mental health lead training, which must start by 31 March 2024.

As part of the government's commitment to offer this training to all eligible schools and colleges by 2025, the DfE has announced that if you previously claimed a grant and your trained lead has left your setting, you can also now apply for a second grant.

More information: [Senior mental health lead training - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

We would also warmly encourage your Senior Mental Health Lead to attend the [Senior Mental Health Leads network meetings](#) in B&NES, Swindon and Wiltshire (BSW), which is a great opportunity to share good practice. The next one is on Tuesday 6 February from 3.30-5pm and can be booked via: [BSW - Senior Mental Health Lead Network Meeting \(Online live\) | Right Choice \(wiltshire.gov.uk\)](#)

How to promote good bladder and bowel health in schools

1 in 12 children in the U.K. are affected by a bowel or bladder condition including constipation, soiling and wetting accidents and bedwetting. The impact can be profound on a child or young person's life. Bladder and bowel difficulties are associated with stigma, embarrassment and shame; they cause avoidance of school trips and sleepovers; they impact social interactions, wellbeing, educational attainment and progress.



To support Swindon's schools to create a whole school approach to support children and young people around bladder and bowel difficulties, Sue Barnes, Paediatric Specialist Bladder and Bowel Nurse, Swindon Community Health Service is running a two-hour session for teaching staff. This is aimed at SENCOs and PSHE Leads, but any member of staff or governor would be welcome to attend.

[Read more.](#)

Resources

Educate against hate calendar

The Educate Against Hate Calendar 2023/24 is now available, it highlights important awareness dates in the academic year which might provide opportunities for you to discuss things like online safety and extremism with your pupils/students.

[Download link](#)

Resources for supporting pupils around the Middle East conflict

Our Leeds Council colleagues have collated these resources together and agreed to share these with schools in Swindon. In particular, you might find the Solutions not Sides weekly safe spaces for teachers on Tuesdays at 4pm useful: [Solutions Not Sides 30-minute teacher safe space and advice briefings Tickets, Multiple Dates | Eventbrite](#).

Please download the full list of resources via the button below.

[Download link](#)

Swindon LGBTQIA+ guide

The guide includes various pieces of information such as key dates in the LGBTQIA+ calendar, information on support services available to members of the community and information about the LGBTQIA+ flags & identities. The guide is likely to be useful for young people in your setting and their parents/carers.

[Download link](#)

Free HPV lesson pack for Year 8s

Co-produced by young people and researchers from the University of Bristol and London School of Hygiene and Tropical Medicine, 'EDUCATE' will help you teach students about the human papillomavirus (HPV) vaccine and provide reassurance about receiving the vaccine — which is usually offered to teenagers at school as part of the national vaccination programme.

[Download link](#)

Talk Money Week 6 - 10 November: free primary school resources

Talk Money Week, from 6 - 10 November will have the theme, "Do one thing". Just Finance Foundation provides a free financial education programme to primary schools. Explore a wide range of adaptable, cross curriculum resources to help children form healthy money habits including a new download pack for starting conversations at home and in the classroom.

[Download link](#)

ABM breastfeeding resources for schools

The Royal College of Paediatrics and Child Health, among others, have called for breastfeeding to be taught in schools as one way to fill a current knowledge gap around breastfeeding in the UK. Free materials for EYFS, KS1, KS2 and KS3 have been developed by a primary school teacher, ABM breastfeeding counsellor and lactation consultant alongside a volunteer from the Breastfeeding Network and are free for use in schools.

[Download link](#)

Anti-bullying Week 2023: 13 - 17 November



School resources and a recent recording of a webinar on how to get your school ready for anti-bullying week are available on the Anti-Bullying Alliance website.

[Download link](#)

RSHE resources

We have recently updated the RSHE resources area of the Swindon Healthy Schools website.

[Download link](#)

COVID-19 guidance for education settings

We thought it would be helpful to circulate a summary of COVID-19 guidance as we move into winter, so that you can have this information to hand. Please view the information provided by our Health Protection colleagues via the download link below.

[Download link](#)

Services

Swindon Sexual Health Outreach Team can meet with your pupils

The service is a team of four working creatively to reach young people and vulnerable adults who may struggle to access mainstream sexual health services.

The team can see young people in schools, in their own homes or wherever they are comfortable to meet. They try where possible to meet at a time that works for them to help them look after their sexual health and contraception needs.

They take referrals from any person working with young people or vulnerable adults, whom they think would benefit from a little more support.

If you would like to refer someone, please send their details to:

gwh.sexualhealth.outreach@nhs.net

Or by phone: [01793 607877](tel:01793607877), 78,79

[07920829019](tel:07920829019) - Gemma

[07920829032](tel:07920829032) - Sarah

[07775035922](tel:07775035922)- Cara and Jess

Swindon Fear Free

The Wiltshire and Swindon Sexual Violence Therapeutic Service was launched in October 2023. Provided by FearFree, the service brings together a range of therapeutic support options for victims and survivors of sexual violence (both adults and children), regardless of when the abuse occurred or whether it was reported to the Police.



You can refer to the service via the FearFree website:

[Swindon and Wiltshire Sexual Violence Therapeutic Service - FearFree](#)

Should you have any questions, please do not hesitate to contact either Emily Denne (Director of Service) or Frankie Duddridge (Head of Service):

Emily.denne@fearfree.org.uk

Frankie.duddridge@fearfree.org.uk

BeU Swindon, early mental health support for children and young people, was launched in October 2023. Further information is available at <https://beuswindon.co.uk/>



Please be advised that until further notice BeU Swindon will only accept referrals to the Mental Health Support Team (MHST) service. You can access this resource using [01793 781484](tel:01793781484) or emailing beu.swindon@nhs.net

For general MHST enquires please ring [01793 781484](tel:01793781484)

If you wish to make a referral to the TaMHS please ring the TaMHS Duty line: [01793 463177](tel:01793463177)

Events



The following events are free to schools in Swindon.

Thursday 2 November, 3.45-5pm: Re-launch of the **Swindon PSHE network** online. For primary and secondary schools. The main theme for this meeting is RSHE. Please [contact us](#) for the MS Teams link and the agenda.

Tuesday 14 November, 3.30-5.30pm: Webinar for Swindon schools organised by our Modeshift Stars colleagues: **Getting Started on your Travel Plan**. Further information is [here](#). The link to the webinar is [here](#).

Monday 20 November, 3.45-4.45pm; Swindon Healthy Schools Awards briefing and workshop - primary on MS Teams. Book via the following [MS Teams form](#).

Tuesday 21 November, 1.30-3.30pm: Personal development workshop for primary schools in B&NES, Swindon and Wiltshire. Find out how PSHE can help your school evidence Personal Development. Further information and booking is available via the Wiltshire Council website: [Personal Development Workshop \(Online Live\) | Right Choice \(wiltshire.gov.uk\)](#)

Monday 27 November, 3.45-4.45pm: Swindon Healthy Schools Awards briefing and workshop - secondary on MS Teams. Book via the following [MS Teams form](#).

Tuesday 5 December, 3.45-4.45pm: Swindon Mental Health & Emotional Wellbeing in Schools briefing and workshops - primary on MS Teams. Book via the following [MS Teams form](#).

Tuesday 12 December, 3.45-4.45pm: Swindon Mental Health & Emotional Wellbeing in Schools briefing and workshops - secondary on MS Teams. Book via the following [MS Teams form](#).

Tuesday 9 January 2024, 3.45-5.15pm. Swindon Healthy Schools Network: Affordable Schools on MS Teams. Child Poverty Action Group will be presenting. We would like to invite you to fill out a very short survey ahead of this meeting so that we can learn more about the good work that is being done in Swindon's primary and secondary schools around supporting children, young people and families living in poverty. Please take a few minutes to fill this out: [Challenging Poverty Week Survey For Schools \(smartsurvey.co.uk\)](#) Thank you. Book via the following [MS Teams form](#).

Bladder and Bowel Training for Swindon Schools: further information and booking [is available here](#).

Tuesday 6 February 2024 and Wednesday 3 July 2024, 3.30-5pm, : BSW (B&NES, Swindon and Wiltshire) Senior Mental Health Leads Network meetings on MS Teams. Booking details and further information can be found on the [Wiltshire Healthy Schools website](#).

School attendance network meetings and weekly drop-ins organised by our Attendance and Inclusion colleagues are as follows:

Weekly online drop-in session **every Wednesday 11am-12 noon**. There is no need to book, you can join the meeting at any time during the hour-long session. This is the same link for each meeting: <https://msteams.link/WDMM>

Attendance briefing **18 January 2024**, 1.30pm-3.30pm at New College 'Queens Drive Campus' New College Dr, Swindon SN3 1AH Course code: EWS-0124-T001 Link: <https://hubforeducation.swindon.gov.uk/T216271>

Attendance briefing **25 April 2024**, 1.30pm-3.30pm at New College 'Queens Drive Campus' New College Dr, Swindon SN3 1AH. Course code: EWS-0424-T001 Link: <https://hubforeducation.swindon.gov.uk/T216272>

Chameleon provide **webinars on PSHE**, which are free to secondary schools in Swindon and Anna Freud provide some free **training options for teachers around supporting mental health and wellbeing** for staff and students. View more information [here](#).

Please [contact us](#) if you have any difficulty booking on to any of the above events.



Free school meals

Are you remembering to promote Free School Meals to parents and carers?

As you know, all children in reception, Year 1 and Year 2 receive free school meals. However, if a child or their family receives certain welfare benefits, they should apply to continue to receive free school meals. Many families aren't aware of this. Also, circumstances have changed for many families since the start of the recent COVID-19 pandemic and as a result of the cost of living crisis, which means that more families with primary and secondary-aged school children and young people will now be eligible, but not in receipt of free school meals. Increasing the number of pupils receiving Free School Meals will:

- help your school to increase your income through Pupil Premium payments;
- allow more children and young people access to other programmes, such as the Holiday & Activity Fund;
- mean that more children and young people are obtaining their nutritional needs and academic performance[1].

Please remember to share the following link, which offers information on eligibility and how to apply for Free School Meals, on your website and via communications to parents and carers: [Free school meals | Swindon Borough Council](#) Thank you.

[1] The Child food insecurity and Free School Meals UK Parliament Report (July 2023). Available from:

<https://post.parliament.uk/research-briefings/post-pn-0704/>

Are your sports coaches RightCoach accredited?



At a national and local level it is acknowledged that coaches need to have certain knowledge and skills in order to coach effectively and safely; and be able to help children, players and athletes at all stages of their development. In order to for coaches to be able to deliver high quality, safe and effective sessions, Wiltshire and Swindon Sports ([WASP](#)) has established a local Coaching Network. The Coaching Network has agreed a set of Minimum Standards for Deployment (MSD) all coaches working across the Swindon and Wiltshire both in the community and at school settings.

RightCoach accreditation is offered to any coach who meets their minimum standards of deployment:

- UKCC qualified to Level 2 or above
- Valid safeguarding certificate
- Valid first aid certificate
- Insurance
- Enhanced DBS certificate issued within the last 3 years

To be sent a list of RightCoach accredited coaches for your school and for further information, please email Alan Low, Wiltshire and Swindon Sports: alan@wiltssport.org

Please let us know what you think

of this newsletter



We are keen to have your feedback on both the format and content of this e-bulletin. Please do [get in touch](#) with your suggestions. Thank you.



Swindon Borough Council

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