

SWINDON HEALTHY SCHOOLS

NEWS



Welcome back after half term! This edition of Swindon Healthy Schools e-bulletin includes:

- the latest healthy schools news
- events and training for staff and governors
- free healthy schools resources
- updates on local services for pupils and the wider school community.

If this email has been forwarded to you, you can sign up to receive future editions [here](#).

News

PSHE Survey: Help us to support you!



Our short survey for primary and secondary PSHE Leads in Swindon to complete, intends to:

- identify good practice and gaps in PSHE and RSHE in Swindon.
- help us to understand any training needs.

The deadline is **26 February**. Please read more and complete the survey [here](#). Thank you so much to those of you who have already filled the survey out.

Measles at your school?

There has been a recent rise in measles cases especially among young children. The best protection against measles for children and adults is to get both doses of the MMR vaccine. See what your school needs to know and how you can support this important campaign [here](#).

UTurn

UTurn, the young person substance use service in Swindon, would like to offer all primary and secondary education providers a free staff drug awareness training session.



UTurn also offer free interventions with pupils at secondary schools and colleges. This can either be in assembly, or if there are groups of young people identified at being at risk of or who are using substances, they can deliver group sessions. Some schools have asked UTurn to deliver drop-in sessions and this has been successful.

View the [Swindon Healthy Schools website](#) for contact details, referral information, a brochure and further information.

Consultation: guidance for schools and colleges on gender questioning children

Has your school submitted a response yet? Pupils, parents and carers can also respond. This consultation closes on 12 March. [Read more](#).

How Are You? survey results to be circulated soon

Thank you to the Swindon secondary schools who supported pupils to complete the 'How Are You?' pupil health and wellbeing survey, which closed in January. Those of you who took part will receive a bespoke report with the results from your setting in due course. We will also circulate the amalgamated findings, which include valuable data to help inform public health decision making and good practice in schools, once they are ready. Do keep your eyes peeled for these results.

New Swindon and Wiltshire Support after Suicide Service

Support is provided to people of any age in Swindon and Wiltshire who are bereaved by suicide, by the newly launched [Swindon and Wiltshire Support After Suicide \(rethink.org\)](https://www.rethink.org).

Mixed Gender Workshops for Year 9s. Public sexual harassment: book by March 2024

In response to requests from several schools and colleges across Swindon, Our Schools Now is offering free mixed gender workshops to year 9s about public sexual harassment. These need to be booked by March. Read more on the [Swindon Healthy Schools website](https://www.swindonhealthyschools.org).



Jigsaw Families free trial for Swindon's schools



Jigsaw Families aims to provide an informal, friendly and safe environment to explore the challenges of being a parent and offers

strategies to help meet families' needs while building a richer engagement with the school or community. Jigsaw Education Group is offering a free trial for Jigsaw Families to primary schools in Swindon. A few primary schools have recently taken this offer up. For further information and to book in a free training date for staff to implement this approach, please contact Becky Packham: Becky.Peckham@jigsaweducationgroup.com

Swindon's sexual health & reproductive strategy 2023-2026

Hot off the press is our local sexual health and reproductive strategy. We would encourage schools to look at priority 1 and 2 in particular, which include a focus on young people. You can download the strategy and further information via the [Swindon Healthy Schools website](#).

Swindon healthy schools awards: congratulations!



Congratulations to the following schools who have reached or renewed their healthy schools status since the January Swindon Healthy Schools newsletter:

Catherine Wayte Primary School: Renewed bronze status.

Beechcroft Infants School: Gained silver and gold status.

Several other primary and secondary schools are working towards or in the process of renewing their healthy schools status, and/or the Swindon Schools Mental Health and Emotional Wellbeing Award.

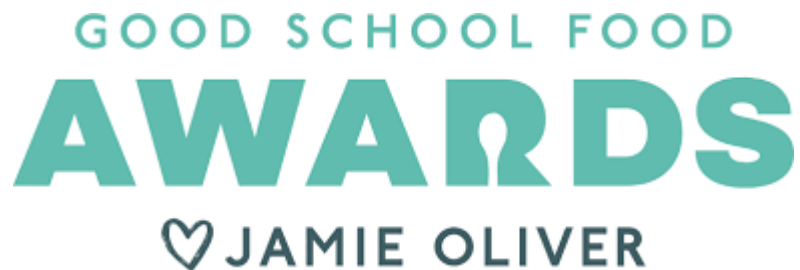
For more information about the process and support available, all of which is free of charge, view the [Swindon Healthy Schools website](#).

Free trees for schools



Woodland Trust is taking applications for free tree packs to be delivered to schools in November 2024. View more information on the [Woodland Trust website: Free Trees for Schools and Communities - Woodland Trust](#)

Get nominating: Jamie Oliver's Good School Food Awards



The deadline for entries is 24 March. It would be wonderful to see schools in Swindon winning prizes. View further information on the [Swindon Healthy Schools website](#).

Events and Training for Staff and Governors

Swindon Healthy Schools network meetings and events



The following events are free to schools in Swindon.

Monday 26 February, 3.30-5.30pm or Tuesday 5 March, 9-11am: **Bladder and bowel training** for staff and governors from Swindon primary and special schools. Online.

Thursday 7 March, 3.45-5.15pm: **Swindon Schools Senior Mental Health Leads Network** (primary and secondary schools). Online.

Tuesday 19 March, 3.45-5pm: **Primary Schools PSHE Leads Network**. Online.

Monday 25 March, 3.45-5pm: **Secondary Schools PSHE Leads Network**. Online

View further Swindon Healthy Schools events [here](#).

Please book via SwindonHealthySchools@swindon.gov.uk

RSHE overview for Governors - what do you need to know and what might Ofsted ask you?

Free Jigsaw Education Group webinar for primary schools. 29 February, 4pm.

Governors can register via the [Jigsaw website](#).

Webinars for secondary school PSHE leads

Chameleon PDE is delivering two free webinars in March for secondary schools: Tackling the influence of online misogyny (Thursday 7 March, 4pm) and effective assessment in PSHE (Thursday 14 March, 4pm). [View their website](#) to book and for further information.

#LookCloser week of action Monday 4 March

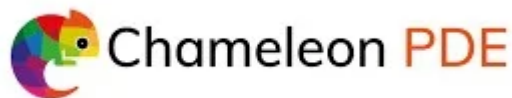
The week of action will focus in particular on the role that everyone can play in preventing child exploitation and the importance of ensuring that young victims are effectively identified, safeguarded and supported as they transition to adulthood. Download resources and information about free learning events via the [Swindon Healthy Schools website](#).

No Smoking Day 2024



No Smoking Day on 13 March will focus on 'Smoking Survivors.' Personal stories will be shared from those whose lives have been impacted by smoking, and young people who will be the smokefree generation. Read more and explore resources for schools [here](#).

Free Access to PSHE resources bank for Swindon's secondary schools provided by Chameleon PDE



Don't forget that if you are a secondary school in Swindon, you can access an array of editable PSHE resources until the end of July 2024. We would encourage you to make the most of this offer. You can sign up [via the Chameleon PDE website](#).

1decision PSHE taster pack for early years and primary schools



Designed to support PSHE lesson planning for Early Years - Year 6,

schools can request complementary access to this pack [via the Idecision website](#).

Culturally adapted eatwell guides

We have received feedback that schools in Swindon are keen to have healthy eating resources that are representative of their catchment. Enfield Council and Glorious Nutrition have produced culturally adapted eatwell guides, which we hope you will find useful in your work with families. These can be downloaded on the resources area of the [Swindon Healthy Schools website](#).

Information for parents and carers

Healthy Start digital cards and vitamins



**If you're pregnant or have
a child under the age of 4,
you could be eligible for the
NHS Healthy Start Scheme**



To check if you're eligible
for Healthy Start, visit:
www.healthystart.nhs.uk

NHS Healthy Start helps young families and those who are more than 10 weeks pregnant to access healthy food, milk and vitamins.

Eligibility for the scheme also depends on the benefit the person receives and what their income is.

Once on the scheme, people will get:

- **£4.25** each week of their pregnancy (from the 10th week of pregnancy)
- **£8.50** each week for children from birth to one year old
- **£4.25** each week for children between one and four years old
- Women's vitamins for those who are pregnant or have a child up to one year old
- Children's vitamin drops for children up to four years old.

Please direct parents and carers to: [Get help to buy food and milk \(Healthy Start\)](#) for further information.

Uniform Saver

Acorn Community Bank's Uniform Saver aims to help parents and carers to start saving early for school supplies shopping in September 2024. For further details, please visit [Uniform Saver - Acorn Community Bank website](#).

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.

Previous editions of this newsletter can be downloaded at: [Newsletter : Swindon Healthy Schools](#)



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