

SWINDON HEALTHY SCHOOLS

NEWS



Happy New Year! 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

Swindon healthy schools awards: congratulations!



Congratulations to the following schools who reached or renewed their healthy schools status last term:

Goddard Park Primary School: Renewed bronze and gained silver status.

King William Street CE Primary School: Renewed bronze and gained silver status. Achieved the Swindon schools mental health & emotional wellbeing award.

Ruskin Junior School: Achieved the Swindon schools mental health & emotional wellbeing award.

South Marston Church of England Primary School: Renewed bronze status.

Several other primary and secondary schools are working towards or in the process of renewing their healthy schools status.

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

How Are You? survey deadline extended to Friday 19 January

The 'How Are You?' pupil voice survey for all Swindon secondary settings, including special schools, is open until Friday 19 January. Thanks to the majority of Swindon's secondary schools who have completed this. We're still waiting on some of your submissions. It is quick for pupils to respond.

The survey provides you with an excellent insight to your pupils' health and wellbeing and also helps you to provide evidence that pupils' voices have informed your PSHE programme. [Read more.](#)

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.](#)

Secondary school pupils opportunity

Swindon's Public Health team is working with Wiltshire and Swindon Sport to organise The

Senior Games Celebration Event, Wednesday 17 January, 1-4pm at the Dome, Foundation Park. The event will be intergenerational and they are looking for 8-10 secondary school pupils to take part in the event to help out. They would brief the pupils before the event and staff will be around to support them. There shouldn't be any preparation for you needed outside of the event day. Do get in touch if you have pupils who might want to take up this opportunity: SwindonHealthySchools@swindon.gov.uk



Bystander intervention training for years 7-9

Bystanders play a key role in preventing, discouraging, and/or intervening when an act of violence has the potential to occur. Safer Streets has commissioned bystander intervention training for Year 7-9s and there are 19 available sessions free to schools across Swindon.

For further information, please contact Sam Knight, Swindon Borough Council: SKnight@swindon.gov.uk

Events and Training for Staff and Governors



The following events are free to schools in Swindon. Unless the event

listing states otherwise, please book via SwindonHealthySchools@swindon.gov.uk

Tuesday 9 January, 3.45-5.15pm: Swindon Healthy Schools Event- Affordable Schools on MS Teams. We are delighted to be joined by keynote speakers from Child Poverty Action Group. This will be a great opportunity to hear more about the excellent work happening in Swindon's schools and to share good practice.

Thursday 11 January, 3.45-4.45pm. Swindon Primary Schools PSHE Network: Culture, diversity and worldwide conflicts. Includes guest speakers.

Bladder and Bowel Training for Swindon Schools. Online. To support Swindon Schools to create a whole school approach to support pupils around bladder and bowel difficulties (which affects 1 in 12 children in the UK), Sue Barnes, Paediatric Specialist Bladder and Bowel Nurse, is running a two-hour session. SENCOs, reception class teachers, personal support assistants, family support workers, PSHE Leads, and any member of staff or governor would be welcome. You only need to attend one of the following:

Secondary schools option 1: Monday 15 January, 3.45-5.45pm

Primary schools: Thursday 18 January, 3.30-5.30pm

Secondary schools option 2: Tuesday 23 January, 9-11am

Special schools option 1: Monday 26 February, 3.30-5.30pm

Special schools option 2: Tuesday 5 March, 9-11am

Monday 22 January, 4-4.45pm: Online briefing on small grants available to primary schools to provide LifeSkills Open sessions for parents/carers.

Wednesday 24 January, 3:45-4:45pm: Addressing Young People's Cannabis Use and Vaping for secondary schools and colleges in B&NES, Swindon and Wiltshire (BSW) on MS Teams. Booking details and further information can be found on the [Wiltshire Healthy Schools website](#).

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

Wednesday 7 February, 3.45-4.45pm. Swindon Secondary Schools PSHE Network: Culture, diversity and worldwide conflicts. Online.

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

Tuesday 12 March, 9.30am - 1.30pm: Spotlight on Child Neglect. Online webinar. Please book via the following link: [Spotlight on Child Neglect](#).

Tuesday 19 March, 3.45-5pm: Primary Schools PSHE Network. RSHE guidance update. Online.

Monday 25 March, 3.45-5pm: Secondary Schools PSHE Network. RSHE guidance update and How are You? survey

results. Online.

Monday 29 April, 3.45-5pm: Primary Schools PSHE Network. Online.

Wednesday 1 May, 3.45-5pm: Secondary Schools PSHE Network. Online.

Monday 10 June, 3.45-5pm Primary Schools PSHE Network. In person. Venue TBC.

Monday 24 June, 3.45-5pm Secondary Schools PSHE Network. In person. Venue TBC.

Jigsaw and Chameleon provide free webinars on PSHE and Anna Freud provides 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.

United Against Bullying free training

This free training is for up to two attendees from any primary or secondary school. It is offered as part of the Anti-Bullying Alliance (ABA)'s [United Against Bullying \(UAB\)](#) whole-school anti-bullying programme. It aims to develop your understanding of bullying and those most at risk and improve confidence in preventing and responding to bullying.

For further information to book, [visit the Eventbrite webpage](#).

Resources

Modeshift STARS: free for Swindon's schools



We encourage all schools in Swindon to complete and implement an online School Travel Plan through [Modeshift STARS Education](#). A travel plan is a strategic document that sets out how your school will promote sustainable travel. The Modeshift STARS online platform gives schools a simple to follow template.

Swindon Safeguarding Partnership resources and training



The new-look Swindon Safeguarding Partnership Newsletter includes details of training on child neglect, identifying safeguarding concerns and making referrals and recognising and responding to child sexual abuse, other resources and training, updated policies and procedures, and national items of interest including NSPCC learning. [You can download the Swindon Safeguarding Partnership Newsletter Issue 43 here.](#)

Research findings to help inform your school's approach to supporting LGBTQIA+ pupils



The following resource, which is a summary of a recent study (Jadva

et al., 2023) outlines findings that are useful in terms of understanding how to support LGBTQIA+ pupils at your school. [Download the resource here.](#)

Podcast: teaching about friendship and bullying

This 17-minute PSHE Association podcast episode looks at the statistics and research base around the impact of bullying, and the importance of establishing and maintaining friendships for all children and young people. The presenters also consider schools' statutory duties, and the nuances of teaching this topic in primary school and secondary school settings. You can listen to this on the [PSHE Association website.](#)

Children's Mental Health Week



Children's Mental Health Week will take place from 5 to 11 February, with the theme of My Voice Matters.

Place2Be has developed lesson plans and assemblies for schools and top tips from students on how schools can support their mental health and wellbeing, which you could share at staff meetings.

[Primary age resources can be downloaded here.](#)

[Secondary school resources can be downloaded here.](#)

Vaccinate Swindon

Campaign Toolkit

The aim of the campaign is to increase awareness of the importance of vaccination and the risks of vaccine preventable diseases. Priority areas include pre-school Immunisations and adolescents. A campaign toolkit and accompanying resources have been launched. [Read more.](#)

Services

Swindon Youth Voice

Pupils aged 11-16 who would benefit from increasing their skills and confidence in a creative and empowering environment can be referred to Swindon Youth Voice. [Read more.](#)

MY Future

An event for young people aged 14 plus with additional needs, and their parent / carers.



"Becoming an adult can be confusing!!!"

Thursday
1st February
2024
10am to 4pm
@ New College
Swindon,
North Star
Campus

**Come along
and find out what's available to
help young people get ready for
adult life.**

For more information email: myfutureevent@swindon.gov.uk

or text / call 07989 387810



Swindon support to help people to stop smoking



January is a great time for people to feel motivated to make a change and stop smoking. The best thing we can do is let them know they are not alone and even if they have tried before, they can still quit and quit for good. Anyone who wants to stop smoking can tap

into local support for their tobacco addiction. Read more about local support services and free training on how to approach the conversation with the wider school community, and the facts around smoking [on the Swindon Healthy Schools website](#).

Free football sessions for pupils at Foundation Park



You may wish to promote these to families with children in your school. Participants can register at sessions for ease of access and will need a medical emergency contact number.

- Foundation Park Girls Only – Thursday 5:30 – 6:30pm (ages 10-16)
- Foundation Park Mixed – Friday 7-8pm (ages 10-13)
- Foundation Park Mixed – Friday 8-9pm (ages 14-18)

For more information, please contact Andy at Swindon Town FC Community Foundation: andy@stfcfoundation.com

Reminders

The Big Ambition

The Children's Commissioner has been talking to children and young people to hear what they want from politicians ahead of the next general election. So far 300,000 have responded to [The Big Ambition](#) survey and there is still a chance for your pupils to take part as the deadline has been extended until 19 January 2024.

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](#)



Swindon Borough Council

Civic Offices, Euclid Street, Swindon
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