

# 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
- new healthy schools resources for schools including workshops
- new services for pupils and families.

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

## News

### **Launch of Swindon Pupils' voice survey on mental health and wellbeing**

We hope that you can help run this anonymous survey in your schools, during PSHE lessons/tutor time, to ensure that we have a representative idea of the mental health and wellbeing of pupils in years 4, 6, 7 and 10. This really helps with commissioning services and understanding how we can better support children and young people across the borough. Your school will receive a bespoke report outlining the findings from your school if there are 50+ responses from your school (if a primary school) or 100+ responses from your school (if a secondary school). The deadline for completion is the Christmas holidays 2024. Thank you so much. Further information including supporting documents including a template letter to parents and carers are available on the [Swindon Healthy Schools website](#).

## Swindon Healthy Schools Awards: Congratulations!

Well done to **Goddard Park Community Primary School** for gaining their gold award in September! The staff team supported pupils to celebrate Pride month, made sustainable changes in their school that will support both pupils and teachers, and demonstrated a whole school approach to equality, inclusion and diversity, including developing resources for primary schools, which they shared with other primary schools via our PSHE Leads network; these resources are available for schools in Swindon to use and adapt.



Congratulations also to our first primary school to gain the BSW Asthma Friendly Schools Award: **Liden Academy**.

Well done to the other primary and secondary schools who are very nearly there with gaining or renewing their awards. For more information about the support available to achieve the Swindon Healthy Schools Award, the Swindon Schools Mental Health and Emotional Wellbeing Award and BSW Asthma Friendly Schools Award, all of which is free of charge to colleges, secondary and primary schools, please view the [Swindon Healthy Schools website](#).

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### Dorcan Academy Growth Mindset Day



In October 2024, Dorcan Academy proudly hosted their first Growth Mindset Day, an exciting opportunity for their pupils to broaden their horizons, engage in new experiences, and further develop their character. Read more about the success of their day on the [Swindon Healthy Schools website](#).

Do you have any photos or case studies to share? If so, please do email them to us: [SwindonHealthySchools@swindon.gov.uk](mailto:SwindonHealthySchools@swindon.gov.uk)

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## **New email address for Swindon School Nursing**

The new email address for the Swindon School Nursing is [SwindonSchoolNurseTeam@swindon.gov.uk](mailto:SwindonSchoolNurseTeam@swindon.gov.uk) Please update your records.

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## **Senior mental health lead training grant: not too late to apply**

Don't miss out! If your setting hasn't already applied, or if your Senior Mental Health Lead has moved on, you are likely to be eligible. Visit the [Department for Education website](#) to claim your school or college's £1,200 grant before 31 December for a course that starts before the end of the Spring term 2025.

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## **Seeking secondary school pupils' views: drug and alcohol support**



U-TURN is conducting a survey aimed at secondary school-aged young people in Swindon to gather their insights and make their service more accessible and relevant to their needs and would like your help, please. The survey can be accessed at [www.smartsurvey.co.uk/s/UTURN SWINDON/](http://www.smartsurvey.co.uk/s/UTURN_SWINDON/) and shared with pupils. It will be open until 4pm on 8 November.

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## **SEND Annual Survey 2024**

It's really important we understand the needs for children in Swindon with SEND as fully as possible. Please complete the following survey and share it with children aged 13+ with SEND and their parents/carers: [SEND Annual Survey 2024 \(smartsurvey.co.uk\)](http://smartsurvey.co.uk) Thank you.

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## **Breakfast clubs: early adopter scheme opportunity**

The government will be inviting schools to take part in an early adopter scheme. The scheme will seek to test and learn what works ahead of national roll-out. Read more about this on the [Swindon Healthy Schools website](#).

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## The great snack survey

The British Nutrition Foundation is carrying out 'The great snack survey' from 18 - 29 November, with pupils in key stages 2 and 3. The survey findings will provide insight into the snacking habits of young people and will inform materials for Healthy Eating Week 2025. Read more about how to get involved [via this poster](#).



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### Swindon Healthy Hydro update and the chance to get involved

Please see the [Swindon Healthy Schools website](#) to find out more about opportunities for teachers/schools to help shape future facilities in Swindon that will impact the health of pupils and wider population. This includes John Lewis vouchers for some participants!

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### Report: the impact of caring on young people's education

Carers Trust recently released the findings of a major study into young carers education.

The report, *Caring and classes: the education gap for young carers*, sets out the state of young carers' educational attainment and opportunities in England in 2024.

The findings are stark: young carers are missing out on 23 days of schooling every year on average; and fewer than half of the teachers surveyed told us they think young carers in their schools receive sufficient support.

The full report and a summary are available at [www.carers.org/yceducation](http://www.carers.org/yceducation)

## Events and Training for Staff and Governors

### Swindon Healthy Schools network meetings and events



The following online events are free to schools in Swindon.

**Thursday 7 November, 3.45-5.15pm.** Swindon Senior Mental Health Leads network (primary and secondary schools). [Book here](#) The agenda includes updates from BeU Swindon, trauma informed schools, Papyrus and Swindon and Gloucestershire Mind.

**Tuesday 12 November, 3.45-5pm.** PSHE Leads network for Swindon primary schools. Theme: oral health. [Book here](#). Speakers include At Home Dental, Community Oral Health Nurses and Swindon's Oral Public Health Specialist about why this agenda is so important and particularly so in Swindon.

**Tuesday 19 November, 3.45-5pm.** PSHE Leads network for Swindon secondary schools. Theme: oral health. [Book here](#). Speakers include Sheffield University on the BRIGHT Trial in secondary schools, Community Oral Health Nurses and Swindon's Oral Public Health Specialist about why this agenda is so important and particularly so in Swindon.

**Wednesday 20 November, 9.15-11am.** Bladder and bowel training for Swindon secondary schools. [Book here](#). These are the last dates for this series of free training and so do please book on if you haven't already attended.

**Wednesday 20 November, 3.15-5pm.** Bladder and bowel training for Swindon primary schools. [Book here](#).

**Friday 29 November, 9.30am-10.15am.** Focus group about our review of Swindon Healthy Schools. We would really appreciate the opportunity to discuss our ideas with you. We are looking for four secondary school and six primary school representatives. Please contact [SwindonHealthySchools@swindon.gov.uk](mailto:SwindonHealthySchools@swindon.gov.uk) to book.

**Monday 9 December, 4-5pm.** Webinar for B&NES, Swindon and Wiltshire Secondary Schools: Findings from the [Behaviour in Schools Study](#). How does school discipline affect pupil mental health and wellbeing? [Book here](#)

View dates for future Swindon Healthy Schools events, including meetings on healthy weight and vaping [here](#).

Business  
West

## Swindon Mindful Employer Network

13th November 2024

9:30am – 11:30am

Zurich Insurance Group, Swindon



Could your school be a part of the Swindon Mindful Employer Network?

Business West, Swindon Borough Council and Swindon and Gloucestershire Mind welcome mindful employers, including schools and colleges, from across Swindon to discuss mental health and employee wellbeing at work.

The November event falls on World Kindness Day and is during anti-bullying week, so the focus is on how you can take care and show support in your workplace. The agenda will also include Movember and the ways employers can better support Men's mental health.

**Date: Wednesday 13 November, 9:30-11:30am**

**Link to register:** <https://bit.ly/47YSSvq>

Please note: only one delegate to attend from each organisation.

### Talk Relationships: delivering RSHE

These free 3-hour elearning courses support people working in secondary education to overcome challenges they may face when delivering RSHE. There are two courses: one for teachers and one for school leaders. View more on the [NSPCC website](#). We'd be interested to hear which secondary schools have taken this offer up, and how you have found the course/s. Please do let us know: [SwindonHealthySchools@swindon.gov.uk](mailto:SwindonHealthySchools@swindon.gov.uk)

**NSPCC**  
Learning<sup>1</sup>

## Swindon safeguarding partnership training

Forthcoming training includes: responding to exploitation, early help assessment and plan, family safeguarding, Children Looked After, child neglect, level of need, recognising and responding to child sexual abuse, supporting and exploring child development, introduction to national referral mechanism. For dates, booking and further information, view the [Swindon Safeguarding Partnership](#) website.

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### Free online tour of the "food - a fact of life" resources!

- [Secondary resources](#): **Wednesday 6 November, 8pm**
- [Primary resources](#): **Thursday 7 November, 8pm**
- [Additional needs resources](#): **Wednesday 13 November, 8pm**
- [Early years resources](#): **Thursday 5 December, 8pm**

Book via the [Food a Fact of Life website](#).

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### Tricky Topics launch webinar

**Friday 6 December, 12-12.45pm.** This may well be of interest to secondary school PSHE Leads. Although these resources have been developed in Plymouth, they are free and available to all. Join Together for Childhood and Plymouth Council's Youth Participation Team for the launch of 'Tricky Topics' a new, free resource to support young people's understanding and access to information and support with online porn, which are aimed at 11-13 year olds.

You can book on via the following MS Teams form: [Book here](#)

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### Update on the outcomes of the children and young people's financial education grant programme

The Money and Pensions Service is hosting a virtual event during Talk Money Week to mark the completion of their children and young people's financial education grant programme. The programme supported financial education organisations to test new approaches, or scale existing programmes to reach more teachers and practitioners, in order to improve young people's financial wellbeing. The programme also aimed to build new evidence about:

- effective financial education teacher training and how to scale it – particularly in areas of greater deprivation
- how to provide financial education to children and young people in vulnerable circumstances, including through practitioner training.

The online event will take place on **Tuesday 5 November** from **10:30 - 11:45**,.

You can book via the [Outreach North East website](#).

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A directory of further staff training opportunities, many free of charge, is available on the [Swindon Healthy Schools website](#).

## Resources

### **Tips for primary and secondary schools on supporting pupils with and preventing bladder and bowel issues**

The reasons that this is important include:

- 1.5mn children and young people in the UK are affected by urinary and or faecal continence problems.
- Failure to identify and treat continence problems at an early stage can give rise to chronic changes in the kidneys, bladder or bowel.
- Experiencing hard stools in early childhood is a risk factor for later problems with constipation.
- Faecal and urinary incontinence is distressing, unpleasant and socially disruptive.
- It can affect self-esteem, and increase anxiety and depression.
- It can have an impact on relationships with family and friends.
- It can lead to bullying and school non-attendance, impacting educational achievement and employment prospects.
- It can restrict educational and leisure opportunities. Pupils may miss out on school trips, sports days and sleepovers.
- It can lead to extra laundry and purchasing costs for families.

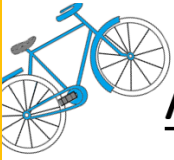
View our fact-sheet on the [Swindon Healthy Schools website](#) and also do sign up to the [training in November](#).

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Free lesson plans, class activities and assembly presentations for all





## Air Quality and Active Travel Workshops



My name is Briony Waycott and I am the Public Health Practitioner for Air Quality and Active Travel for Swindon Borough Council. As part of my work, I deliver active travel and air quality information sessions which I am running at local Primary schools. The intention is to deliver fun and engaging information sessions on the causes of poor air quality, the effects of air pollution and how log burning in particular is a large contributor to particulate pollution.

I will also discuss how the children can reduce their own personal emissions by travelling actively to school or taking steps to reduce their reliance on car travel. This session is aimed at KS2 & KS3 year groups. Within this work I am on a mission to get as many schools in Swindon STAR accreditation, as part of the [Modeshift](#) STARS Education Scheme. Alongside the information sessions I can provide support to get your school set up on [Modeshift](#).

If you are interested in having an information session delivered to your pupils, please feel free to contact me at [BWaycott@swindon.gov.uk](mailto:BWaycott@swindon.gov.uk).

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### **16 Days of Action resources**

This year, in Wiltshire and Swindon, the theme for the 16 Days of Action from 25 November to 10 December is stalking and harassment. Across the 16 Days, local organisations will come together to raise awareness of stalking and harassment as well as how to access specialist support.

Look out for social media activity from Swindon Borough Council, Wiltshire Council, Wiltshire Police, OPCC, The You Trust and FearFree.

The partnership also hopes to distribute resource packs to schools as part of the campaign, so keep your eyes peeled for these.

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### **New NSPCC resources for KS3 on preventing harmful sexual behaviours and coercive control**

NSPCC Learning has published new teaching resources exploring the themes of healthy and unhealthy relationships. The resources include three films and accompanying lesson plans that follow four characters experiencing interpersonal domestic violence in familial, friendship and intimate partner relationships. The resources are aimed at ages 11-14 and seek to prevent harmful sexual behaviours and coercive control.

Visit the NSPCC website to access these free resources: [It's Not Love: teaching resources about positive relationships](#)

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## Diversity Role Models



Diversity Role Models pupil workshops support schools in delivering the RSHE through exploring the facts and the law relating to sexuality and gender.

Diversity Role Models has a limited number of funding allocations to support schools that would otherwise be unable to take advantage of this offer. For more details, please contact [dariusg@diversityrolemodels.org](mailto:dariusg@diversityrolemodels.org).

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### The Dogs Trust learning resources

The Dogs Trust provides free resources for primary and secondary schools on how to keep safe around dogs, and can also deliver free workshops to primary schools on this theme.

[View their website](#) for further information.



### Safer Internet Day: 11 February 2025

Now is a good time to pop this in your calendars, the theme this year is 'Too good to be true? Keeping yourself and others safe from scams online'. Free resources specific to the day will be available nearer the time on the [UK Safety Internet Centre website](#). Meanwhile, useful resources on this topic are also available via the same link.

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### Easy-read guide to relationships and sexual health for pupils people with SEND

Sex Education Forum's free [new Easy Read guide](#) gives a definition of sexual health using pictures and accessible language. The tool can be used to build a shared understanding of sexual health, by:

- introducing the topic of sexual health, especially to pupils with SEND
  - outlining your approach to parents
  - getting feedback from students on gaps in learning.
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## Canteen to Classroom

Canteen to Classroom aims to empower children to make climate-friendly dietary choices at both school and home through the provision of high-quality and evidence-based lessons developed specifically for primary schools. All lesson plans are available to download for free on the [Pro-Veg website](#).



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## Breakfast club resources

We have updated the [Eating Well and Food in Schools area of the Swindon Healthy Schools website](#), to include a section on Breakfast Clubs, which includes resources that we hope you will find helpful.

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## Empathy Week: 10-14 March 2025



Schools can register for free films, events and resources at: [Register | Empathy Week 2025 \(empathy-week.com\)](#).

Emerging evidence indicates that empathy helps strengthen the learning environment and that it is highly teachable - as well as having broader societal impact.

## Services for Pupils and Families

### Free webinars for parents/carers of school pupils with SEND and those home educating

The webinars this month, run by Brook and supported by Swindon Sexual Health Services and Swindon Public Health Team aim to support parents and carers to:

- feel more confident in having conversations with their children and teenagers about sexual health and relationships
- understand what to expect from the school curriculum
- learn more about local services to support young people around relationships and sexual health.

Please do share the information about these webinars with parents and carers, Further information and jpeg flyers for social media are available on the [Swindon Healthy Schools website](#).

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## Swindon and Glos Mind AccessLine



The AccessLine service supports anyone who wants to have a chat about mental health, including children and young people. Swindon & Gloucestershire Mind say, "they're a bit like the 111 for Mental Health".

[Access Line | Swindon & Gloucestershire Mind \(sgmind.org.uk\)](https://sgmind.org.uk).

More information on their other services for young people: [Young Persons | Swindon & Gloucestershire Mind \(sgmind.org.uk\)](https://sgmind.org.uk).

More information on their Autism service: [Autism | Swindon & Gloucestershire Mind \(sgmind.org.uk\)](https://sgmind.org.uk).

Referral form: [Referrals | Swindon & Gloucestershire Mind \(sgmind.org.uk\)](https://sgmind.org.uk).

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## 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](#)



