



Healthy Schools  
DORSET



# Healthy Schools

Including PSHE & Citizenship

NEWSLETTER

## Summer 2007

Dear Colleague,

*Welcome to the summer newsletter.*

*I guess a lot of you will be already looking forward to summer and well earned break. For some it will be a busy period before the end of term especially those of you completing the Healthy Schools audit and self evaluation form. At the last network meeting we mentioned the importance of getting your self evaluation forms and audit to us at the end of June/very early July as we hope to process them and send off for certificate and plaques before the end of term.*

*There will be two **free** celebration conferences in September where we hope to present the plaques and celebrate your success with a group of pupils from your school. The conferences will be:*

**West –**

**Wednesday 26th September – Dorford Centre, Dorchester – 10am – 3.30pm**

**East –**

**Thursday 27<sup>th</sup> September – Hamworthy Recreation Club – 10am – 3.30pm**

*The format of the celebrations will be similar to previous meetings with 4 pupils presenting an aspect of the school's work around healthy lifestyle. It might be a presentation, practical activity, skipping, cookery demonstration, role-play etc. anything which would be of interest to other pupils and staff.*

*Following the celebrations there will be a Healthy Schools Conference – again – West and East:*

**West –**

**Tuesday 30<sup>th</sup> October – Kingston Maurward – 9am – 3.30pm**

**East –**

**Wednesday 31<sup>st</sup> October – Hamworthy Recreation Club – 9am – 3.30pm**

*During the conference colleagues will have a chance to hear about recent developments, share good practice and attend workshops e.g. SRE. This year's conference will also focus on the connections between Healthy Schools, Rights Respecting Schools, SEAL, PSHE, Citizenship and **Every Child Matters**.*

*Hoping you have a successful term and a very good break when it arrives.*

*Best Wishes  
Mike Hillary  
(June 2007)*

### **Young People's Partnership Board – Stages, Tiers and Levels**

The Children and Young People's Partnership Board has agreed a common terminology to identify levels of need. Level 1 refers to all children who receive universal services; level 2 refers to children with additional support needs (eg SEN); level 3 refers to children with significant needs (eg those on the Child Protection register or Looked After); and level 4 are those with intensive needs (eg children with profound and multiple learning difficulties). This terminology will now be used across all Children's Services. Further detail on this is available at [www.dorsetforyou.com/index.jsp?articleid=359222](http://www.dorsetforyou.com/index.jsp?articleid=359222) (click on agenda item 5.2 model of need).

### **PSHE subject association is launched**

The association for teachers of PSHE had its official launch on 8 February at the House of Lords hosted by Baroness Joyce Gould. Speakers included Lord Adonis, parliamentary under-secretary of state for schools and Lady Doreen Massey. Teachers and pupils from primary and secondary schools also argued why PSHE is so important.

The establishment of a professional association provides a substantial boost for PSHE, bringing it in line with other curriculum subjects, and reflects the government's commitment to see the subject strengthened. The association will provide a central network of support for PSHE professionals enabling them to plan, manage and evaluate PSHE more effectively.

PSHE provides children and young people with the knowledge and skills they need to lead healthy and fulfilled lives. Teachers and other PSHE professionals have said they need support to ensure that their pupils gain the maximum benefit from this part of the curriculum.

Sarah Smart, manager of the PSHE Subject Association, reported that almost 1,000 colleagues had registered their interest. She argued that the significant demand from professionals indicated that they wanted to work together to develop more effective practice and communicate their views to government. She said that the association wanted to build on the good work already being done and enhance the status of the subject.

Further information at [www.pshe-association.org.uk](http://www.pshe-association.org.uk)

### **Website of the month [www.brook.org](http://www.brook.org)**

Brook is the UK's leading provider of sexual health services and advice for those under 25. The charity has over 40 years' experience and currently has a network of more than 50 services in 18 areas of England, Scotland, N Ireland and Jersey.

Brook services reach more than 200,000 young people every year providing:

- free and confidential sexual health information
- contraception, pregnancy testing, advice and counselling
- testing and treatment for sexually transmitted infections
- outreach and education programmes
- confidential helpline, online enquiry service and text information service.

brook exchange [www.brook.org.uk/exchange](http://www.brook.org.uk/exchange)

Brook has recently also launched brook exchange, a service designed to provide professionals with information and resources to help them at work. Professionals who join the scheme receive regular updates on Brook's work and the latest developments in sexual health, as well as discounted rates on training and conferences and access to a password-protected area of the Brook website. For further information contact Catherine Evans, head of communications at [catherine@brookcentres.org.uk](mailto:catherine@brookcentres.org.uk)

### **Life.Live it.**

The 'Life.Live it.' First aid education kit from the Red Cross contains a manikin, resource booklet, dressings and bandages, first aid posters and a CD with PowerPoint lesson plans and video demonstrations. Complete lessons on the following topics are included:

- making first aid relevant
- injuries
- bleeding and shock
- illnesses
- dealing with accidents
- burns and scalds
- the recovery position and CPR
- choking

There is also a lesson based on a road traffic accident which pulls together skills from various topics. Cost: Already supplied to 500 schools for free, the pack costs £120 from the Red Cross online shop [www.redcross.org.uk/shop/product.asp?id=63398](http://www.redcross.org.uk/shop/product.asp?id=63398) Further information from [Chall@redcross.org.uk](mailto:Chall@redcross.org.uk) or call the first aid helpline 0870 1709222

### **Smokefree Legislation – free sign download**

From July 1<sup>st</sup> 2007 businesses across the County will have to display a sign at all public entrances stating that smoking is not allowed on the premises. This is in order to comply with the upcoming smoke free legislation.

The local NHS Stop Smoking Service – SmokeStop – has made a sign available for free download that complies with the legal requirements of the legislation.

DH signs are available through the website [www.dorsetsmokestop.co.uk](http://www.dorsetsmokestop.co.uk) and click on the link under Latest News.

For more information on the legislation please visit [www.smokefreeengland.co.uk](http://www.smokefreeengland.co.uk).

### **'Think U Know' e-Safety Train the Trainer Course**

6<sup>th</sup> June 9.30 am – 12.30 pm at Hamworthy Recreation Club

We have arranged a 'train the trainers' session to enable your staff to deliver the 'Think U Know' e-safety module to your pupils. <http://www.thinkuknow.co.uk/>

The session is for PSHE/'Healthy Schools' Co-ordinators. The course is free and for Dorset LA schools we will pay your school ½ day cover at the standard rate. Attendees will receive the 'Think U Know' materials required to deliver the module in your school.

Please ask your PSHE/'Healthy Schools' Co-ordinator to book online at <http://www.dorsetforyou.com/index.jsp?articleid=16583> (pick 'Child Protection' from the category dropdown box in the middle of the page) or contact Lyn Higgens at DSEC Bovington (01929 401801 or [l.higgens@dorsetcc.gov.uk](mailto:l.higgens@dorsetcc.gov.uk))

### **Dig For Victory!**

Growing Schools is delighted to support the 'Dig for Victory' allotment project, being run by The Churchill Museum and Cabinet War Rooms in association with The Royal Parks in St James's Park, London from May-September 2007.

Dig for Victory was a Second World War campaign to help combat food shortages in Britain by creating allotments. Many of its outcomes reflect issues we are concerned about today – having access to fresh healthy food, being active and living sustainably. Schools can visit two allotments – one recreated from the 1940s and a modern growing area – as well as going to The Churchill Museum and Cabinet War Rooms. For more information visit <http://cwr.iwm.org.uk/server/show/conEvent.1457>

If you can't get to the allotments, a Dig for Victory Teachers' Pack has been prepared, supported by funding from the Department for Education and Skills Growing Schools programme. This free pack has been designed to give you all the information you need to create your own allotment. To receive a pack, please fill in the online form at [www.iwm.org.uk/cabinetlearning](http://www.iwm.org.uk/cabinetlearning)

### **Keeping Myself Safe**

Keeping Myself Safe is a major new resource in personal safety, designed for use with pupils aged 10-14. This computer program is based around ten engaging comic strip scenarios which explore key issues relating to personal safety for young people, backed by extensive teacher resources.

Each single scenario is used to promote discussion with young people around a key issue, exploring in depth a single personal safety strategy. Keeping Myself Safe also has a teacher's guide and fact file which provides options for teachers to use in support of classroom based work.

The scenarios explore issues related to:

- Going out, without telling anyone at home
- Unwanted sexual advances by an unknown person
- Peer pressure influence to take risks
- Looking after yourself when going to places on your own
- Internet grooming and chat room safety
- Issues arising from domestic violence
- Peer to peer abuse
- Looking after yourself in challenging new situations
- Sexual abuse by a known adult

Keeping Myself Safe has been designed in partnership with West Lothian Council and reflects national advice on personal safety for young people. It helps young people and their parents/carers understand the attending pressures and risk, present in becoming an independent adult and equips them with a personal safety toolkit of strategies to use to keep safe. A range of interactive features enable young people to:

- Explore key issues relating to personal safety both in the home and in the community
- Refer to important information and advice about personal safety

For more information contact Daniel Andrews (0161 925 5630) or

[dandrews@RIVERDEEP.NET](mailto:dandrews@RIVERDEEP.NET)

### **Evans Publishing Group**

Introducing books and software that help children to make healthy choices. The range includes titles for pre-school and primary age children as well as brand new interactive CD ROM for Key Stage 1 called Look After Yourself – click onto [www.evansbooks.co.uk/evans/look-after-yourself.asp?TAG=&CID=](http://www.evansbooks.co.uk/evans/look-after-yourself.asp?TAG=&CID=) for a demonstration or for further information [www.evansbooks.co.uk](http://www.evansbooks.co.uk)

### **Food Partnership Week 25th – 29th June**

#### **Coming to a region near you!**

The Food Partnership is the only DfES accredited scheme created specifically to support schools working towards achieving the Healthy School Standard. By offering accredited specialist food teachers to train primary colleagues to teach healthy eating, practical food skills and food hygiene at Key Stage 1 & 2 a high quality & consistent message to pupils will be delivered.

**Please join us for this information packed event offering practical taster sessions in 7 different regions in England to promote the work of the Food Partnership.**

Choose from events in London, Bath, Salford, Newcastle, Liverpool, Maidstone in Kent and Brentwood in Essex. Venues and dates will be released by mid May.

## **YOGA IN SCHOOLS – WHAT DO STAFF AND STUDENTS THINK?**

Through YogaBuds I have been working with schools in the local area since last summer. Sometimes this has been a one off, for example as part of a Health Week, or over a 10 week period during a term working in a school for a day or half a day on a weekly basis.

I have been made very welcome in all the schools I have worked with and usually the only problem is finding somewhere to park and unloading all my kit!

I teach whole classes at a time, from Reception to Yr.6 and the students have responded enthusiastically and energetically to Yoga. They quickly learn key postures and sequences and we are able to progress onto pair work and playing games using Yoga postures. Yoga is a very effective tool for promoting teamwork and co-operation and encouraging listening skills.

In feedback many students said I will use this at home or school when: "I want to calm down after I've been feeling cross" or "When I'm angry" or "When I get carried away". Also, "I will use this when I need to listen and concentrate" and "I will use the breathing methods if there is a test and I am stressed". Skills learnt in Yoga could really help both to enhance learning and to improve the students' own behaviour management.

Students and staff also recognise the physical benefits of Yoga in terms of keeping fit, stretching muscles and breathing well and when asked many teachers said they intended to carry on using Yoga techniques in PE lessons.

So THANK YOU for your interest and support and if you would like to know more about the work of YogaBuds please contact me or use the YogaBuds website,

[www.yogabuds.org.uk](http://www.yogabuds.org.uk) or Marj Snape [marj@yogabuds.org.uk](mailto:marj@yogabuds.org.uk) telephone: 01305 259261 / 07747429559

### **For Young Carers in your School – Please pass on this information**

If you are under 18 and you regularly help to look after a family member who has an illness or disability, or problems due to drugs or alcohol, then you may be a young carer.

#### **DORSET YOUNG CARERS CAN HELP YOU.**

West: Dorchester Local Office, Acland Road, Dorchester DT1 1SH 01305 251414

Christchurch: Christchurch Local Office, Loring Rd, Christchurch BH23 2GZ 01202 474106

East: Purbeck Local Office, 19 Bonnets Lane, Wareham BH20 4HB 01929 553456

### **Oxfam's newest teaching resource**

It has a strong healthy food message, and also promotes pupil understanding of where food comes from, and issues such as trade and transport affecting our food supply. It is designed for children aged 5-9 and develops a holistic understanding of food and nutrition through the experiences of five children from around the world. I've included some more detailed information about the resource below, along with details of the FREE web materials that accompany it. If your organisation is in contact with any teachers, please do let them know how Oxfam can help them get a healthy food message to their pupils with this colourful and engaging pack. For more information about the pack: [publications.oxfam.org.uk/oxfam/display.asp?K=9781870727778](http://publications.oxfam.org.uk/oxfam/display.asp?K=9781870727778) For more information about the FREE online materials:

[www.oxfam.org.uk/coolplanet/teachers/ofow/index.htm](http://www.oxfam.org.uk/coolplanet/teachers/ofow/index.htm)

### **Review of A Handbook for Lunchtime Supervisors and their Managers By Shirley Rose Published by David Fulton London- March 2006**

The book is written for Primary Schools and addresses many ways to provide an excellent lunchtime experience for pupils and staff. It is written in jargon free language and best practice is regularly outlined and demonstrated by case studies. The book is already popular with lunchtime supervisors in Haringey.

The book is set out in two parts -The first ( larger section) is for Lunchtime Supervisors, and the second section comprises of notes for senior managers. Again, relevant case studies, check lists and examples of best practice are included.

This handbook provides guidance on a range of important issues and includes activities to supplement advice. It is relevant to lunch time staff with all levels of experience, and can be used as a training manual by headteachers/ senior managers.

Topics include:

- The Role of the Lunchtime Supervisor
- Communication systems within the school
- Building positive relationships with children and managing their behaviour
- The prevention of bullying
- Play at lunchtime
- Managing wet play
- Keeping children safe
- Child protection

Shirley has also provided me with a TES review (Published on 19 May 2006) which outlines:

*"How well the author understands her subject" and says" This includes effective training and Rose provides most of what is needed to do the job in schools. There are good clear case studies, training activities, clear explanations.*

I strongly recommend this book. Jude Clements, Haringey Healthy Schools co-ordinator

### **Bumper Book Set!!!**

Early Years Health & Safety – Caring for Kids Parental Guide Books – Early Years Story Books with Danger Dec The Superhero – Books for Young Children in a Childminding Environment – All 23 Books for only £55 plus £10 P/P (over £75 at normal retail price). For more details contact David Harban: [davidharban@kidpremiership.com](mailto:davidharban@kidpremiership.com) Tel: 01484 536553 For information on other products or to buy online visit: [www.kidpremiership.com](http://www.kidpremiership.com)

**Playground Partnerships** is an award scheme from the charity Woolworths Kids First aimed at all UK primary and special schools to help them improve the quality of their playgrounds and in turn, help children play well, play healthily and have fun.

Schools can use a *Playground Partnerships* resource pack to compile a 'portfolio of evidence' showing what they would want to change in their playground and why, they then submit this evidence to enter for an award of between £1,000 and £10,000. The emphasis of the scheme is on children leading the application process, from managing budgets to designing their perfect playground.

For more information on the application process go to [www.playgroundpartnerships.org](http://www.playgroundpartnerships.org). The *Playground Partnerships* resource pack contains ideas for curriculum-based activities the children can carry out to help them get the most out of their application. The resource packs are **free** for schools and there is no obligation to enter once a pack is requested.