



## The Healthy Schools Service; Re-launch of Website

[www.healthyschoolscp.org.uk](http://www.healthyschoolscp.org.uk)

The Cambridgeshire and Peterborough Healthy Schools Service has used the last 3 months and the period of Lockdown to re-vamp and re-launch its **website** to improve search functionality and reflect the scope of the multi-agency work that underpins the service.

The aim of the Healthy Schools Service is to help reduce complexity by providing a single point of reference to the work of local as well as nationally recognised organisations that can assist schools in supporting both the health and emotional wellbeing needs of their communities and to build resilience.

A wide range of organisations have formed a network to support schools in the coming weeks and months to not only formalise their “recovery curriculum” but deliver a robust health education offer to schools, in line with statutory guidance. Partners across the system are continuing to work in collaboration to streamline and standardise their support to schools, recognising that this may be through virtual means as schools adjust throughout the Covid-19 recovery.

On the website, you can find updates on new programme initiatives, information on local training offers and events, useful web links as well as a host of teaching resources and lesson plans to support staff in teaching pupils on an array of health and safety topics. Some key opportunities to look out for within the themed sections include:



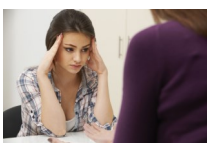
### **Health and Wellbeing Awards**

Guidance on how to opt in and participate in the national **[Active Lives Survey and Healthy Schools Rating Scheme](#)** that is co-ordinated by Sport England in conjunction with Living Sport.



### **PSHE**

Mapping documents to support a **[cross-curricular approach to Relationships, RSE and Health Education](#)** for all Key Stages 1 – 4



### **Mental Health and Well-Being**

Details on how to get involved in the national **[Well Schools Movement](#)** which is being established by the Youth Sport Trust to enable schools to share best practice on embedding staff and student well-being.



### **Keeping Safe**

Information on how to participate in the **[Community Eyes and Ears programme](#)** - a holistic safety package for both primary and secondary students – which has been developed by East Cambridgeshire Safety Partnership in consultation with the Safeguarding Board and Cambridgeshire Constabulary Education Team.



### **Resilience**

Sample lesson material on a **[universal programme of teaching resilience skills](#)**, targeted at Years 5 – 7 provided by the national charity Bounce Forward.



# HEALTHY SCHOOLS

## CAMBRIDGESHIRE & PETERBOROUGH

JULY 2020

A newsletter brought to you by Healthy Schools Cambridgeshire & Peterborough



### Physical Activity

An invitation to participate in [The Cambridgeshire and Peterborough PE and Sport strategy group questionnaire](#) to inform a framework document to help those involved in PE and School Sport and working with young people aged 5-16.



### Healthy Eating

A host of teaching as well as home school [nutrition resources](#) to promote healthy eating and the preparation of meals in line with statutory guidelines for Health Education. Remember to register for the [British Nutrition Foundation Healthy Eating Week](#) ( 28<sup>th</sup> Sept – 4<sup>th</sup> Oct) and receive all the latest information and resources for free.



### Parent/Carer Information

Information and suggested resources by local organisations to support parents address a variety of health and well-being themes; this includes the [Cambridgeshire Police Safer Schools newsletters](#).

**\*Coming soon\*** in readiness for the Autumn Term

- Details on how the Healthy Child Programme 5-19 will align with the Healthy Schools Service to provide a universal system for monitoring the health needs of students.
- A toolkit of presentations, teacher guides and activities produced by The Children's Society on Healthy Relationships (KS1), Keeping Safe (KS2), CSE and CCE (KS3+4).
- A virtual **Safety Zone** package for Upper KS2 delivered by the Fire and Police Service in collaboration with partner agencies.
- An online **Improving Outcomes Through Wellbeing course** produced by CAMH and hosted by the CPFT Academy.

Healthy Schools Cambridgeshire and Peterborough

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