



HEALTHY SCHOOLS

CAMBRIDGESHIRE & PETERBOROUGH

October 2020



The return to school in September has been significantly different this year with the prime focus being on navigating and responding to the daily challenges presented by the Coronavirus and implementing the required protective measures.

Whilst the immediate safety of the school community is a priority, it is widely acknowledged that so too is the physical and mental well-being of everyone who is part of that community.

To this end a wide range of organisations across both Cambridgeshire and Peterborough that support the Healthy Schools Service are continuing to work in collaboration to provide programme offers that can assist schools in embedding a robust health agenda, which in turn will facilitate the long term recovery from the effects of the pandemic.

The local and national initiatives that are summarised below and on the accompanying matrix are just a few of those that are featured on the [Healthy Schools Website](#) to enable schools to develop their PSHE and Health Education curriculum at this critical time.

Organised by theme for ease of reference these include:

Health and Wellbeing Awards:

A video has been produced by Living Sport to summarise the benefits which participation in the Active Lives survey and Healthy Schools Rating scheme can have for a school. Whilst schools are elected each term by Sport England to take part, schools can opt in at any time.

This video is further supported by a **webinar recording** by PECT which summarises the key requirements of the new Health Education and RSE curriculum and signposts to the key mapping and planning documents that have been produced by the **British Nutrition Foundation**.





PSHE:

A proforma for an RSE policy together with resources for consulting with parents is available free of charge to all schools across Cambridgeshire via the **PSHE service** and this offer will extend to Peterborough schools very shortly.

To support secondary schools in introducing and implementing the new RSE curriculum **Diverse** – the local sexual health charity – has produced a curriculum package (Years 7 – 11) with lesson plans, resources and delivery guidance together with staff training.



Mental Health and Wellbeing:

As transitioning from primary to secondary school may have been more difficult than usual Public Health England has produced both a **Transition to secondary school resource** and a **What to do about worry pack** to support pupils who may still be finding it hard to adapt to a new school environment.

The **Mind Your Head** mental health project which has been available to secondary schools in Cambridge City since 2018 is now available to all schools across Cambridgeshire and Peterborough to help increase mental health literacy and to provide young people with strategies to develop their own resilience.



Keeping Safe:

Staying safe, keeping well and looking out for each other are key principles that everyone is being encouraged to live by during the pandemic. In response, The Office of the Police and Crime Commissioner in conjunction with East Cambs Community Safety Partnership and the Safeguarding Board has produced the **Community Eyes and Ears programme** which comprises of workshop sessions for both primary and secondary students as well as staff.



Resilience:

The five School Sports Partnerships which cover Cambridgeshire & Peterborough offer several programmes which can be delivered to help young people **build the skills of resilience** and improve their mental and physical wellbeing. These programmes are already offered to schools through their local School Sport Partnership subscription package, but they are open to all schools and can be purchased separately through use of the PE and Sport Premium funding.



Physical Activity:

Although there are 111 schools already signed up to The Daily Mile to help get children fit for life and fit for learning, this Autumn Living Sport has produced a new downloadable resource called **Destinations** as an additional incentive which involves classes travelling around the world each time they do The Daily Mile. A hard copy of the resource pack will also be sent to schools registering for the first time. In addition to the **Well Schools Movement**, the Youth Sport Trust has also produced **guidance and free activity resources** to facilitate the return to delivering safe, inclusive and fun school sport, physical activity and PE .



Healthy Eating:

The new Cambridgeshire and Peterborough Healthy Lifestyle Service has launched its **Healthy You programme** for schools. This is in support of the Food Smart scheme which is co-ordinated by PECT to help embed healthy eatings and lifestyle messages.

Targeted at primary schools, the Healthy You sessions combine input on both nutrition and physical activity. Self-delivery sessions, however, based on healthy eating and lifestyle choices are available for secondary schools.



Staff Health:

As it is apparent that people with underlying health conditions are at an increased risk of developing severe complications as a result of contracting Covid-19 coronavirus, it is even more important that people between the age of 40 – 74 have a **NHS Health Check** so that a support pathway can be provided to help lower the risk of high blood pressure, Type 2 diabetes, heart disease, high cholesterol and stroke. These checks, that are fully compliant with Covid safety guidelines, can be conducted on the school site for eligible staff to reduce the need to visit the local GP surgeries.

Next Time:

In order to provide a universal system for monitoring the health needs of students whilst continuing to source information on a variety of health and wellbeing themes, there will be a collaborative Healthy Schools and 5-19 Healthy Child Programme newsletter.

Meanwhile...

School Nurses across Cambridgeshire and Peterborough are still available to offer support and plans are in place for the restoration of the universal services that underpin the **Healthy Child Programme**.

Professionals and Parents/Carers can contact the team by calling 0300 029 5050 and choose the option most appropriate for their area.

Young people aged 11-19 can contact the team directly for any health queries via the text messaging service

These additional **websites, helplines and apps**, especially targeted at young people, may also be useful.

