

Healthy Schools Cambridgeshire & Peterborough

Actives Live & Healthy Schools Rating Scheme

Healthy Schools Awards

Keeping Safe

Safety Zone

Is a free intervention co-ordinated by Cambridgeshire Fire and Rescue Service to provide students in Years 5 and 6 with a range of lifelong safety skills. Due to the current restrictions in place, a virtual package has been compiled with video content and a workbook so that the key safety messages can still be addressed.

Target: Upper KS2

Eyes and Ears

Is a countywide programme funded by the Office of the Police and Crime Commissioner which is designed to provide young people with the skills and knowledge to be able to keep themselves safe, to recognise potential issues of concern and know how to report these.

Target : KS2 -4

First Aid For Young People

Is a training programme being delivered by the YMCA Trinity Group in response to the requirements of the health education curriculum. A 3 hour Level 2 Award in Student First Aid is available to KS3 and 4 students whilst a 3 hour mini -medics course has been devised specifically for KS 2 students.

Target: KS2 - 4

Time4U embrace

Is a counselling and psychotherapy service for young people aged 13 – 18 years who have been affected by domestic abuse or sexual violence. This service is FREE until the end of March 2021 and is delivered by embrace child victims of crime

Target: KS3 - 5

Relationships

Protect and Respect Group Work

Is being co-ordinated locally by the NSPCC to provide young people aged 11 – 19 a safe and reflective space to learn about healthy relationships and consent. The programme is targeted at those young people where there is a low level exposure to situational risks.

There is an additional one-one service available to support young people who are either currently being subjected to sexual exploitation or experiencing trauma because of their experiences.

Target: KS3 - 5

The new RSE Curriculum Package by Diverse

Is a flexible tool enabling schools to access the various components in accordance with their needs. The complete package (for Years 7 – 11) comprises of year group lesson bundles as well as individual lesson plans on any RSE topic. Workshops can be delivered directly to students and training is available for staff.

Target: KS3 - 5

The Rainbow Flag Award

Is a national quality assurance framework which focuses on LGBTQ+, inclusion and visibility which is being co-ordinated locally by The Kite Trust. The framework is aligned with the requirements of the 2020 RSE curriculum in secondary schools and Relationships Education in primary schools and includes classroom resources and LGBTQ+ lesson plans for Key Stages 1 -4.

Target: KS2 - 5

Webchat Service by Diverse

Is a new service that has been developed in response to the challenges presented by the “lockdown” and the COVID-19 pandemic. It enables young people to connect with sexual health, sex and relationships and HIV professionals to receive free, confidential and non-judgemental support and information without having to book a face-to-face appointment.

Target: KS3 - 5

Risk Taking Behaviour

Kick Ash

Is a youth smoking prevention programme based on a peer mentoring framework to engage young people from Y6 – 10. It comprises of lesson plans, presentations and resources for delivery by both teachers and students to help cascade a “proud to be smoke free” message. The programme also signposts to specialist support for young people who are wanting to stop smoking.

Target: Upper KS2 – KS4

SLIP

Is an informative and educational programme delivered locally by Diverse which is funded by BBC Children In Need and addresses the themes of sex, the law, the internet and pornography. It is suitable for young people, aged 9-18, who are finding it difficult to engage in RSE or Relationships Education.

Target: Upper KS2 – KS5

ChatHealth

Is a secure, anonymous and confidential text messaging service for young people aged 11 – 19 who are struggling to cope with issues such as bullying, emotional health, relationship problems, alcohol and drugs. It is being delivered locally as part of the Healthy Child Programme.

Target: KS3 - 5