



HEALTHY SCHOOLS

CAMBRIDGESHIRE & PETERBOROUGH

April 2021

If physical activity, healthy eating, mental health and wellbeing are areas that are being brought into focus following the full return to school, there are many organisations locally that form the Healthy Schools Service that can help to develop and enhance your provision. Alternatively, a lot of good work may already be underway and it would be ideal to have this acknowledged and rewarded through the achievement of Healthy Schools status.

Whichever position your school may be in, it could be useful to take a quick online health check which should take no more than 15 minutes and provides the benefit of a self-assessment with signposting to the next steps to take to help comply with the requirements of the new Health Education Curriculum.

If you choose to seek further advice and assistance then a member of the Healthy Schools team will be in touch to help connect you to a range of local services and programme offers (often free of charge) that can help equip your students with the skills and knowledge to become healthier, more resilient individuals who understand the importance of personal safety.
Click [here](#) to take the health check



Health and Wellbeing Awards:

The Active Lives and Healthy Schools Rating Scheme

It is widely acknowledged that the pandemic has had a significant impact on the activity levels of young people and measures to address this are now being flagged as a priority by Sport England. Completion of the Active Lives survey may therefore help to track student activity, identify gaps in provision as well as provide supporting evidence for Ofsted of the insight gained and action to be taken. Although 40 local schools are selected to take part each term, schools can choose to opt in and complete the survey to receive the following benefits: a confidential, bespoke report, sports or wellbeing equipment selected to the value of £100 as well as a healthy schools rating which can contribute to gaining healthy schools local status. Find out more [here](#) or watch this [short video](#) (less than 3 minutes). To enquire about getting involved, contact Anna O'Leary on activelives@livingsport.co.uk



RSHE:

Keeping Safe Around Alcohol

The Alcohol Education Trust is an early-intervention charity working across the UK to support schools, youth organisations and parents in keeping young people safe around alcohol. It provides free, highly-evidenced and award-winning resources, training, support and lesson plans and workshops.

There are different levels of resources for different age groups and abilities (yrs 7 – 11), together with short film clips and hand out sheets to teach the following: Alcohol and its effects, Alcohol and the law, Staying safe, Units and guidelines.

The Alcohol Education Trust is also able to deliver parent talks and staff/teacher training sessions and has regional coordinators working across the UK for a localised approach. For more information visit the website or contact: kate@alcoholeducationtrust.org

Economic Awareness and Wellbeing

A host of resources are available for free on the NatWest Moneysense website to support the building of financial resilience amongst young people through teaching on a variety of money topics. Downloadable lesson plans, videos, presentations and activities can be accessed for the following age groups: 5 – 8yrs, 8 – 12yrs, 12 – 16yrs and there is a Money Sense topic map for each Key Stage 1 – 5 to help guide teachers through the extensive range of resources. Money Sense has been awarded the Financial Education Quality Mark and has been created with input from practising teachers to support the curriculum.

Oral Health

Learning about healthy dental habits is as critical now as ever especially as regular dental checks have been affected by the pandemic. There are a number of resources which have been developed by Change 4 Life as well as the Oral Health Foundation that can be found on the Healthy Schools website to support teaching on the importance of good oral health. In addition there are some engaging video clips that have been produced by NHS Dental Health Care and Dr Ranj to share with children on the routine of tooth brushing.

Smoking Prevention

The youth smoking prevention programme Kick Ash has been re-modelled to provide a generic package of resources for delivery in school as well as specialist support for young people who are wanting to stop smoking. To provide optimal flexibility and to enable as many schools as possible to access the programme, there are several options for delivery all of which include sign posting to support for those young people who require it. This is provided by both Healthy You as well as the Child Health Programme team via the Chat Health Service. Although Kick Ash is targeted at secondary students and is based on a peer mentor framework, a primary workshop is available which could be integrated into the transition schedule.

For enquiries, contact: healthyschools@healthyyou.org.uk



Mental Health and Wellbeing:

The Emotional Health and Wellbeing Team Webinar

The Emotional Health and Wellbeing Practitioner Team will be holding its first local services briefing webinar on 20th April 12.30 – 2pm where a number of services in Cambridgeshire offering support to children and young people with emotional and mental health needs will be presenting information about their services. This webinar will be open to all professionals via Microsoft Teams. For more information contact the EHWP Team at ccs.ehw@nhs.net

The Children's Wellbeing Practitioner Team – Behavioural Interventions

The Children's Wellbeing Practitioners (CWP) who work with children and young people presenting with mild to moderate mental health difficulties offer Cognitive Behavioural Therapy informed guided self-help intervention. The team is now able to consider referrals for primary, secondary and college students (up to the age of 18) with regards to anxiety. Behavioural interventions (with the support of parents/carers) can be conducted with children from reception to the age of 8 whilst interventions addressing low mood are delivered directly to secondary students up to their 18th birthday. The team is working mainly via video conferencing and telephone in both offering assessments and interventions to all schools across Cambridgeshire and Peterborough. Please contact the Emotional Health and Wellbeing Practitioners via the duty line 0300 555 50 60 to discuss a referral or email any enquiries to ccs.ehw@nhs.net



Keeping Safe:

Personal Safety; Understanding Privacy, Respect and Consent

The Cambridgeshire Police Children and Young People team together with the East Cambridgeshire Community Safety Partnership have recently produced a primary version of the Eyes and Ears programme consisting of three modules which support the requirements of the new Relationships, Sex and Health Education curriculum. The content focuses on the issues of personal privacy, respect and consent to help young people achieve a better understanding of how to keep themselves safe and how to behave towards their peers, including online. All of the teaching resources are available for FREE and schools that deliver the modules as part of the wider RSHE programme will receive acknowledgement in the form of a certificate and the use of the Community Eyes and Ears logo which has been commissioned by the Office of the Police and Crime Commissioner as part of the building resilient communities project. This acknowledgement will provide good evidence for Ofsted of the action taken to raise awareness of a variety of risk-taking behaviours. There is also a similar package available for secondary schools. To find out how to get involved message healthyschools@healthyyou.org.uk or for more information on the Community Eyes and Ears programme for the school community contact shona.mckenzie@eastcambs.gov.uk

Safety Skills

Safety Zone is also a FREE intervention available to all primary schools across Cambridgeshire and Peterborough which has the purpose of providing students in key stage 2 with a range of lifelong safety skills. Currently there are two delivery options; an hour assembly delivered by Cambridgeshire Police and Fire and Rescue Service which focuses on road, water, cyber and fire safety and a virtual package comprising of downloadable video content with an accompanying student workbook (printed and sourced by the Fire and Rescue team) For more information or to book an assembly to be conducted in compliance with the current COVID19 conditions, contact: communitysafetysite@cambsfire.gov.uk



Resilience:

Life Skills

The Firebreak courses, delivered by Cambridgeshire Fire and Rescue Team, are specifically targeted at secondary students to support the development of key life skills such as resilience, healthy relationships, self-efficacy and self-esteem.

Firebreak One is a one day course which is conducted on the school site, whilst Firebreak is an intensive 5 day intervention programme that is carried out within the structured and disciplined environment of an operational fire station and combines classroom based learning with practical activity. To find out more contact: firebreakinfo@cambsfire.gov.uk or call 0800 917 9994.



Physical Activity:

Fit For Life, Fit For Learning

Currently there are 120 schools in Cambridgeshire and Peterborough signed up to The Daily Mile which has provided opportunities of late for children both at home and at school to engage in physical exercise and work towards achieving 60 active minutes per day.

To find out more about the social, emotional as well as physical benefits of The Daily Mile contact the local Coordinators, Alana Lawes or Anna O'Leary at thedailymile@livingsport.co.uk or visit <https://www.livingsport.co.uk/the-daily-mile>

Regardless of whether a school is signed up to do The Daily Mile regularly or not, all schools are invited to join the national movement on the 30th April to try and get #onemillionmoving through doing The Daily Mile together. Participation is FREE and those schools that do get involved will receive exclusive resources for use both on the day and post the event. Register free here.

Skipping Challenge

Skipping is the up and coming theme for the Cambridgeshire and Peterborough Virtual School Games which is being hosted by Living Sport and the Cambridgeshire and Peterborough School Games Organisers. The challenge is aimed at all children in Key Stage 1 and 2 and begins the w/c 19th April in time for National Skipping Day on April 24th. It is the intention for the focus on determination and self-belief to be developed across the three skipping challenge levels for which there is a score sheet For more information about how to participate and get involved with the School Games visit: <https://www.candpschoolgames.co.uk/>



Healthy Eating:

Making Healthy Choices

Healthy You for schools forms part of the new integrated lifestyles service for Cambridgeshire and Peterborough and comprises of a variety of lesson plans, videos and activities that can support young people to understand the importance of making healthy choices. The focus is on food education and physical activity and there are a variety of fully funded options available that can be accessed individually or as part of a development plan to embed a whole school approach to encouraging healthy lifestyles. Coupled with the Food Smart package which comprises of classroom resources, assemblies as well as opportunities for teacher training and parent workshops there is a plethora of choice to enable schools to deliver against the new Health Education requirements.

Veg Power

Eat Them to Defeat Them – the campaign from Veg Power and ITV which uses advertising and a school programme to get children to eat more vegetables returns in June 2021. It will be led by a £3m TV campaign from ITV, Channel 4 and Sky Media featuring the multi-award winning **Eat Them to Defeat Them** adverts and it is anticipated that this – the largest ever schools' programme – will be going out to 500,000 children at 1,700 primary schools. Last year only selected schools were able to take part, however, this year this fully funded FREE opportunity will be open to all schools in the area. Places, nonetheless, will be offered on a first come, first served basis. Each participating school will receive an Eat Them to Defeat Them Power Pack. To register visit: <https://vegpower.org.uk/school-registration/> or email: stephanie.douglas@vegpower.org.uk



Staff Health:

Health Checks for School Staff

The NHS Health Check can once again be conducted on school sites across Cambridgeshire and Peterborough to all eligible school staff aged between 40 and 74, This FREE service which is administered by the commissioned Health Check team in accordance with current COVID guidelines provides a quick and easy lifestyle evaluation as well as signposted support to help lower the risk of high blood pressure, Type 2 diabetes, heart disease, high cholesterol and a stroke. For further details contact: lesleygodfrey@healthyyou.org.uk or visit: www.healthyyou.org

