

## Cambridgeshire & Peterborough Healthy Schools and Healthy Child Programme Newsletter

### Welcome message

Welcome back to this newsletter produced as part of the Healthy Schools and Healthy Child Programme partnership.

As daily life is now returning to the routines and schedules that we were accustomed to pre-pandemic, it is hoped that there will be a termly update to keep you informed of some of the key activities and initiatives that are locally available to support schools and communities promote the importance of health and wellbeing.



We hope you will agree that with the encouragement of the Spring weather, there is no better time to be inspired, to be active and to be healthy. Be sure to rest and enjoy the Easter break too.

## In this update you will find:

### Healthy Schools Update

#### Health and Wellbeing Awards:

- Achieving Healthy Schools Status
- The Active Lives Survey for Children and Young People
- The Eco Charter - a flexible programme for schools to achieve their sustainable development goals

#### RHSE:

- Best Friend Healthy Relationships Campaign
- Keeping Safe Around Alcohol
- Economic Awareness and Wellbeing
- The Rainbow Flag Classroom

#### Resilience:

- Risk and Resilience Training
- Life Skills

#### Physical Activity:

- The Healthy You Lifestyle Service
- Delivering 60 Active Minutes with Tanzii TV
- Skipping Challenge

#### Healthy Eating:

- Being Smart about Food
- Mittfit
- The Holiday Activities and Food Programme

- Raising Awareness - A Whole School Approach to Oral Health
- School Based Stop Smoking and Vaping Sessions
- Better Health Food Scanner App

#### Staff Health:

- Health Checks for School Staff

#### Mental Health and Wellbeing:

- Education Support
- Staff Support Sessions
- Mental Health Competency Framework Survey

#### Cambridgeshire and Peterborough Healthy Child Programme Update:

- Call Us Text Us - we are here to help
- ChatHealth offers free advice and support for young people in Cambridgeshire and Peterborough
- Healthy sleep tips for children
- YOUNited - Single referral route for children and young people
- Managing Health and Wellbeing while coping with exam stress

#### Keeping Safe:

- Gambling and Gaming
- Safety Skills

## Healthy Schools Update

In view of the challenges that have underpinned school life as a result of the pandemic, a number of schools have opted to champion the importance of their staff and student health and wellbeing and seek recognition for doing so in the form of the Cambridgeshire and Peterborough Healthy Schools award. It is encouraging that a number of schools have committed to participating in the accreditation process since the start of 2022 in an attempt to embed a whole school approach to delivering initiatives to have long term impact on the health choices of the whole school community. Congratulations are very much in order for the schools that have already completed the accreditation journey. These being: Thongsley Fields Primary and Nursery School, Orton Wistow Primary School, Hampton Hargate Primary School and St Peter's Secondary School. It is hoped that inspiration can be gained from their achievements and the subsequent benefits that they have enjoyed. Read their testimonials here: [Bronze Archives - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)

## Health and Wellbeing Awards



## Achieving Healthy Schools Status

If physical activity, healthy eating, mental health and wellbeing are areas that are now being brought into focus, there are many organisations locally that form the Healthy Schools Service that can help to develop and enhance provision. Contact: [healthyschools@healthyyou.org.uk](mailto:healthyschools@healthyyou.org.uk) to find out more or simply complete a school [health check](#). The responses will be returned to each school for self-assessment purposes and support is available should it be required to cross reference the work already being undertaken to the Healthy Schools Award.

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### The Active Lives Survey For Children and Young People

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 continuing to be 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](mailto:activelives@livingsport.co.uk).

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### The Eco Charter – a flexible programme for schools to achieve their sustainable development goals

[The Eco Charter](#) which is being delivered by PECT (Peterborough Environmental City Trust) has been specifically designed for schools and supports the achievement of Ofsted's requirements for sustainable development. The Charter allows schools to strongly demonstrate the steps taken to enhance students' knowledge of sustainability and implement long term behaviour change as well as recognised good practice. There are 10 themes to the charter that can be worked on simultaneously, with each one being assessed and certified individually.

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## RSHE



### Best Friend Healthy Relationships Campaign

Safe Lives launched the Your Best Friend campaign in February; it is aimed at giving young people the tools to talk to friends who may be in an unhealthy or abusive relationship. Share the [link](#)

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## 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](mailto:kate@alcoholeducationtrust.org)

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## Economic Awareness and Wellbeing

A host of resources are available for free on both the [NatWest Moneysense](#) and [Bank Of England](#) websites 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 each Key Stage 1 – 5. Both Money Sense and the Bank of England Education Resources have been awarded the Financial Education Quality Mark.

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## The Rainbow Flag Classroom

Whilst LGBT+ specific education is important, what is equally important is LGBT+ inclusive lessons which provide a sprinkling of LGBT+ people and lives through all curriculum areas. [The Rainbow Flag classroom](#) is a free set of LGBT+ inclusive lesson plans and resources which have been created for all key stages and span all curriculum areas. The resources can be accessed independently of the Rainbow Flag Award.

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## Raising Awareness - A Whole School Approach To Oral Health

The Raisin Awareness Project, set up by the not-for profit company Awesome Oral Health CIC, aims to link primary schools in Cambridgeshire and Peterborough with dental practices to help reduce the risk of tooth decay in children. It consists of 3 key components:

- 1) Raisin Swap for tooth-friendly vegetables (to replace the dried fruit provided x6 times per year as part of the school fruit and vegetable scheme)
- 2) Support for school and families to review whole school snack policies
- 3) Regular Oral Health Literature (sharing key dental messages from the evidenced-based Delivering Better Oral Health toolkit in a fun child-friendly format)

It's easy and simple for schools to get involved. To find out more visit: [www.awesome-oral-health.com](http://www.awesome-oral-health.com) or email: [info@awesome-oral-health.com](mailto:info@awesome-oral-health.com)

**Top 3 interventions for preventing tooth decay**

**1**



**Reduce the consumption of foods and drinks that contain sugars**

**2**



**Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse**

**3**



**Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis**

**Under 3s** should use a smear of toothpaste



**3 to 6 year olds** should use a pea sized amount



Parents/carers should brush or supervise tooth brushing until their child is at least 7

## School Based Stop Smoking and Vaping Sessions

[The Healthy You, Healthy Schools Stop Smoking Service](#) has been developed in response to feedback from schools on how to positively support the students who are known to be smokers/vapers. It is being delivered into secondary schools by Healthy You (the Cambridgeshire and Peterborough Healthy Lifestyle Service) in conjunction with the Healthy Schools Service. The aim is to provide a referral pathway for any young person who either wishes to quit smoking or vaping or would benefit from some dedicated advice and information on the potential risks of these behaviours as well as the associated regulations. Workshop sessions can be delivered upon request, contact:

[PaigeFurnell@healthyyou.org.uk](mailto:PaigeFurnell@healthyyou.org.uk) or [Healthyschools@healthyyou.org.uk](mailto:Healthyschools@healthyyou.org.uk)

## Mental Health and Wellbeing:



Education Support



[Education Support](#) is the only UK charity which is dedicated to supporting the mental health and wellbeing of teachers and education staff. The website provides a range of freely downloadable articles, videos and guides to help individuals as well as organisations prioritise self-care and effective emotional management. These can be accessed here: [Mental health & wellbeing resources for teachers, education staff & schools \(educationsupport.org.uk\)](#)

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### Staff Support Sessions

- The Emotional Health and Wellbeing Practitioner (EHWP) team continue to offer staff support sessions to groups of Teachers, Teaching Assistants and Senior Leadership Teams. These are two 50 minute sessions facilitated by an EHWP where small groups of staff have a safe space to think about how their work affects their wellbeing and to consider both the positives as well as the challenges. Contact [ccs.ehw@nhs.net](mailto:ccs.ehw@nhs.net) for more information.

### Mental Health Competency Framework Survey

A digital self-assessment tool has been designed locally to support schools in conducting a mental health training needs analysis of all staff and make informed decisions as part of a whole school approach to wellbeing. It provides an easy means of identifying the confidence and levels of mental health understanding across different staffing groups. The aim is to ensure staff at all levels have the confidence to support children and young people by building core resilience skills, identifying emerging concerns at an early stage and signposting to appropriate care pathways or interventions where possible. For more information visit: [Cambridgeshire & Peterborough Schools Mental Health Support - Staff Training \(keep-your-head.com\)](#)

In addition to the Mental Health Competency Framework, there is a new digital resource that provides a simple route to accessing advice and information on mental health. The resource, which is located on the [Keep Your Head website](#) includes:

- Information on what is available to support schools through the local mental health offer
- Information on local training and development opportunities available to school staff on mental health
- Signposting to key national resources for further support/e-training

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## Keeping Safe



## Gambling and Gaming

Cambridgeshire Police CYP team, The PSHE Service, East Cambs District Council and Cambridge United Community Trust have liaised with the national charity YGAM ( The Young Gamers and Gamblers Education Trust) to produce both a primary and secondary module for schools to deliver as part of the wider RSHE programme. The modules comprise of a presentation with embedded video clips, teacher guide as well as activity resources and are designed to equip students with an awareness of gaming/gambling related harm. The modules are freely downloadable as part of the [Eyes and Ears safety programme](#) and the passcode can be requested by emailing: [healthyschools@healthyyou.org.uk](mailto:healthyschools@healthyyou.org.uk)

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## 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. On site visits have resumed and can now be arranged which includes an assembly delivered by Cambridgeshire Police and Fire and Rescue Service focusing on road, water, cyber and fire safety. For support in delivering a focused safety week contact: [communitysafetyevent@cambsfire.gov.uk](mailto:communitysafetyevent@cambsfire.gov.uk)

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## Resilience



### Risk and Resilience Training

The Emotional Health and Wellbeing Team is offering schools the opportunity to access this free training on a whole school basis. It is facilitated by the Practitioners as virtual training but can be delivered as more than one session to allow for smaller groups of staff to attend each one. The training is 2 hours long and explores the meaning of “vulnerability”, the impact of poverty, Adverse Childhood Experiences and stress on children’s emotional wellbeing as well as strategies for developing resilience in children. If interested, contact [ccs.ehw@nhs.net](mailto:ccs.ehw@nhs.net)

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## 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](mailto:firebreakinfo@cambsfire.gov.uk) or call 0800 917 9994.

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## Physical Activity



### The Healthy You Lifestyle Service

The Cambridgeshire and Peterborough Healthy Lifestyle Service provides a range of free programme offers to schools to embed physical activity and healthy eating into the daily lives of children and their families. For a range of options visit: Healthy You - [Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)

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### Delivering 60 Active Minutes with Tanzii TV

- Tanzii TV provides a dynamic twist to the delivery of the active classroom for primary schools.
- The programme comprises of 2-5 minute brain break videos that can be projected onto whiteboards and screens and promotes general knowledge and emotional literacy through physical activity. The videos are hosted by the brothers – Ottavio and Dario – who are qualified personal trainers and previous primary school sport coaches. Preview the offer here: [Active Classrooms with Tanzii TV - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)

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### Skipping Challenge

Skipping is the up and coming theme for the Cambridgeshire and Peterborough Virtual School Games which is being hosted by 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 25th April to accord with [National Skipping Day](#) on April 24th. It is the intention for the focus on determination and self-belief to be developed across the various skipping challenges. For more information about how to participate and get involved visit: [Upcoming Events | Skipping Week 2022 -25th to 29th April | South Cambs School Sports Partnership \(scssp.co.uk\)](#)

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# Healthy Eating



## Being Smart About Food

The locally funded [Food Smart programme](#) continues to expand its range of resources offering lesson plans and activities, assemblies as well as opportunities for teacher training and parent workshops to support schools to deliver against the Health Education requirements. Additionally the Food Smart package now includes the offer of free consultancy with [ProVeg UK](#) which works in support of school caterers to implement simple menu changes to encourage more sustainable and healthier food choices. To make an enquiry contact: [education@pect.org.uk](mailto:education@pect.org.uk)

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### Mittfit

- Mittfit - The Cambridge based health and well-being company - is offering free nutritional workshops in schools aimed at educating young people on the foods they eat and the roles they play in their development. The workshops (delivered in person or virtually) are approximately 30 minutes and come with free, easily accessible resources for teachers and parents. The content can be easily adapted to suit the needs of a specified age group.
- Contact: [joe@mitt-fit.co.uk](mailto:joe@mitt-fit.co.uk) for an informal discussion about a delivery plan.

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## The Holiday Activities and Food Programme

Although aimed at holiday scheme providers and families, the nutrition resources that have been produced for the Cambridgeshire and Peterborough HAF programme can easily be used for food education lessons in schools. Cook-a-long videos, recipe and activity cards as well as home learning challenges can be accessed freely here: [Holiday Activities and Food \(HAF\) Programme: Provider and Family Resources - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)

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## Better Health Food Scanner App

As part of the new childhood nutrition campaign from Better Health, Public Health England has just launched a new [NHS Food Scanner app](#) to help students and their families explore what is in their food and drink in an interactive and fun way, enabling them to make healthier swaps and choices. A range of curriculum linked teaching resources are also available on [School Zone](#) including an [activities toolkit](#), [assembly](#), sharing with [families toolkit](#), [leaderboard print-outs](#) as well as [take-home leaflets](#) to give to students.

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## Staff Health:



### Health Checks For School Staff

[The NHS Health Check](#) has resumed on school sites across Cambridgeshire and Peterborough and can be delivered to all school staff aged between 40 and 74. This FREE service which is administered by the commissioned Health Check team 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](mailto:lesleygodfrey@healthyyou.org.uk) or visit: [www.healthyyou.org](http://www.healthyyou.org)



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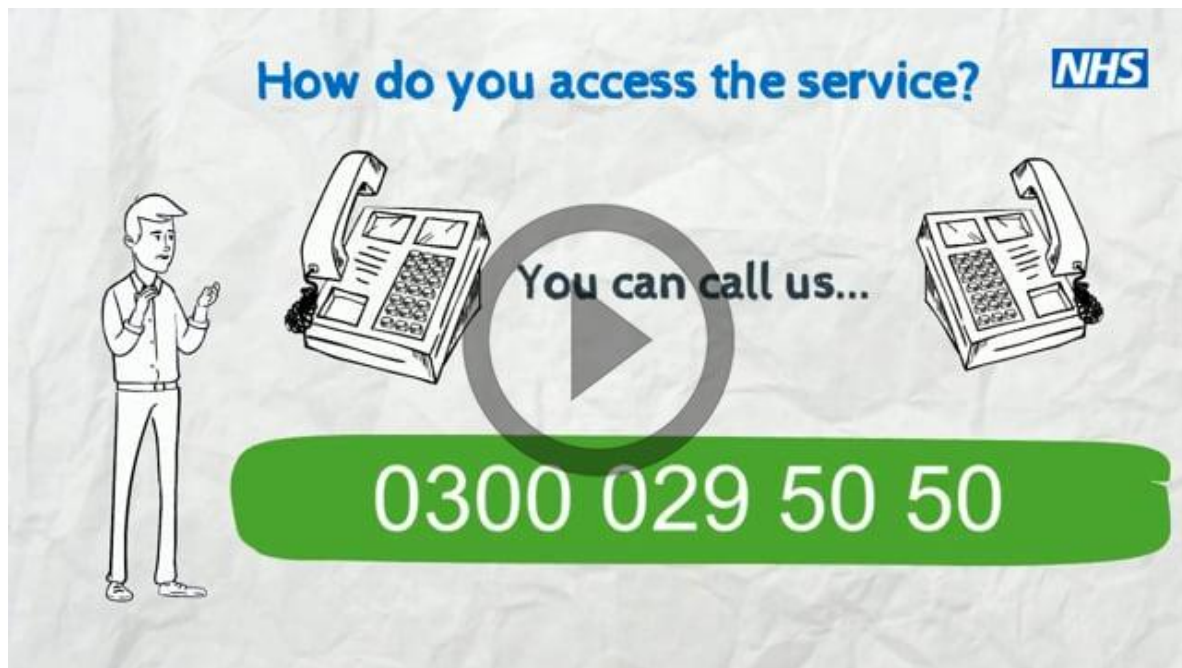
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## Cambridgeshire and Peterborough Healthy Child Programme Update

### Call Us Text Us - we are here to help

The Cambridgeshire and Peterborough Healthy Child Programme launched the Call Us Text Us service to offer more support for parents and carers across Cambridgeshire and Peterborough. Families in the local area can now get advice and support on any issues they may encounter throughout their child's life by simply calling our joint duty desk number: Call Us 0300 029 50 50 or by using a secure and confidential text messaging service – Text Us 07520 649887. We would like to encourage all school professionals to take an active role in supporting local families by sharing our Call Us Text Us numbers as well as asking them to use the digital resources available at: [bit.ly/nhscambspbboro-hcp](http://bit.ly/nhscambspbboro-hcp) at every opportunity.

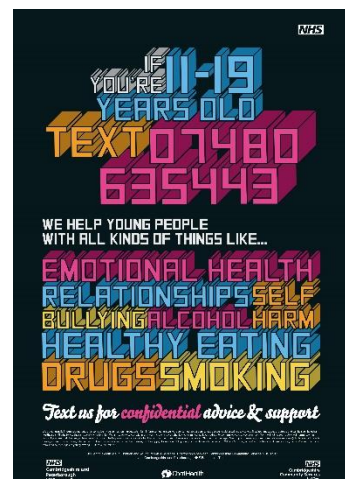
For any further information, please contact: [ccs.cpft.hcp@nhs.net](mailto:ccs.cpft.hcp@nhs.net)



## ChatHealth offers free advice and support for young people in Cambridgeshire and Peterborough

Cambridgeshire and Peterborough Healthy Child Programme is encouraging young people in the local area to use the free and confidential text messaging service - ChatHealth to reach out for that much-needed advice and support on issues that matter to them. We would like to ask all school professionals to take an active role in supporting young people in the local area by sharing the ChatHealth number (**07480 635443**) at every opportunity they get.

For any further information, please contact:  
[ccs.cpft.hcp@nhs.net](mailto:ccs.cpft.hcp@nhs.net)



## Healthy sleep tips for children

Getting enough sleep is really important for children's physical and emotional wellbeing. A good routine prior to bed is vital in helping children and young people develop better sleeping habits. Our Cambridgeshire and Peterborough Healthy Child Programme Website has some great resources, tips and advice on good sleep routines for children and young people. Can we please ask all of our lovely colleagues to take a look at the online resources and share them with our local families. More information on good sleep routines for children and young people can be found [here](#).



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## **YOUUnited - Single referral route for children and young people**



YOUUnited supports children and young people with their emotional wellbeing and mental health.

It is available to those up to the age of 25 and offers a range of support including therapies, counselling and guided self-help. Referrals can be made to YOUUnited by a GP or any professional working with children or young people. All referrals are triaged and assessed by specialist staff from YOUUnited who then work with clients, as well as their family or carers if necessary, on the best pathway to support their needs.

Young people have been instrumental in helping to co-design the service and more recently the service has worked with families, young people and children - in partnership with Taproot - to research and promote digital information, self-help and e-therapy resources as part of the services it provides. On its newly launched, larger website pages [YOUUnited | CPFT NHS Trust](#) people can find links to the best available resources and support recommended by age and level of need. Simply click on the tab that applies to them and then the subject they're interested in – and they'll find a wide range of useful apps and websites.

In addition, YOUUnited has partnered with BFB Labs to offer free access to Lumi Nova for children aged 7-12 facing difficulties with fears, worries or anxiety. Details and how to register are on the website.

YOUUnited is a partnership involving Cambridgeshire and Peterborough NHS Foundation Trust, Cambridgeshire Community Services NHS Trust, Centre 33, and Ormiston Families.

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## **Managing Health and Wellbeing while coping with exam stress**

It's that time of year again when many young people are preparing for exams.

This can be a challenging time both physically and emotionally, but there are a multitude of

resources available which offer support and advice around managing wellbeing in the lead up to exams.

- [The NHS 5 steps to wellbeing](#) website has some great tips about mindfulness and the benefits of keeping active.
- [The Young minds website](#) contains useful information about reducing stress during exam times too.



To help with exam and study worries, a good night's sleep is essential in keeping us emotionally and physically well.

A young person aged between 12- 16 years old should be aiming for at least 8-10 hours of unbroken sleep every night. This will help the student to wake feeling refreshed and will increase their concentration levels in readiness for exams.

### How can the School Nursing service help?

Here are some helpful tips:

Students should be encouraged to unwind for 45 minutes to 1 hour before bedtime, within this time turn off electrical devices such as a pc, laptop and mobile telephone. The 'blue light' emitted within these devices will prevent the uptake of the natural sleep hormone 'Melatonin'.

We appreciate that on some occasions it is necessary for students to study or complete homework late into the evening. They may wish to download a **FREE app** on their device called **F.LUX**, which gives screens a warmer tone to allow for Melatonin to function correctly.

Encouraging students to talk with a trusted adult before going to sleep can help to alleviate any worries they may have and may help with a good night's sleep. Students may also benefit from keeping a journal by their bedside to write down any anxieties or worries.

It is recommended that Tryptophan foods such as Cheese, nuts, cereal, eggs and milk are taken as a snack before bedtime. This again allows the body to reach a deeper more satisfying sleep. Be mindful caffeinated drinks have a half-life of around 6 hours!

Listening to some relaxing music, having a warm bath or shower or colouring have proven good therapy, in aiding sleep.

Utilise meditation **FREE apps** such as '**Mindfulness**' and '**Headspace**'

The School Nursing service is also available to talk to should you have any concerns regarding a child or young person.

Call us on 0300 029 50 50 or text us on: 07480 635 4443 (9am- 4pm)



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