

It is hard to believe that another academic year is nearing a close as everyone returns for the final Summer term. So much has been achieved and still there is so much activity to be planned for as well as carried out.

In the background, the Healthy Schools Service has continued to grow as a network of partner agencies to support schools on a range of health and wellbeing themes and to respond to emerging trends and needs amongst young people.

Summarised here are a few of the programmes and interventions that have been launched recently as well as some events and webinars that are taking place very soon.

A host of resources, useful weblinks and national campaigns can be found on the website: [Home - Healthy Schools \(healthyschoolscp.org.uk\)](https://www.healthyschoolscp.org.uk) and general enquiries are welcomed here: healthyschools@healthyyou.org.uk

Best wishes for the coming weeks.



Invite to achieve 'Asthma Friendly' School status (Health and Well being Awards)

CYP Community Asthma Team

Targeted interventions in Cambridgeshire and Peterborough

The Children & Young People's Community Asthma Team is inviting all schools across Cambridgeshire and Peterborough to achieve 'Asthma Friendly School' status. This is part of the strategy to improve the outcomes and management of all children with asthma. 'Asthma Friendly School' status will be awarded annually and free of charge to schools.

To find out more click [here](#)

Part of this project relates to identifying children whose asthma is not well controlled. Interventions at an early stage will help to improve the management of children with asthma.

To start the journey to Asthma Friendly School status please complete this form:
[Asthma Friendly Schools Programme - Cambridgeshire & Peterborough \(google.com\)](#)
Or Email: ccs.cypastma@nhs.net
Call: 07912473821.



CCS NHS Trust Oral Health Training For Cambridgeshire and Peterborough Primary Teachers (RSHE)

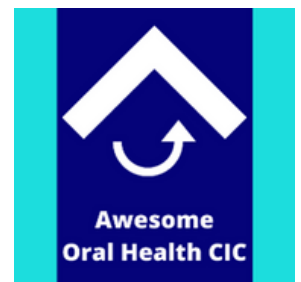
The webinar takes
place online
on Tuesday 13th
June 2023 (15:45 –
16:45)

To book a place,
please click this [link](#)

With NHS dentist places being in very short supply, there has never been a more critical time to ensure that the correct oral health messages are being delivered through the curriculum in primary schools. A free 1 hour CPD webinar, delivered by Cambridgeshire Community Services Oral Health Team, has therefore been created to support teaching staff by upskilling and improving confidence in delivering Oral Health Promotion in the classroom. This includes key oral health messages and basic trauma management along with ideas and suggestions on how best to integrate these into lesson planning to ensure national curriculum requirements are met. The presentation will be followed up with a simple toolkit to support this.

Awesome Smiles School Event (RSHE)

Awesome Smiles September Stations is a new event funded by Cambridgeshire County Council to offer a whole school approach to Oral Health promotion, with **free** access to a resource pack. All primary schools throughout Cambridgeshire and Peterborough are encouraged to set a date in September and have fun with a circuit of activity stations to encourage all pupils from reception to KS2 to get excited about caring for their smiles. All resources and instructions for the activities will be provided by Awesome Oral Health.



Accredited by the British Society of Dental Hygiene and Therapy (BSDHT), the digital downloadable resources (including mini videos) will be going live [HERE](#) on Monday 26th June to enable schools to prepare ahead of the summer holidays.



CASUS – Support For Cambridgeshire Schools

Young people can now receive support for substance misuse without a full assessment or referral if the process may be too daunting – arrangements can be made to informally discuss the support CASUS can provide, thereby providing an effective ice breaker.

For those young people for whom a one-to-one session is not required but some preventative/ early intervention work could be beneficial, then small group sessions can be organised on request.

Contact the team for more details: 01480 445 316 or email: casus@cpft.nhs.uk

Change, Grow, Live – Support For Peterborough Schools



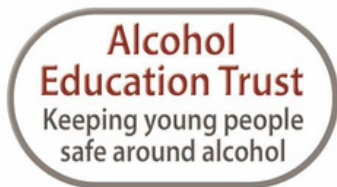
In addition to providing 1:1 interventions to young people who are using alcohol and drugs or are on the periphery of doing so, the CGL team also provide small group work and assemblies to accommodate specific needs and to encourage informed decisions as part of a preventative programme. New to the portfolio of provision is Hidden Harms which supports young people affected by someone else's drug or alcohol misuse. The aim is to provide a safe space for the young people to explore their feelings and emotions.

For further information and referral details:

Visit: [Aspire Peterborough Young People's Service \(changegrowlive.org\)](https://www.changegrowlive.org)

Email: peterborough@chl.org.uk

Call: 01733 895 624



Talk About Alcohol Training For Cambridgeshire and Peterborough Secondary Schools (RSHE)

The Alcohol Education Trust in partnership with Cambridgeshire PSHE Service, Cambridgeshire Police, CGL Aspire, CASUS and The Healthy Schools Service will be hosting a free online training session for staff members of all Peterborough and Cambridgeshire Secondary Schools on Tuesday 27th June 2023 (15:45 – 17:00)

The training is designed to equip all participants with the resources, tools and strategies to empower young people to make safe choices around alcohol. The following themes will be addressed:

- Assessing knowledge/attitudes
- The effects of alcohol: physical and social
- Units and guidelines
- The Law
- Staying safe

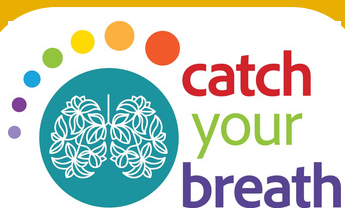
The resources which are targeted at Yr 8 and 9 students have been fully evaluated and mapped to the DfE statutory guidelines for PSHE and RSE. These include:

- A Talk About Alcohol Digital Teacher Manual and Guidance with six ready to go Powerpoint lessons
- Four ready to go SEND Powerpoint lessons
- Four Talk About Alcohol conversation starter films

For pre-training queries, please contact soraya@alcoholeducationtrust.org

For more information and to book a place please click this [link](#)

Catch Your Breath - The Bespoke Smoking and Vaping Support Service For Primary and Secondary Students (RSHE)



The Healthy Schools Service provides free smoking and vaping support in school for young people via the Catch Your Breath programme.

The primary prevention workshop is designed for Upper Key Stage 2 students to raise awareness of the risks associated with smoking and vaping whilst the secondary package includes some tailored behaviour change interventions targeted at those students who are known to smoke and /or vape as a means to encourage them to stop in a positive and non-judgemental environment.

Vaping specific assembly presentations and tutor group resources are also available together with key message boards and campaign material for digital signage around the school.

Additionally, vaping awareness training can be delivered to school staff.

Find out more here: [Catch Your Breath – the smoking and vaping programme for schools - Healthy Schools \(healthyschoolscp.org.uk\)](#)



Mental Health Lead Forums (Mental Health and Wellbeing)

These forums – hosted by Rosemary Gilby, specialist teacher in the EHWP team – promote networking, enabling Mental Health leads to make links with and learn from each other outside of the forums. Each forum explores a given topic which is relevant to informing policy and practice in school. The forums are free and are currently open to education settings that are not supported by a Mental Health Support Team (MHST).

Previous attendance is not required to make a future booking, which can be made by emailing: ccs.ehw@nhs.net

For more information or to ask any questions, please contact rosemary.gilby@nhs.net or sarah.stacey@nhs.net

Local Training for Mental Health Leads in Education Settings (Mental Health and Wellbeing)



The DfE funded Senior Mental Health Leads training is available locally from YMCA Trinity Group. This is different to the Mental Health Lead forums but they complement each other and it is possible to do both!

There are separate programmes available for beginners, intermediate or advanced levels with the first cohorts already in progress. As a result of interest, and to widen access, new dates have been added for the Spring and Summer term, and all new programmes will now be delivered virtually.

Click [here](#) for more details about the local programmes available and links to available dates or contact: mentalhealthtraining@ymcatrinity.org.uk to find out more.

If you haven't done so already, schools can apply for a DfE grant to access these approved programmes. For more information, visit the [Senior Mental Health Lead Guidance](#).



Getting Ready For Change (GR4C) – The Digital Questionnaire launched as part of the 0-19 Healthy Child Programme

The Getting Ready for Change project aims to support children, young people and their families through key transition stages, or recognised times of change and child development.

Take a look here: [Children & Young People's Health Services \(cambspborocyphs.nhs.uk\)](https://cambspborocyphs.nhs.uk)

On completion a summary of the answers is produced together with personalised links to relevant information on the Healthy Child website including self-care, further resources and how to contact the team for more support.

To find out more, click [here](#)

Eyes and Ears: Raising Awareness Of Gaming and Gambling Related Harm (Keeping Safe)



East Cambridgeshire District Council in conjunction with The Cambridgeshire PSHE Service and the Cambridgeshire Police Children and Young People's Team have produced both a primary and secondary module to support schools in addressing the link between gaming and gambling behaviour.

The modules comprise of a presentation with embedded video clips, teacher guide as well as activity resources and are designed to be delivered as part of the wider RSHE programme.

To access these free and downloadable resources, email: healthyschools@healthyyou.org.uk

For more information about these modules and the other available primary resources, visit [Community Eyes and Ears - Healthy Schools](#)

Free Basic Life Support Training (Keeping Safe)



East Anglian Air Ambulance has funding to provide free CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) training in schools, to staff and pupils (from Yr 5/6). Each session is approximately an hour long but it can be delivered flexibly to fit around school timetables and pupil needs. Sessions can also take place throughout the day so whole year groups can be trained as required.

The session covers: the EAAA lifesaving service, the first aid acronym DRSABC and the medical difference between heart attack and cardiac arrest.

There is a particular focus on how to deliver effective CPR and to use a community defib. All equipment is supplied to enable pupils to have a hands-on experience.

Book a session [here](#)
For more information,
[email](#)

The First Aid Acronym:

Danger
Response
Send
Airway
Breathing
CPR
Defibrillation

StayWise – Saving Lives Through Education (Keeping Safe)



StayWise is a FREE online library packed full of educational resources and activities from the UK's leading emergency services and safety-focused organisations making it easy to find trusted materials that provide learning opportunities to help keep children safe.

The aim of StayWise is to facilitate a more effective, consistent and curriculum linked way of imparting vital life skills to today's young people and preparing a safety conscious environment for the generations of tomorrow.

To access the Educator Area and register for a range of resources and activities via the Cambridgeshire Fire and Rescue Service, scan this code:



NSPCC – Kids Safety Net (Keeping Safe) Kids Safety Net “Speak Up” Poster Competition



Open to Schools for Year 5 to Year 8 pupils
Closing Date: 4pm Friday 23rd June 2023

As part of the NSPCC Cambridgeshire and Peterborough Kids Safety Net campaign, we invite schools to join in this poster competition.

“Speak Up, Starting Conversations about Keeping Safe Online” challenges young people from Year 5 through to Year 8 to consider what may sometimes be difficult conversations around online bullying and online friendships and how to keep safe online. The aim is for young people to get creative in presenting their ideas by designing an eye-catching poster and for schools to include this work as part of their PSHE, ICT, Art & Design and Online Safety planning.

It is the intention for the winning designs to be presented as a digital resource as well as printed for display in community spaces across the county; the schools will also be awarded with some e safety training organised in consultation with the NSPCC.

For more details and the resources to get involved click [here](#) and scroll to the “Kids Safety Net “Speak Up” poster competition drop down menu.

Alternatively scan this code:



NESSie – Positively Supporting Children and Young People With Self Harming Behaviours and Other Emotional and Mental Health Needs. (Keeping Safe)

NESSie’s staff (all qualified therapists and teachers who have extensive experience in supporting parents) can provide parent forums face to face within the school/community setting or online. These informal and FREE 90 minute workshops are targeted at parents/carers currently supporting young people who are displaying self-harming behaviours and other issues which impact on young peoples mental health such as gender and identity, neurodiversity, and relationships with food including time for questions and discussion.

For more information or to book a workshop at your setting, please complete this [FORM](#)

To find out about the full range of support provided by NESSie to schools across Cambridgeshire and Peterborough visit: [Supporting Young People Who Self Harm - Healthy Schools \(healthyschoolscp.org.uk\)](#)

My Cambridge - Developing Creativity, Confidence and Knowledge and Skills Through Arts and Culture (Resilience)

Activate offers young people entering secondary school the opportunity to build their confidence and aspiration through discovering arts and cultural venues and activities across Cambridge, learning and applying creative skills.

The experience, delivered by a range of professional arts practitioners, enables the participants to develop as young leaders and improves their engagement with school life.

For more insight into Activate, [click here](#).

To find out about the work of My Cambridge, visit: [Our Work | My Cambridge \(my-cambridge.org\)](#).

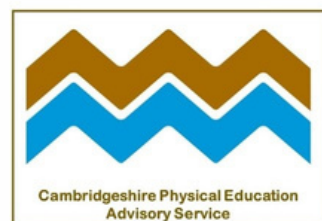


Physical Education Conference : Re-scheduled to Wednesday 18th October 2023 at Burgess Hall and One Leisure, St Ives (Physical Activity)

The focus of this conference, the first one since 2019 - will be on the legacy that well taught Physical Education can create for young people and how it can be an effective tool to increase confidence and reduce anxiety especially during the transition phase. The conference is being co-ordinated by Cambridgeshire PE Advisory Service and Living Sport and will include a mix of practical and theoretical workshops that can be selected to address both professional and school needs.

Click [here](#) for an outline of the event.

For more information or any questions contact:
Ian.Roberts@cambridgeshire.gov.uk
David.Welch@livingsport.co.uk



Healthy Steps – Free healthy eating resources to download (Healthy Eating)



The DHSC has created a range of resources for primary schools, including a whole-school assembly, featuring fun quizzes and Healthy Steps quests covering 5 A Day, planned cooking, sugar intake and snacking.

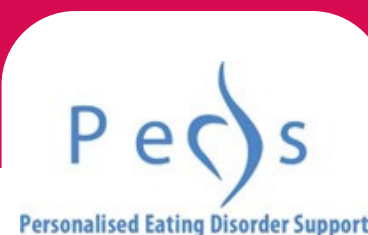
Take a look here: [Healthy eating | Overview | PHE School Zone](#)

There is also a dedicated Healthy Steps programme for families to follow via weekly emails providing easy and practical ways for the whole family to eat better and move more.

Details can be found here: [Healthy Steps - Step this way. \(betterhealth-healthierfamilies.co.uk\)](#)



Personalised Eating Disorder Support (PEDS) FREE training and resources for schools (Healthy Eating)



Personalised Eating Disorder Support is a local charity that is offering FREE eating disorder training to SCHOOLS in Cambridgeshire and Peterborough. This training has been funded by Peterborough City Council and Cambridgeshire County Council.

The sessions last approximately one hour but can vary depending upon the request of the organisation.

The training includes an overview of eating disorders, symptoms, the do's and don'ts, case studies and signposting to relevant services.

PEDS are happy to tailor their training to the needs of the individual school and are happy to set up meetings to discuss this.

A range of toolkits, lesson plans and resources to support schools in teaching about the relationship between mood and food aimed at KS3 has also been developed. These can be accessed via the Healthy Schools Website:

[PEDS Eating Disorders – KS3 Resources - Healthy Schools](https://healthyschoolscp.org.uk)
(healthyschoolscp.org.uk).

[PEDS Food and Mood - KS3 Resources - Healthy Schools](https://healthyschoolscp.org.uk)
(healthyschoolscp.org.uk).

On the Eating Disorders page, a password protected page has been created where there are two bespoke toolkit documents to support schools in managing concerns around Eating Disorders – the password to access these can be obtained by emailing healthyschools@healthyyou.org.uk

Additionally, PEDS is now delivering ‘Body Project Training’

The Body Project is an evidence-based eating disorder prevention and body acceptance programme originally designed for delivery with young adult women and adolescent girls aged 13 and over. It is a group, cognitive dissonance-based intervention, typically delivered over 4 sessions to 8-12 participants who self-identify as having body image concerns. This manualised programme includes group discussions, role play and home exercises, where appearance ideals are challenged.

The Structure:

6 session of 45 minutes OR 4 sessions of 60 minutes

Training is held during school time so the students must be excused from lessons

For further details please contact: claire.hodgson11@nhs.net and daniel.fonseca-oconnor@nhs.net