

Welcome to the Healthy Schools termly newsletter.

From Spring to Summer, the months appear to be passing so quickly with schedules becoming increasingly busy and there being little time to take a breath and reflect on all that has been achieved. Hopefully, there will be the opportunity to take a short break and glance through this newsletter to find out the range of support and resources available through the Healthy Schools Partner network. To make the newsletter easier to reference simply click on each of the themes as shown below and this will take you immediately to the given section. 😊

Further information about the work and programmes being offered (the majority without charge) at a local and national level can be found on the website: [Home - Healthy Schools \(healthyschoolscp.org.uk\)](https://www.healthyschoolscp.org.uk)

In the event of having any queries then please contact the Healthy Schools mailbox: healthyschools@healthyyou.org.uk and every effort will be made to source the relevant information and to signpost to the most appropriate partner organisation for support. In the meantime, best wishes for the remainder of the academic year and be sure to make the most of the Summer break when it eventually arrives.

[Health & WellBeing Awards](#)

[RSHE](#)

[Mental Health & Well-being](#)

[Keeping Safe](#)

[Resilience](#)

[Physical Activity](#)

[Healthy Eating](#)



Healthy Schools Ambassador Award Achievement

Congratulations are in order for Bar Hill Primary School which is the first school to achieve the Healthy Schools Ambassador Award through the continued and determined effort to seek innovative ways to help their students gain the confidence, life skills and knowledge needed to make healthy life choices. A range of initiatives and programmes have been pursued both locally and nationally to seek improvement and to embed a sustainable and impactful health and well-being agenda.

Read all about the accreditation journey in the words of the staff at the school [here](#).

Healthy Schools Ambassador status has been achieved by

Bar Hill Primary School

Cambridgeshire County Council
Peterborough City Council
Funded by Cambridgeshire County Council and Peterborough City Council



Healthy Schools Award – More Schools Are Taking The Pledge.

Between February and April, 17 new schools (the highest number ever within a 3 month period) entered onto the accreditation pathway by taking the initial health check comprising 30 Yes/No questions. This can be accessed by simply clicking this link [Initial Health Check For Schools \(office.com\)](#) or scanning the QR code:



A free package of support from a range of partner organisations is offered to all schools pursuing Healthy Schools status which includes 1:1 consultancy and programme delivery by [PECT](#). This is specifically provided to enable schools to achieve the standards of the nutrition section of the award. Provision of evidence for the key sections of the award covering : Physical Activity, Food and Nutrition, Safety and Resilience, Mental Health, Supporting Staff, Engaging with Parents and Carers and Promoting Healthy Relationships, is simply via bullet pointed statements. The aim of the award is to acknowledge the work that is already in place to improve the health, wellbeing and resilience of the school community and to provide support where areas are identified for improvement.

Asthma Friendly Schools – Accreditation Achievement



Since September 2023, over 25 primary schools have started the Asthma Friendly Schools journey with Guyhirn Primary School being the first to be accredited closely followed by Leverington and Cavalry Primary Schools. The Cambridgeshire & Peterborough CYP Community Asthma Team is always looking for more schools to become an ‘Asthma Friendly School’ so that strategies are in place to empower teachers to know what to look for in a child with asthma and to detect when a child’s asthma may be deteriorating. Sadly there were 4 child deaths in the local area between 2021 and 2022 and through the Child Death Overview Panel it was identified that one of the schools did not have a care plan in place. A care plan as well as regular reviews are required for all cases of asthma from mild to severe.

To start the process of becoming an asthma friendly school, simply click this [link](#) or contact the team at ccs.cypasthma@nhs.net

The team also deliver an asthma awareness assembly and provide free online asthma training to school staff which can be found here: [CYP Asthma Training Tier 1](#). This training is for all staff who have contact with children and young people with asthma.



CYP Community Asthma Team
Targeted Interventions in Cambridgeshire and Peterborough



Asthma Friendly School accreditation

is awarded to:

GUYHIRN PRIMARY

in recognition of their successful completion of the Asthma Friendly Schools programme.

Your hard work, dedication and commitment to learning have made a significant impact, and we are proud to recognise your accomplishment.

Emma Alford



The Kite Trust – LGBTQ+ Schools’ Packages



The Kite Trust - Cambridgeshire and Peterborough’s LGBTQ+ youth organisation – is launching a new opportunity for all schools in September 2024 to buy into one of the LGBTQ+ Inclusion Packages. These consist of the following:

1. Starting Out: to support Essential Best Practice - 8 hours of contact time

For schools at the beginning of their LGBTQ+ inclusion journey

2. Flying the Flag: to support Developing Best Practice - 15 hours of contact time

For schools looking to build on their essential best practice in LGBTQ+ inclusion

3. Over The Rainbow: to support Embedded Best Practice - 30 hours of contact time

taking a school to the next level of LGBTQ+ inclusion

How it works:

- Each package can be delivered over a time period of 1, 2 or 3 terms.
- The school can choose how to use hours based on the needs of their students and the school/college.
- Each package includes a training/briefing session for governors/trustees and senior leaders

A package can comprise of any one of the following:

- One-to-one school-based student support
- LGBTQ+ Awareness & Inclusion workshops for students
- LGBTQ+ Assemblies for students
- LGBTQ+ Student Group in School support
- Peer mentoring scheme set-up & support
- LGBTQ+ Awareness & Inclusion training for staff
- Information, advice and guidance for pastoral staff, senior leaders and governors (inc. policy review)
- Inclusive curriculum review

In addition to the 8/15/30 hours of contact time, the school will also receive:

- Termly updates on the hours used.
- Termly Kite Trust online Q & A/consultation sessions and an opportunity to connect with other schools and colleges within the area around LGBTQ+ inclusion.
- Easy referral pathways to LGBTQ+ youth groups, activities and residentials, outside of school hours.
- Easy referral pathways to The Kite Trust’s Family Support Service.

For further details, including prices, and to discuss the needs of the schools contact: bethan@thekitetrust.org.uk

Cambridgeshire PSHE Service - Secondary Health Related Behaviour Survey, Summer 2024

There is still time for secondary schools in Cambridgeshire and Peterborough to take part in the Health-Related Behaviour Survey in June/July 2024. This survey is funded by Public Health. Schools may use their students' views to inform developments in PSHE, pastoral provision and effectiveness of safeguarding measures.

The survey is carried out online with Y8/Y10 pupils. It covers a range of health-related topics, including mental, physical and sexual health and a personalised report is generated for each participating school. The report is especially useful for senior leaders and governors.

Please [complete the form here](#) to indicate your requirements and readiness.

For more information contact pshe@cambridgeshire.gov.uk

Cambridgeshire PSHE Service - New Opportunities to support schools with Anti-bullying, Mental Health and Relationships and RSE, funded by Public Health.

Primary Schools

The PSHE Service is able to support in the following areas:

- Mental Health and Relationships – Support for individual schools to implement 'Conflict Resolution and Peer Mediation' and 'Promoting Healthy Friendships' packs, leaders' training and practitioners' briefings.
- Anti-bullying – support for individual schools to develop responses to bullying, training for midday staff on resolving conflicts, training for staff on responses to bullying.
- RSE – support for individual schools to develop their RSE provision, access to RSE briefings.

For more information about the available opportunities, [please refer to the document here](#). There is a [short video about the opportunities you can watch here](#).

[Please complete the form here](#).

Secondary Schools

The PSHE Service is able to support in the following areas:

- Anti-bullying –training for staff on responses to bullying, delivered in school to a group of staff, or online, or by online training module.
- RSE – support for individual schools to review and develop their RSE provision, access to a series of RSE online briefings.

For more information about the available opportunities, [please refer to the document here](#).

[Please complete the form here](#).

To take advantage of the in-school support offers and in-school staff meetings, please complete the form as soon as possible. The deadline for the in-school elements is 10th June.

In the event of having any queries, please email cathy.murphy@cambridgeshire.gov.uk

The NSPCC – launch of Phase 2 of Talk Relationships for Secondary Schools; A Whole School Approach Framework to Relationships and Sex Education.

The framework is made up of 5 elements/key documents that when used together will support school leaders to implement a whole-school approach to relationships and sex education based on evidence and best practice:

- Evidence base document
- Implementation guide
- Whole School Approach Framework
 - 8 components that work together to make up a whole-school approach to relationships and sex education.
 - A set of key overarching ‘benchmarks’ for each component to achieve an effective whole-school approach.
 - Good practice examples of the benchmarks in action.
 - Sex and Relationships Education (SRE) Snapshot - a self-assessment tool
 - An editable action plan template

The documents can be accessed for free by completing a short registration form.

Any questions can be directed to the local NSPCC Schools Co-ordinator:
natalie.timotheou@nspcc.org.uk

CASUS - Offer To Cambridgeshire Schools



In addition to providing support to young people (up to 18 years) who are getting into difficulties around substances, CASUS can also provide the following:

PSHE Delivery: this is dependent on team capacity as individual work with young people takes priority, nonetheless the team is happy to discuss the needs identified by the school and to devise a bespoke plan of action. There is a charge for this service.


Structured Consultancy: it is recognised that for some young people additional professionals in their lives can be daunting, so CASUS can guide existing workers to deliver substance use interventions by providing resources and supervision.

Vulnerable Groups: If there are young people for whom a referral for one-to-one work is not considered appropriate, the team can deliver a small group session in accordance with need.

Further to this, visit the new website: <https://www.cpft.nhs.uk/casus> and read the newsletter here: <https://healthyschoolscp.org.uk/news/casus-spring-summer-newsletter-2024/>

Referrals to CASUS can be made by using the form found at <https://www.cpft.nhs.uk/gpandprimarycare>, and clicking on the CAMHs tab.

For general enquiries call: 01480 445 316 or email: casus@cpft.nhs.uk



Find out more about the service and the range of support available to young people by attending one of the virtual Q&A sessions (via Microsoft Teams) during the week commencing the 10th June. The sessions will be held daily at 09:30 – 10:30 and 15:30 to 16:30 to allow people to drop – in ; there is no expectation to join the whole session. Simply contact the team via email to request a link to one of the sessions: casus@cpft.nhs.uk



Aspire

Peterborough

Aspire – Change, Grow, Live – Offer to Peterborough Schools

Further to working with young people under the age of 18 who are using drugs and alcohol, Aspire offers a hidden harms provision. This supports the young people affected by someone else's drug or alcohol misuse and gives them a safe space to explore their feelings and emotions.

In addition to the 1:1 work, Aspire can also provide small group and themed assemblies where appropriate.

For further information and referral details, visit: <https://www.changegrowlive.org/aspire-peterborough-young-people>

Email peterborough@cgl.org.uk or call: 01733 895624



The Talk About Trust – Free Resources Available



Further to the support available locally through CASUS and ASPIRE, the national charity The Talk About Trust provides resources and training for teachers and youth professionals, advice for parents and carers and interactive games, websites and information for young people aged 11- 25 focused on staying safer around alcohol and other substances.

The following self-delivery resources can be accessed FREE of CHARGE:

- Teacher Workbook Lesson plans, games and activities organised by topic and year group. Download a copy via [Teacher Workbook for England and Wales | Talk About Trust](#)
- Six fully planned lessons including accompanying PowerPoints. These lessons help ensure high-quality, effective alcohol education lessons with minimal planning requirements. Download via [6 Model Lesson Plans for Alcohol | Talk About Trust](#)
- 'Talking to Kids' parent guide including helpful advice and information on topic including units, guidelines, the effects of alcohol and the law. [Talking About Alcohol | Talk About Trust](#)
- Activity Box including laminated activity cards and the BAFTA-winning 'Just a Few Drinks' films. Thanks to grant funding, this is free of charge for those working with pupils SEN or more vulnerable young people. Request this via email to kate@talkabouttrust.org

Useful websites include:

- [Talk About Trust](#) website which offers a wealth of excellent resources organised by topic and year group.
- www.talkaboutalcohol.com is a pupil-facing online learning zone including fun and engaging activities and games such as an online nightclub. The site allows pupils to learn to make safe choices around alcohol in a very pupil-friendly way.
- [Life Stuff \(life-stuff.org\)](http://Life Stuff (life-stuff.org)) is an advice and information hub for 16+ and includes topics such as alcohol, drugs, mental health and finances.

Click [here](#) to view all the Talk About Trust resources for schools



Catch Your Breath – A Funded School Based Smoking and Vaping Programme

The local Catch Your Breath programme, informed by the views of young people and evaluated by school staff, is designed to encourage a co-ordinated, whole school approach at both primary and secondary level to positively discourage smoking and vaping behaviour amongst children and young people. This programme has recently been shared with The Talk About Trust to inform a national resource which it is developing on vaping.

The offer to Secondary Schools comprises of:

- Prevention workshops/assemblies; these cover the harms of tobacco and e-liquids, the ingredients in both products, the effects nicotine has on the developing brain, the manipulative marketing strategies of the tobacco companies and the key smoking and vaping regulations in the UK.
- Behaviour Change sessions; these encourage students to think about their smoking/vaping-related behaviour and to explore reasons for quitting as well as strategies for breaking the addiction cycle.
- Mentor Training; this half day session is designed to empower and equip selected Y9 students to lead a vaping assembly to KS3 students as well as to the Y6 students as part of the transition process.
- A bank of teaching materials as well as a slide deck of key messages for visual display units; these can be downloaded from the [Catch Your Breath webpage](#) which also includes a resource section for parents/carers.

The offer to Primary Schools comprises of:

- A two-hour workshop delivered by the Healthy Schools Team to Y6 students which encourages them to consider the benefits of remaining smoke and vape free.
- A vaping assembly for KS2 students to explore the key myths and misconceptions around vaping.
- A pupil workbook to support the session and to take home to share with parents/carers.
- A teacher pack providing follow up lesson plans and activities to prompt further thought on the following themes: The notion of being “Cool” – “What is Cool?”, The Addiction Cycle – How nicotine affects the body, Peer Pressure – How to say “No” and Age Restricted Products.

To make an enquiry, contact: healthyschools@healthyyou.org.uk

Eco Schools and The Bupa Foundation Provide a Free New Resource - Healthy Summer Toolkit



A healthy planet is key to healthy people, and the free new resource from Eco-Schools is designed to help students understand this connection. The Healthy Summer Toolkit, developed in partnership with the Bupa Foundation, offers eight engaging activities that promote student wellbeing, environmental action and a connection with the natural world. The toolkit includes details of £2000 grants funded by Bupa for projects that help improve climate and health in schools. There are lots of ways to get involved and schools can simply select the activities that work best for them and their students.



YMCA Trinity Group – launch of their new website.

YMCA Trinity Group are excited to launch their new website with a variety of health and wellbeing services for schools. As well as their highly popular and evidence based therapeutic services, they also now offer a range of workplace wellbeing programmes, student health & wellbeing qualifications, first aid training and community gym memberships.

To find out more, visit the website [here](#), email mentalhealthservices@ymcatrinity.org.uk or call 01733 373187.

For senior leaders, join the team on the 4th June at 16:15 for a free workshop addressing staff wellbeing in schools. Book by clicking on the link: [Addressing Staff Wellbeing in Schools Registration, Tue 4 Jun 2024 at 16:15 | Eventbrite](#)

Please note that the DfE assured Senior Mental Health Lead training being delivered by the YMCA Trinity Group has recently been ranked as the leading programme in the region and one of the highest in the country!

Funding is still available for schools and the 5th cohort of beginners; intermediate; and advanced courses are currently being arranged for schools to book. Click the link [here](#) for more information.

DfE Grant For Senior Mental Health Lead Training



So far more than 17,000 or 7 in 10 schools and colleges across the UK, including more than 8 in 10 secondaries, have already benefitted from the training and 89% have said that they would recommend the training to others.

There is still time to claim your grant [here now](#) and select a course appropriate for your needs and level of experience from more than 90 quality assured providers.

[Senior mental health lead training](#) helps develop the [knowledge and practical skills](#) of school or college leaders, with 89% undertaking the training saying it enabled them to plan or improve their whole school or college approach to mental health and wellbeing. Claim a [£1,200 training grant](#) or a second grant in the event that your trained mental health lead has left. Select a course from more than 90 DfE accredited providers to help you build on your existing approach to mental health and wellbeing, covering important topics such as:

- Developing your universal and targeted support offer
- Identifying mental health and wellbeing needs and monitoring the impact of support
- Approaches to plan and lead change aligned to the work of your DSL/SENCO
- Engaging students/pupils & developing positive relationships with parents, families and carers.

Here are the details of two locally assured providers:

- [DfE Funded Mental Health Leads Training - NESSie IN ED, CIC](#)
- [Senior Mental Health Lead Training Programmes - YMCA \(ymcatrinitygroup.org.uk\)](#)

Further to this, the DfE is publishing a series of blogs focused on specific aspects of developing a whole school approach to mental health and wellbeing. Take a look here:

- [Inspiring and enabling pupil and learner voice – Teaching \(blog.gov.uk\)](#)
- [A whole school approach to mental health and wellbeing – Teaching \(blog.gov.uk\)](#)

Here are some links to the new Anna Freud resources too:

- [Targeted support guide : Mentally Healthy Schools](#)
- [Mental health lead resource hub : Mentally Healthy Schools](#)
- [Attendance and mental wellbeing in schools and colleges : Mentally Healthy Schools](#)

Embrace Child Victims Of Crime – A Source of Therapeutic and Practical Support To Children and Young People (aged 18 and under)



Embrace create bespoke support packages tailored to the needs of the children, young people and their families to help them to recover from the trauma, rebuild their lives and go on to thrive. The following can be provided:

- Emotional support (for children aged 11 and over) delivered online or by phone
- Specialist counselling where funded (or funded by the school)
- Child Independent Domestic Violence/Stalking Advisors
- Practical support in terms of food vouchers, school uniform, additional security etc...
- ‘Cheer up’ support, gifts sourced through the Toy Bank and family days funded through the partnership with Merlin’s Magic Wand

Referrals for **emotional**, **practical** and **cheer up** support can be accepted from anyone, including self-referrals. These need to be submitted via the Referral Form which can be found here: www.embracecvoc.org.uk/refer-a-child.

For further information visit: www.embracecvoc.org.uk, email support@embracecvoc.org.uk or call the office on 0345 6099960



YOUUnited– Referrals For Support For Young People With Their Emotional Wellbeing and Mental Health

YOUUnited comprises of four partners: Cambridgeshire and Peterborough NHS Foundation Trust (CPFT), Cambridgeshire Community Services NHS Trust (CCS), Ormiston Families and Centre 33 and provides support for children and young people aged 5 to 17. Further to this YOUUnited has worked in partnership with Taproot to research and promote digital information, self help and e-therapy resources which can be searched by age and level of need. Find out more here: [YOUUnited | CPFT NHS Trust](#)

The Emotional Health and Wellbeing Practitioners Team – A Summary Of Services For Professionals.



This is just a reminder that schools that do not have the direct support of a Mental Health Support Team can access the following: Consultations, Staff Training, Local Services Briefing Webinars and Mental Health Forums through the EHWP.

For further details visit: [Cambridgeshire and Peterborough Emotional Health and Wellbeing Practitioner Team \(cambspborochildrenshealth.nhs.uk\)](https://cambspborochildrenshealth.nhs.uk)



Personalised Eating Disorder Support – Free Training Offer For All Schools Across Cambridgeshire and Peterborough

PEDS provide face to face, virtual or blended delivery targeted at Teachers, Mental Health, PSHE and PE leads, Parents/Carers and Catering staff. The focus of the training sessions is on increasing knowledge surrounding eating disorders, understanding the signs and symptoms and the Do's and Don'ts and the process of referrals to local/specialised support services.

To make an enquiry, contact: claire.hodgson11@nhs.net or daniel.fonescaconnor@nhs.net



CAMBRIDGESHIRE
FIRE & RESCUE SERVICE

Cambridgeshire Fire and Rescue Service – Celebrates its 50th Birthday with a Competition

As Cambridgeshire Fire and Rescue Service celebrates turning 50 this month, it is calling on all budding young artists and creators to design what a fire engine may look like in another 50 years' time.

There are prizes up for grabs in different age categories, including a giant replica fire engine, for the best design by someone aged 7 or under; a fire station Lego set for the winner in the age 8-11 category and a shopping voucher for the winner in the aged 12 and over category, plus various runner up prizes.

To submit an entry simply take a photo of the design, however the child has created it, and send to pressoffice@cambsfire.gov.uk together with the child's first name, age, district they live in, and a contact telephone number.

Alternatively photos, together with all the required information, can be sent in the post to : Communication and Engagement, Fire Service HQ, Hinchingsbrooke Cottage, Brampton Road, Huntingdon PE29 2NA.

Closing date for entries is Monday June 3rd 2024.

More info is available on the fire service website here: <https://www.cambsfire.gov.uk/about-us/cfrs-50th-anniversary-celebration/fire-engine-competition/>



Further to this Cambridgeshire Fire and Rescue promotes StayWise – 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.

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



Or click this link: <https://staywise.co.uk/redirect/fire-cambridgeshire>

Locally the Cambridgeshire Fire and Rescue Service deliver safety messages in schools to KS2 pupils and above and provide Firebreak -an early intervention programme - for targeted secondary students. This can be previewed through the 3 minute video: <https://youtu.be/aLCHyZx8V9o> and any questions can be emailed to FireBreakinfo@cambsfire.gov.uk

For all general enquiries contact: paul.clarke@cambsfire.gov.uk or odette.tattersall@cambsfire.gov.uk



Healthy Belonging – A PSHE Curriculum Enrichment For Year 6 Pupils – Is Now Available To Download

The Healthy Belonging Module has been designed in response to enquiries from many schools about a resource to support primary teachers to address the risk of county lines and knife crime in an age-appropriate way.

The module has been commissioned by Cambridge City Council, on behalf of the Community Safety Partnership, and the Office of Police and Crime Commissioner and has been developed by the PSHE Service in collaboration with Cambridge City Council, Cambridgeshire County Council's Partnership Strategic Lead and Cambridgeshire and Peterborough Safeguarding Board, Healthy Schools and Rewise Learning.

It comprises of three ready to deliver presentations, each with a Teacher Guide to support the PSHE curriculum for Year 6 pupils.

The focus of each part of the module is as follows:

Part 1: Identifying characteristics of healthy friendships

Part 2: Identifying coercive behaviours often linked to county lines

Part 3: Identifying behaviours and resisting pressure to carry a knife.

All the lesson activities and resources adhere to good practice PSHE principles which encourage the exploration of characters and themes through discussion and animation.

The recommendation is for the three sessions to be delivered consecutively during the Summer Term to complete the teaching on Healthy Relationships.

To find out more and gain access to the resources visit: [Healthy Belonging – A module for Primary Schools - Healthy Schools \(healthyschoolscp.org.uk\)](https://www.healthyschoolscp.org.uk)



In support of this, the Eyes and Ears teaching materials can be used to raise awareness of a variety of risk-taking behaviours. These materials have also been produced locally by East Cambridgeshire District Council in conjunction with Cambridgeshire Police and the Cambridgeshire PSHE Service. They are free to download from [here](#).



NSPCC Kids Safety Net Campaign – “Respect and Consideration” Project Competition

Following the success of the 2023, “Speak Up” poster competition for Cambridgeshire and Peterborough schools, a new challenge has been set for 2024 in the form of the “Respect and Consideration” project. This is open to all schools for pupils in Years 5 to 8 and is intended to be a whole class competition to support e-safety and PSHE teaching and learning.

The task this year is to produce a purposeful presentation to support the development of respectful online behaviours, recognising the difference between healthy friendships and unhealthy friendships and to know who to go to for support if something does not feel right. The presentation can take the form of a short play, a display for a presentation board within the school or as a toolkit that can be shared with others.

The closing date for entries is Friday 21st June 2024 at 4pm.

See the brief for further details: [Kids-Safety-Net-Competition-Brief-2024.docx \(live.com\)](#) or visit the dedicated campaign page: [NSPCC Kids Safety Net Campaign 2024 - Healthy Schools \(healthyschoolscp.org.uk\)](#)

Finally, please note that the NSPCC is co-ordinating a national “Listen Up, Speak Up” campaign consisting of free, bitesize training for every adult in the UK to help empower them to take action if they are worried about a child or family. Support can be pledged to the campaign by taking the 10 minute digital training: [Listen up, Speak up | NSPCC](#) and/or hosting a free hour long workshop on the school site. To arrange a workshop, email: localcampaigns@nspcc.org.uk

RLSS – Water Smart Schools



The Royal Life Saving Society has recently launched the free to access Water Smart Schools award programme to enable schools (both primary and secondary) to deliver class based water safety education using a range of age specific teaching resources – lesson plans, assembly presentations and video clips. All resources are sent directly to the school upon registration.

Find out more here: [Water Smart Schools \(rlss.org.uk\)](#) or contact andylane@rlss.org.uk to arrange a meeting.



Many schools may have delivered the presentation which highlights the risks and consequences of carrying a knife and how the students can keep themselves safe by reporting any concerns especially in relation to Joint Enterprise. To follow this up, the following points of reference may be helpful to share with parents and carers in relation to Knife harm: [The Ben Kinsella Trust](#)

- How to report someone who is known to be carrying a knife: [How to report a crime](#)
- How to provide information anonymously: [Crimestoppers](#)
- Anti Social Behaviour: [Safe4Me](#)



Living Sport - Launch The Learn 2 Live Well Fund For Cambridgeshire Primary Schools



Nurturing healthier, happier futures for all is the aim of the Learn 2 Live Well Fund being co-ordinated by Living Sport. The Learn-2-Live Well Fund will enable Cambridgeshire primary schools to bid up to £10,000 to help reduce the risks of unhealthy weight. Through innovative healthy eating initiatives and physical activity programs, schools can ensure that their school community reaps the benefits of this fund, promoting positive behavioural change, aiming for a lasting and sustainable healthy school culture.

To find out more, register an interest and/or sign up for a free short webinar to assist an application, visit:

[Learn-2-Live Well Fund - Living Sport](#)



Researchers at the University of Cambridge Introduce School Health Pulse

Developed by researchers at the University of Cambridge, School Health Pulse is a platform designed to help teachers save time, access the latest research and increase parent engagement on child health.

Key benefits:

- Evidence briefs: Gain quick access to bite-sized summaries of the latest cutting-edge research in PE, school sport, and physical activity (PESSPA). New briefs uploaded every week. Accessible on any device.
- Report writing tools: Save time meeting PE Premium grant conditions through user-friendly report writing tools. Tool incorporates your school logo and colours. Report for your website meets 2023/2024 DfE, afPE & YST template.
- School newsletter content: Engage parents with ready-to-use content for your school newsletter, showcasing your achievements and expertise, and increasing awareness of CMO guidelines and PESSPA benefits.

Early access opportunity

School Health Pulse is currently offering early access to a select number of PE leads who will receive:

- Discounted subscription: A one-year membership at the special rate of £120, which can be paid for using the PE Premium budget.
- Personalised support: Feedback directly to the team to request new features or content. They will quickly implement changes and tailor the platform accordingly

To register an interest and gain access to the platform click here: [School Health Pulse](#)

Any questions, email: hello@schoolhealthpulse.com

The Daily Mile – Fit For Life Award For Schools



The aim of the award is to recognise and celebrate the school's dedication to improving children's health and happiness. To be eligible for the award the school must have for the past year enabled the majority of classes to do the Daily Mile :

- during class time
- for a minimum of three times a week
- for most weeks of the year

Applications can be made here: [The Daily Mile Children Fit For Life Award | The Daily Mile UK](#)

In the event of needing more support at a local level including some ideas to inspire implementation as well as engagement contact kieran.spitzer@livingsport.co.uk





Fit N Healthy - Connecting Food and Fitness Through A Variety Of Fun, Interactive and Inclusive Activities For Year 6 Students

Fit N Healthy is a fully funded 2 hour workshop targeted at Y6 students combining key healthy eating messages with physical activity. It is delivered directly by the combined Food Smart and Healthy You team.

Throughout the session, comprising of 4 activities, the students are tasked with exploring the foods that are needed for fuel, the brain and fitness and completing a series of fun, engaging and inclusive fitness missions.

The idea is to provide something different to the nutrition teaching that is part of the required curriculum but also complements the Health Education standards.

Contact education@pect.org.uk for more information or to make a booking. Please note that delivery to schools that are pursuing the Healthy Schools accreditation will take priority if and when necessary.



The Cambridgeshire and Peterborough School Games – County Wide Events To Inspire Secondary and Primary Students To Be More Physically Active



The Cambridge and Peterborough School Games are part of the national School Games programme. It is a government-led programme which aims to inspire children and young people to be physically active. The Cambridge and Peterborough County wide School Games events are planned and implemented by Living Sport and are funded by Sport England. These events are free for all schools to take part in and focus on those pupils who would benefit the most from being more physically active. The emphasis is on providing inclusive physical activity events for fun whilst instilling the national School Games values of passion, self-belief, respect, honesty, determination and teamwork.

To find out more about the range of events and opportunities available and how to get more involved with the School Games, simply contact one of the organisers below :

South Cambridgeshire: Claire McDonnell CMcDonnell@combertonvc.org

Cambridge: Ian, Andy and Jen admins@primary@ColeridgeCC.org.uk

Huntingdonshire: Doug Finlayson rfinlayson@hbk.acesmat.uk

Peterborough: Max Brindley mbrindley@jhs.pkat.co.uk

Witchford/East Cambridgeshire and Fenland: Helen Scotto Di Marrasso
HScottoDiMarrasso@improveit.ltd

In the meantime, here are a few suggested resources to help promote the importance of physical activity for fun as a way of reducing sedentary behaviour and achieving the CMO's recommendation of 60 daily active minutes:

- Fitness Fun For Primary Pupils With Tanzii TV: Home - Tanzii TV

VIDEO 1 – View link Would You Rather: New Year. Celebrate the New Year with lots of healthy choices! (5 minutes)

VIDEO 2 – View link Wizardry Workout. Get ready for lots of magical fitness fun with Vio and Rio! (6 minutes)

VIDEO 3 - View link Valentine's Freeze Dance. Copy the dance on the screen or do a dance of your choice, but when the music stops, you must FREEZE! (5 minutes)

VIDEO 4 - View link Wonka Space Workout. Take a trip into space with a super fun workout and get ready to make it through the chocolate factory with Willy Wonka! (12 minutes)

VIDEO 5 - View link Magic Turkey Workout. Copy Rio as he takes you through a series of awesome exercises and moves! (10 minutes)

VIDEO 6 – View link Year 4 Mini Olympics Warm Up (8mins)

- 5-a-day Fitness TV -you can sign up for a FREE 14 day trial here <https://player.5-a-day.tv/free-trial>
- Tagtiv8 -a great resource to promote active learning, more info <https://tagtiv8.com/>
- Teach Active -another great resource to promote active learning in Maths and Literacy. You can get a free 7 day trial of this as well as 20% off the cost of the licence for this programme : <https://www.teachactive.org/free-trial>
- Creating An Active School Workshop – a free 1 hour session delivered by the SGOs to encourage physical activity throughout the school day : <https://scssp.co.uk/our-projects/active-60-2/>

Simply Veg – A Digital Learning Programme To Signpost To Parents and Carers



VEGPOWER

Simply Veg is a division of Veg Power the lead organisation of the national “Eat Them To Defeat Them” campaign which many Cambridgeshire and Peterborough Primaries participated in during February and March.

Simply Veg Learning is the free eLearning platform designed to provide families with access to expert-led public health interventions to enable them to improve their family’s veg-eating habits in a convenient and cost effective way. ‘Simply Veg Learning’ utilises the latest eLearning tools including nudges and rewards combined with the power of video-based learning to tackle this public health challenge. The first programme is Launch into Veg...

Launch into Veg by Simply Veg Learning is a free online eLearning programme specifically designed to help parents whose children eat little or no vegetables. Through a series of online video tutorials and simple steps they will be helped to progress their child from little to no veg to at least one or two vegetables they eat on a regular basis. This programme has been designed by leading nutritionists, chefs, and child psychologists for “veg-resistant” children. It’s very gentle and works in small steps to avoid friction and waste.

Take a look and share with parents/carers and the wider school community:

Simply Veg

www.simplyveglearning.org.uk



Healthy You and Food Smart Encourage Primary Schools To Recruit A Healthy You Crew

The Healthy You Crew is a free resource combining a number of healthy eating/nutrition tasks to be undertaken by “Healthy Eating Ambassadors”. The aim is for each participating primary school to recruit about 6 Crew members – ideally from Y5/6 – to lead on the tasks and to share their learning across the school to help spread the positive messages about healthy living.

An information and activity book is provided to guide the students’ activity across 5 themes, these being: Eat The Rainbow, Portion Sizes, Healthy lunch boxes/Snacks, Food For Teeth and Food Waste.

Certificates and lapel badges are awarded on the completion of the activities, including one of the students’ own choice.

Contact: education@pect.org.uk for more details and to obtain the resources

The Road To Health Group Invite Primary Schools To Pilot The Mirror Me App To Enhance Nutrition Teaching and Learning



Schools are invited to take part, at no cost, in the pilot of the Mirror Me App which has been devised by the Road To Health Group and approved by the Cambridgeshire and Peterborough Public Health Directorate.

- Mirror Me is an immersive health and wellbeing educational video platform designed to inspire primary pupils and their families to be fit, healthy and active in body and mind.
- The App incorporates PSHE Key Stage 2 learning objectives and supports the Health Education Curriculum.
- Through the game the students engage with a virtual pet which becomes a reflection of their habits and lifestyle to support their own personal educational journey.

Find out more: [MirrorMe | Road To Health Group](#)

Register for an introductory overview by emailing:
vicky.hoover@roadtohealthgroup.com
lucy.Tallick@roadtohealthgroup.com



Healthy You - Provide lifestyle courses for families in Cambridgeshire and Peterborough

Healthy You is providing FREE courses for families to help them kickstart a healthier lifestyle, in partnership with Living Sport. Please help spread the word.

Beezee Families is the free award-winning programme. It's ideal for 4-17-year-olds and their families, to help them create healthier habits. The programme provides:

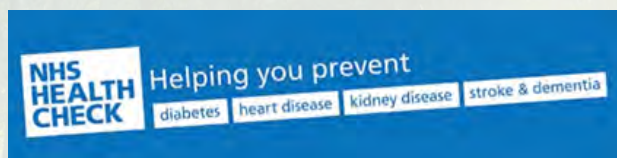
- In-person and online family-focused sessions, packed with practical advice and lots of fun activities to get everyone moving.
- Expert tips on nutritious snacks, quick and easy meals to cook together and how to get more active as a family.
- An online Academy to learn about healthier habits at an individual pace!

The next programme for families starts in September; find out more and secure a place here: <https://cap.maximusuk.co.uk/>
Any questions, email: healthyyou@maximusuk.co.uk

To be eligible to take part, families need to be resident in Cambridgeshire or Peterborough and have a child or children aged 4-17 who are above their ideal weight based on the NHS BMI centile chart.



NHS Health Checks For School Staff



The NHS Health Check can be conducted on school sites across Cambridgeshire and Peterborough to all eligible school staff aged between 40 and 74. An NHS Health Check is a free service delivered by Healthy You to help lower the risk of serious health conditions. It 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.

Mini Health MOTs can also be undertaken for those members of the school team who are not eligible for the full NHS Health Check; this includes, height, weight, BMI, blood pressure and a lifestyle screening.

Visit: [NHS Health Checks - Healthy You](#) or to organise a school booking contact: jenniferseymour@healthyyou.org.uk or lesleygodfrey@healthyyou.org.uk