

Welcome to the Healthy Schools termly newsletter.

The long dark days of January have passed and hopefully there will be brighter and more cheerful days ahead to help pave the way towards the joy and growth of Spring. A little support, however, is always welcome at any time of the year and this is the intention of this newsletter – to provide an overview of some of the projects, programmes and work of the Healthy Schools Stakeholders which may benefit both staff, students as well as the wider school community. It is hoped, therefore, that this will prove to be a useful reference in addition to the Healthy Schools website: [Home - Healthy Schools \(healthyschoolscp.org.uk\)](https://www.healthyschoolscp.org.uk)

Please remember to raise a query at any time via the mail box: 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.

Best wishes for the weeks ahead and everything that they will bring.

Healthy Schools Award – Complete With A Package Of Free Support From A Range Of Partner Organisations



The Healthy Schools Award has been reviewed and streamlined to make it easy to document the evidence with bullet pointed statements to satisfy the standards for the key health and wellbeing themes: Physical Activity, Food and Nutrition, Safety and Resilience and Mental Health as well as Supporting Staff, Engaging with Parents and Carers and Promoting Healthy Relationships. Schools are initially invited to take a quick health check comprising of 30 Yes/No questions to support a self-assessment. Access can be gained by clicking this link [Initial Health Check For Schools \(office.com\)](https://www.healthyschoolscp.org.uk/initial-health-check-for-schools) or scanning the QR code



Once complete, schools will be provided with the opportunity to pursue a range of funded programmes and access consultancy to help embed a consistent and supportive approach to encouraging children and young people to make healthier and safer life choices in the future.



The Children and Young People's Community Asthma Team Invite Schools To Achieve Asthma Friendly School Status



As part of the strategy to improve the outcomes and management of all children with asthma, schools are encouraged to become "Asthma Friendly" by completing a number of checks and establishing required protocols. To date 16 primary schools have already started their journey and another 5 are about to start. Congratulations are, however, in order for Guyhirn Primary School for being the first school to complete the accreditation in November; the school is now working closely with the team to evaluate the process and make recommendations to other schools.

To start the process simply click this [link](#) or contact the team at ccs.cypasthma@nhs.net

In addition to the accreditation scheme, the team also deliver an asthma awareness assembly on request as well as online asthma training to school staff. Find out more here: [Supporting Children's Health and Young People with Asthma \(educationforhealth.org\)](#) The first webinar for parents and carers is also scheduled to take place on the 4th March and this can be booked here: [Asthma and your child - Breathe Easy Together Tickets, Mon 4 Mar 2024 at 19:30 | Eventbrite](#)

LifeSavers Financial Education from The Just Finance Foundation



The [LifeSavers](#) programme is a free financial education initiative available for state-funded primary schools. Delivered by the Just Finance Foundation, LifeSavers has been created to help children manage money wisely now and in the future through the provision of teacher training, resources and lesson plans.

What's available?

- [5 Big Questions about money](#) – whole school resources, lesson activities and assembly plans to promote meaningful conversations about money.
- [Milo's money](#) – a beautifully illustrated storybook complete with Milo the Dino soft toy. Supplementary resources available for EYFS and KS1.
- [Moneybox productions](#) – interactive classroom resources that fit within drama and English as well as PSHE, citizenship and maths. Designed for pupils in KS2.



To get involved in the LifeSavers programme or find out more information:

Email: Paul Street, LifeSavers Financial Education Lead for schools across the East of England paul.street@jff.org.uk

Visit: [LifeSavers Financial Education from The Just Finance Foundation - Healthy Schools \(healthyschoolscp.org.uk\)](#)



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 Alcohol Education Trust Is Now The TALK ABOUT TRUST



February 5th marked a very important day for the youth charity The Alcohol Education Trust. After 14 years, the charity changed its name to The TALK ABOUT Trust, to reflect the fact that it supports young people with the knowledge, life skills and resilience to make safer choices around vaping, cannabis, NOS and other substances, drink spiking and county lines as well as alcohol.



In addition to the interactive resources, lessons and workshops for young people, the Trust provides training and support for teachers as well as online support for parents and carers.

Visit the new website: [Talk About Trust](https://www.talkabouttrust.org) and click [here](#) to view the resources for schools.





CASUS - Offer To Cambridgeshire Schools

COSUP (Children of Substance Using Parents) Pathway offers support, information, advice, and specialised interventions to Cambridgeshire young people under the age of 18 who are impacted by a family member's substance use. Every situation is unique and therefore the COSUP support is tailored to an individual's needs. Structured consultancy is available to support younger (primary) children which involves guiding existing workers to deliver the appropriate interventions to help reduce the number of professionals working with them.

If schools have young people who they do not think need a referral for one-to-one work but might benefit from some education or early intervention, CASUS can deliver a session to a small group on the school site.

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

The Kite Trust – Free Online Briefing on DfE Draft Trans Guidance



On 19 December 2023, the DfE published draft non-statutory guidance for schools and colleges regarding 'Gender Questioning Children'. The draft guidance is out for consultation and the deadline to respond is 12 March 2024.

The Kite Trust is offering two opportunities for all professionals working with children and young people to join an online briefing and Q & A, to help formulate individual and collective responses to the consultation.

The briefings will take place on Wednesday 28th February at 3.45pm to 4.45pm or 7pm to 8pm and will include:

- A commentary on the content of the draft guidance – what it is and what it isn't
- An outline of concerns about the draft guidance and consultation
- Suggestions for how professionals can help and respond to the consultation

For more information or to book a place, click this [link](#)

Once the consultation period has closed, there will be a review process, before any final version of the guidance is produced. Education Safeguarding and PSHE Service will be working together, once the guidance is finalised, to amend the CCC guidance on supporting the LGBT+ communities in schools across Cambridgeshire and Peterborough. It may, therefore, be best to await this before making changes to school practice.

Centre 33 deliver face to face training to all schools across Cambridgeshire and Peterborough who have a named Young Carers Champion. The training covers who young carers are, how to identify them, how to support them and how to raise awareness. All schools and colleges are invited to participate in the programme.

The creation of an online Resources Hub has proven to be much needed for schools. Launched in March 2023 this virtual space serves as a centralised area for all resources necessary to identify and support young carers. The hub continues to be updated in response to the needs of the schools; new assemblies have been recorded together with staff training which can be download for use at any time.



For further details contact youngcarerstraining@centre33.org.uk or visit: [Centre 33 - Healthy Schools \(healthyschoolscp.org.uk\)](https://www.centre33.org.uk/Healthy_Schools)

A list of available training can be found using the QR:

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.

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



Awesome Oral Health – Smile Stations



Following on from the successful provision of targeted oral health resources to primary schools in September, Awesome Oral Health is continuing to provide consultancy as well as digital resources to be used within the classroom and shared with parents and carers. Opportunities can also be explored to link schools with a supportive local dental practice through the Rasin Awareness Campaign; the aim being to heighten awareness of tooth friendly snack choices and to deliver key dental messages to families.

Awesome Oral Health would like to thank all schools that participated in the funded September Smile Stations and took the time to provide feedback and complete the survey. All returned surveys were entered in to the “Pamper Hamper” draw, and this was won by Laura Stork-Browning at Braybrook Primary. To find out more about the support available through Awesome Oral Health:

Email: jo@awesome-oral-health.com

Call: 07944 689 920

Visit: www.awesome-oral-health.com

Cambridgeshire PSHE Service - Mental Health and Relationships Resources



The Mental Health and Relationships programme is now available free of charge to all primary schools in Cambridgeshire and Peterborough. The programme, which is led by the Cambridgeshire PSHE Service and funded by the Public Health Directorate, contains lesson plans and resources to develop essential skills such as building empathy, communication and resilience.

The resources address the following themes: anti-bullying, conflict resolution, peer mediation, healthy friendships and include a growing collection of recorded training briefings and online modules to support a whole school approach to Mental Health and Relationships.

Visit [Mental Health and Relationships Programme - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk) to find out more and access the passcode for the resources [here](#)



Cambridge Curiosity and Imagination – Mental Health and Wellbeing Support Through Artscaping

Artscaping is an established arts-in-nature programme that supports creative learning, mental health and well-being. It places creativity and imagination at the heart of a practice that connects children and communities to their local environments and landscapes. The practice has been co-created with artists, children and young people in conjunction with Cambridge Curiosity and Imagination.

A free to access guide and webinar are available at <http://www.cambridgecandi.org.uk/our-work/schools/amplifying-artscapers> with links to the evidence base and other resources. Join the Cambridge Curiosity and Imagination mailing list for updates on professional development opportunities at info@cambridgecandi.org.uk

For more information or to discuss targeted support contact: Ruth Sapsed
ruth@cambridgecandi.org.uk

NHS Cambridgeshire and Peterborough provides HEAR – The Free To Use Mental Health Text Service



The new local mental health free text messaging support service HEAR 85258 is being funded by NHS Cambridgeshire & Peterborough, in partnership with the national service SHOUT. The free to use text service provides real-time support to people who are struggling with their mental health across the county.

When texting the word HEAR to 85258, the person will be connected to a trained volunteer who will offer them calm in a time or place of crisis. During the confidential and anonymous conversation, the texter will be supported while working on a plan of action and signposted to local and national mental health services.

Texting HEAR to 85258 is free, discreet and runs 24/7. It won't appear on a mobile bill and requires no app, data, password, or registration.

HEAR 85258 is specifically targeted at school staff, students and their families and carers.

For more information visit: [Text HEAR to 85258 | CPICS Website](#)

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.

Cambridge United Foundation – Pastoral and Mentoring Support Available



Further to the varied and existing programme offer to schools, Cambridge United Foundation can now provide pastoral support for individuals and small groups through their community coaches.

The support programme (specifically tailored to the needs of the school) can take the form of sport-based personal development work, either individually or in groups, or working alongside pupils 1:1 during lesson time.

More information about the primary school sport and education offer, including the pastoral and mentoring support, can be found [here](#).

Visit [Education - Cambridge United Community Foundation \(cufcfoundation.com\)](http://Education - Cambridge United Community Foundation (cufcfoundation.com)) for the the full list of education programmes and who to contact.



Nessie - Free Support For Parents/Carers Of Children and Young People With Self-Harming Behaviours and Emotional Needs

Nessie helps parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools. The offer includes:

- Free online and face-to-face webinars. Click [here](#) to book.
- Parent Support line: Tel: 07932 651319
- Private moderated Facebook support groups:
- [Cambridge support group for parents of children/young people who self-harm](#)
- [NESSie Parent/Carer Support Group](#) for other emotional and mental health support
- 1-2-1 support and advice sessions
- 8 week focused online peer support groups: a confidential group, where parents have an opportunity to share their experiences, support each other through challenges and identify coping strategies.

Please signpost as applicable and raise awareness of the provision across the wider school community.

For contact information and a full schedule of events and workshops, visit: [Supporting Young People Who Self Harm - Healthy Schools \(healthyschoolscp.org.uk\)](#)

0-19 Healthy Child Programme – New and Improved Service Website Has Recently Launched



The Health Child Programme website is now fully translatable with read aloud and easy read functions. Take a look here: [Home - NHS Children's Health \(cambspborochildrenshealth.nhs.uk\)](#)

There have been some other additions and changes too including a new referral process, see the following documents:

- [cambridgeshire-and-peterborough-5-19-hcp-referral-guidance-2023.docx \(live.com\)](#)
- [cambridgeshire-and-peterborough-5-19-hcp-referral-form-2023.doc \(live.com\)](#)

Details about the Getting Ready For Change project which is specifically designed to support children, young people and their families through key transition stages (Reception, Y6, Y9 and Y11) or recognised times of change and child development can be found [here](#).

A short video previewing the initiative for Y11 students can be accessed here: [Getting Ready for Change \[GR4C\] Teenage on Vimeo](#)



YOUUNITED– 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 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)





Cambridge City Council and Cambridgeshire PSHE Service - Soon To Launch A Fully Funded Primary County Lines Themed Package

In response to enquires and feedback from many schools, a resource package to support primary teachers address the risk of County Lines in an age-appropriate way has been commissioned by Cambridge City Council on behalf of the Community Safety Partnership and the Office of Police and Crime Commissioner.

The package – called Healthy Belongings – is being developed in collaboration with the Cambridgeshire PSHE Service, The Safeguarding Board and Rewise Learning and is due for completion by the end of March 2024. It will comprise of 3 lesson plans to support the PSHE curriculum in Y6 and will focus on the following: valuing and identifying characteristics of healthy friendships, identifying coercive behaviours often linked to county lines and identifying behaviours and resisting pressure to carry a knife.

All the lessons and supporting resources adhere to good practice PSHE principles – exploring characters and themes through discussion and animation.

The aim is for the Healthy Belongings package to be delivered during the Summer Term'24 following a series of staff briefings, the details of which will soon be released.

In the meantime, to register an interest or to ask any questions, please email: community.safety@cambridge.gov.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 as well as Cambridgeshire PSHE Service and are free to download from [here](#).



Creating a safer
Cambridgeshire

Cambridgeshire Constabulary Partnerships and Prevention – Links To Joint Enterprise Awareness Videos

The Serious Violence team within Cambridgeshire Constabulary has worked in conjunction with Northumbria Violence Reduction Unit to demystify the subject of Joint Enterprise through the production of two videos. These videos will be accessible by the Safeguarding Board website to help inform conversations and lessons as appropriate, but they can be previewed here:

- Primary – <https://vimeo.com/875148025/Ofa173803e?share=copy>
- Secondary - <https://vimeo.com/875532345/ff5d0499de?share=copy>

If interested in using these videos with groups of young people or individuals, please contact Sharon.Ward@cambspolice.uk for further support and guidance.

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 be aware 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



Cambridgeshire Fire and Rescue Promotes StayWise – Saving Lives Through Education



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:



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

East Anglian Air Ambulance – Free CPR and AED Training In Schools To Staff and Pupils (From Y5/6)



The EAAA deliver a free 1 hour CPR session promoting early recognition, early intervention (CPR) and use of an automated external defibrillator (AED) to support the Health Education curriculum requirement. Each session can be delivered flexibly to fit around school timetables and pupil needs and all equipment is supplied to enable pupils to have a hands-on experience. “Train the Trainer” sessions are also now available and targeted at Y11 students to empower them to take a lead in the delivery of the training to younger year groups.

Book a session [here](#)
For more information, email:
communitytraining@eaaa.org.uk

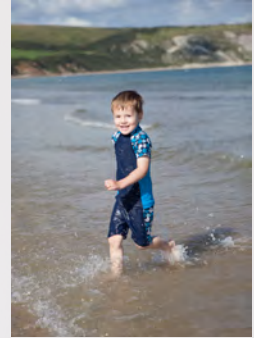




RLSS – Water Smart Schools

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 \(rlss.org.uk\)](https://www.rlss.org.uk) or contact andy@rlss.org.uk to arrange a meeting.



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 adminsogprimary@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

Reel Education – A Free Opportunity To Inspire Pupil Interest In Outdoor Learning, Physical Activity and the Environment



The 'Reel Education' project is a Free Primary school resource that has been developed by the Angling Trust and Shakespeare Fishing Tackle. Lesson plans and activities have been created by teachers, for teachers and are linked to the national framework. With a focus on Art, Maths, Science and Physical Activity, the curriculum-based activities demonstrate the link between the Environment, Nature and Angling.

Reel Education can also be delivered directly into schools, through the Angling Trust coaches, to provide PE style fishing and environmental activities to inspire and generate interest in the outdoors and the environment. The full day of exercises, activities and lesson plans can lead to next-steps follow-up attendance at optional, fishing events run by the Angling Trust all over England – the aim being to generate a lifelong connection to all of the educational, health and wellbeing benefits that the world of angling brings to people of all ages and backgrounds each year!

Find out more here: [Reel Education – Angling Trust](#)

To arrange an informal meeting, contact Neil – the School Initiator for the South of England: Neil.wylie@angliantrust.net



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



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 have signed up for again for 2024. Regardless of whether a school has participated in “Eat Them To Defeat Them” or not, every school, including secondaries, may find it helpful to be aware of the Simply Veg platform – soon to be called Launch Into Veg . This provides a free online toolkit to help and encourage parents and carers to make small, realistic and affordable changes to mealtimes so that they become more positive as well as nutritious experiences.

The content, including video clips and practical hints and tips, covers the following:

			
PREPARING PARENTS TO SUCCEED	ENGAGING CHILDREN WITH FOOD	YOUR FOOD GRADUAL CHANGE	POSITIVE MEAL OCCASIONS
Portions Nutrition Eating the rainbow Understanding preferences Veg on a budget Eating with the seasons Healthy Start Neurodiversity	Sensory activities Games & puzzles Arts & crafts Cooking together Playing with food Science	Meal progression Batch cooking Padding out meals Minimising waste Lunch boxes Jamie's £1 Wonders Snacks Herbs & Spices Soups A-Z Vegetables	Serving together Role-modelling Rewarding Re-offering

Take a look [here](#)



Growing To Love – Another Campaign By Veg Power To Encourage Healthy Eating

Veg Power has developed a creative, active and engaging way to help inspire children to grow to love vegetables whilst learning about food chains, climate, sustainability and the environment.

[The Growing To Love project](#), funded locally through the Public Health Directorate, includes curriculum lesson plans, Shaun the Sheep activity cards and assets, video tutorials as well as everything required to grow a class set of tomato plants in one box which will be delivered directly to the school.

To have a chance of getting involved and enabling every child in a selected class to receive a growing kit register here:

[Sign in | Veg Power](#)



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

The British Nutrition Foundation and AHDB Link Up To Provide Free Ingredients and Resources To Schools



To support practical cookery lessons in schools, the Agriculture and Horticulture Development Board (AHDB), working with the British Nutrition Foundation, is piloting a project to provide ingredients at no cost, together with recipes and guidance on how to cook with the ingredients.

The project is open to all secondary schools that have school meals provided by Taylor Shaw, Edwards and Blake, Elior or Hutchison and it is designed for year 8 or year 9 pupils, who have already developed and acquired practical food skills and knowledge through previous food and nutrition lessons. Teachers can choose whether a whole year, class or a specific group will take part and they can choose to participate in the focus fortnights for one or more of the following:

- British dairy and flour (4th – 15th March)
- British beef (22nd April – 3rd May).

To find out more or to register an interest click [here](#)

If this offer is not applicable, then all primary and secondary schools are to be reminded of the Food – a fact of life programme which is has been developed by the British Nutrition Foundation and provides [Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training. - Food A Fact Of Life](#)

Further to this a range or teacher training can be accessed together with online webinars available to watch on demand on a variety of themes: [Training and events - British Nutrition Foundation](#)