

Welcome to the Summer 2013 edition of the Healthy Schools Newsletter. Since our last publication we have moved offices and are now based at *15 Hooper Lane, Norwich, NR3 4ED*. A list of contact telephone numbers and email addresses for the team can be found at the end of this newsletter.

## Congratulations!

Congratulations to (left to right) Anna Sims; Jayne Marshall; Alice Ndiaye and Catherine Chalmers who became accredited PATHS affiliated trainers in September 2012. We currently have 36 primary schools across Norfolk that are engaged with the PATHS programme with a further 13 recently signed up for September.



## Sidestrand Hall School opens its own charity shop!



A dream came true for pupils and staff at Sidestrand Hall when their charity shop 'Strands' opened for business in February. The shop sells a wide variety of items including clothes, jewellery, ornaments, books, DVDs, toys and bric-a-brac and the main aim is for pupils to develop life skills, vocational skills and independence working in a supported environment.

Head teacher Sarah Macro said "This shop also places the school on the High Street in the local community which I am sure will benefit our pupils even more. Its location will also provide training and opportunities for our pupils to navigate their way around the town centre."

## Myth busters!

School staff should not support pupils with the application of sun cream.

**Myth**



There is no legal duty on staff to prevent them helping pupils to apply sun cream. It is for governing bodies and local authorities to determine their approach. Schools should be taking a sensible approach when temperatures are high and children could potentially be outside for longer periods of time.

**Fact!**

Want to Read more? Click on the link for a full list of the latest myth busters for schools:  
<http://www.schools.norfolk.gov.uk/view/NCC123250>

Launching in July, 'Get Going' will be encouraging children, families and adults to get active this summer. The focus will be on everyone getting their active minutes - 60 every day for children and 150 every week for adults - by getting out and having fun.



Change4Life will provide ideas, offers, tools, resources and advertising to give a big boost to the great range of activities already happening locally.

Find out more about free resources to get people in your area excited and engaged so that they get their active minutes on a regular basis by visiting the Change 4 Life website: <http://www.nhs.uk/change4life>

## Child Safety Week 24<sup>th</sup> – 30<sup>th</sup> June: be a safety hero!

Child Safety Week is the Child Accident Prevention Trust's annual flagship community education campaign. For information on how to get involved, visit their website:

<http://www.childsafetyweek.org.uk/>



## Latest update for PSHE, SRE and the revised curriculum

It has been announced that there will be no revised programmes of study for PSHE. Although PSHE will not be a statutory subject, the DfE has made it clear that schools should continue to address topics that are relevant for their pupils, drawing on good practice and advice from professional organisations. The DfE will provide grant funding to the PSHE Association to work with schools to support them in developing their own PSHE curricula and improve the quality of teaching.

Sex and relationship education (SRE) is an important part of PSHE education and remains a statutory requirement in maintained secondary schools. When teaching SRE, schools should refer to the Secretary of State's Guidance which aims to address areas of uncertainty and provide practical strategies for dealing with sensitive issues and confidentiality. The guidance emphasises that pupils should understand the law with regard to sexual relationships and how to avoid being pressurised into unwanted or unprotected sex. You can visit the DfE website for more detailed information at: <http://www.education.gov.uk/>

For more information on how the Healthy Schools Team can support you with PSHE and SRE  
Email in the first instance: [marian.fox@norfolk.nhs.net](mailto:marian.fox@norfolk.nhs.net)

## From Russia with Love

Schools across Norfolk are being encouraged to take up more than 1400 free child places on offer, so that youngsters can visit Houghton Hall and learn about some of the world's greatest paintings.



Bookings have opened for Norfolk schools to reserve their place on the Heritage Lottery Funded Children's Services' developed educational programme, From Russia with Love: [The Return of the Houghton Masters](http://education.houghtonrevisited.com/). Based at Houghton Hall, home of Britain's first Prime Minister Sir Robert Walpole, the programme is Key Stage specific and curriculum linked to History and the spiritual, moral, social and cultural (SMSC) new Ofsted framework. Find out more at <http://education.houghtonrevisited.com/>

To book call: 01603 598582 or for more information email: [education@houghtonhall.com](mailto:education@houghtonhall.com)

## Hands on introduction to outdoor learning

Whitlingham Outdoor Education Centre is once again offering Norfolk school teachers the opportunity to have a hands on introduction to outdoor learning. The teacher twilight events include a short tour of the outdoor centre followed by a Q&A session and the chance to take part in one of the centre's exciting activities including sailing, canoeing, kayaking, climbing, archery. The sessions will enable teachers, heads and senior leaders to gain a much clearer idea of educational visits and the facilities at this nationally accredited high quality outdoor education centre. To register for the sessions please call the centre direct on 01603 632307.



or

## The School Food Plan

You could be forgiven for thinking that School Food has “gone off the boil” lately. Not so. In the last week new research has highlighted what we have known for some time – that children who are not well nourished perform less well at school. Other research has highlighted the importance of good hydration for pupils – not only allowing them to have access to drinking water during the school day but positively encouraging them to drink water regularly through water-friendly policies and adults modelling this behaviour.

The new School Food Plan will be published any day. The Department for Education commissioned the team behind Leon restaurants who specialise in healthy fast food to consult with a wide range of stakeholders and come up with a plan that has:

- A clear vision of what good food in schools looks like simply expressed
- Lots of examples of what works well and how to overcome common obstacles so that schools can learn from each other
- A detailed action plan to get all school children eating and appreciating good food – encouraging action that gets results fast.

Norwich hosted a consultation event just before Easter and a whole range of people from pupils to caterers contributed to the discussions. When the School Food Plan is published the Healthy Schools Team will be offering support to help schools implement its recommendations. In the meantime schools and their governing bodies (with the exception of newer academies and free schools) are still responsible for meeting the existing Food Standards.



### Cooking in schools

The new curriculum proposals indicate a renewed focus on practical cooking skills –especially at KS3. We know from travelling around the county that many schools are very active in offering practical cooking opportunities for pupils often requiring them to be highly creative in how they use space and equipment. On a recent visit to Harleston Primary School to help them renew their Healthy School Status we were shown round the lovely new cooking area for children shown in the pictures. Which child could fail to be excited by cooking in such a lovely space?

In the coming weeks we plan to put together some up to date resources on this area and consider training we might offer. If you have good ideas or examples to share or would like to register an interest in something in particular, please email [adele.godsmark@norfolk.nhs.net](mailto:adele.godsmark@norfolk.nhs.net)



Did you know that physically active employees take 27% fewer days off sick, are better motivated, more productive and generally happier?

Active Norfolk, the County Sports Partnership, is working in partnership with Public Health Norfolk to offer a free resource to all organisations in the County - including schools. Fit4Work is a health focused project, aimed at increasing the wellbeing of your employees. The project can offer a free consultation service to identify need amongst your staff, access to subsidised physical activity opportunities, signposting to health interventions, and even bring sport and physical activity to your school for your employees to take part in. There are varying levels of involvement, from receiving monthly newsletters to keep you up to date with local opportunities, to one-to-one work with your school to establish more opportunities.

For more information and to complete and expression of interest, go to [www.activenorfolk.org/fit4work](http://www.activenorfolk.org/fit4work) or contact Shelley Starkings: [shelley.starkings@activenorfolk.org](mailto:shelley.starkings@activenorfolk.org) or 01603 631565.

## **Waitrose to launch 'grow and sell' initiative for schools**

Waitrose is set to sell wonky carrots and knobbly potatoes grown in local schools under a new national scheme backed by gardener Alan Titchmarsh. The supermarket's new 'grow and sell' initiative aims to encourage green fingers in 7 to 11 year olds across the UK by helping them grow and sell their own produce.



Every Waitrose branch in the UK will work with four local primary schools who will each receive a seed kit. The kit is designed to get school vegetable patches up and running, and includes seeds, equipment and step-by-step growing instructions. Later in the summer, the branches will invite the schools to sell their home-grown produce outside the store.

Schools will also be able to receive additional seed kits' through the in-store Waitrose community matters scheme, where customers can support a local charity by dropping a green token into the relevant perspex box. It is hoped that the scheme, run in association with the Waitrose farm on the Leckford Estate, will reach over 100,000 children.

The national roll-out follows a successful pilot when 20 primary and secondary schools across London worked with 10 Waitrose branches in conjunction with the School Food Matters charity to sell fruit, vegetables, eggs, chutneys and jams.

# Sex and Relationships Training for KS3 & 4 Teachers

## Embedding SRE within PSHE

**2nd July 2013, 14.00 – 16.30 at Norwich PDC or 3rd July 2013, 14.00 – 16.30 at King's Lynn PDC**

There is still time to book a place on this FREE exciting new half-day module to be delivered jointly by the Sexual Health Promotion Unit and Healthy Schools.

Email [karen.osullivan@nhs.net](mailto:karen.osullivan@nhs.net) to secure your place or [josie.wells@nhs.net](mailto:josie.wells@nhs.net) to find out more.

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