

## Healthy Norfolk Schools is still here!

**The Healthy Norfolk Schools Team** continues to provide support for schools on issues relating to health and well-being. This will include achieving and maintaining Healthy School Status, as well as moving on to address school and local priorities as part of school improvement planning. We will keep you up to date with all of our activities including training and resources via our termly newsletter which will be sent out electronically as from September. In order to ensure you receive your copy, please send your preferred email contact details to: **jenni.barber@norfolk.gov.uk**

### Health and Wellbeing Review

The Healthy Norfolk Schools Team has developed a new audit tool called the **Health and Wellbeing Review**. It is a check list to ensure that you are maintaining the foundation of health and wellbeing already achieved through Healthy School Status.

Healthy School status is valid for three years and so many of you will be concerned that your status has expired. We are in the process of emailing the Health and Wellbeing Review to all schools concerned, so that status can be renewed for a further three years. If you would like to begin that process before we contact you, you can access the document on the Healthy Schools pages of the Norfolk Schools site:

**<http://www.schools.norfolk.gov.uk>**

- **A to Z • Healthy Schools**
- **Health and Wellbeing Review.**

For all enquiries regarding the Health and Wellbeing Review and maintaining Healthy School Status, please contact Marian Fox by email: **marian.fox@norfolk.nhs.uk** or call **01603 221810**



### What next?

Your Healthy School Status is up to date but you want to demonstrate that you are implementing health improving change for your pupils. **The Healthy Schools Enhancement Model** has been developed to do just that. Engaged schools will focus on a priority such as healthy weight or emotional health and wellbeing, in order to demonstrate an impact on the health and wellbeing of children and young people.

#### **The Enhancement Model will:**

- equip schools to promote health improvement effectively for all pupils
- target support specifically to those pupils in challenging circumstances
- help embed healthier behaviours and wellbeing outcomes into the everyday activities of school life
- continue to support schools in achieving the Every Child Matters outcomes
- provide schools with rigorous health and wellbeing evidence for School Improvement Plans and Ofsted.

Schools will be supported throughout this process by the Healthy Norfolk Schools Team and if you would like to find out more, contact Marian Fox on **01603 221810** or email: **marian.fox@norfolk.nhs.uk**. To book a place on one of the following introductory sessions, contact Louise Flynn **01603 221809** or email: **louise.flynn@norfolk.nhs.uk**

**Enhancement  
Phase Four**

Tuesday 4th October

14.30 - 16.00

# Training opportunities...

Due to the popularity of our Primary PSHE training, we will be running more sessions in the autumn term. New to our training programme is Secondary PSHE Level 1, aimed at recently appointed PSHE co-ordinators.

Dates for all the sessions are as follows:

## Primary:

PSHE Level 1 Norwich PDC	Wednesday 5th October	9.30 – 16.00
PSHE Level 1 King's Lynn PDC	Wednesday 12th October	9.30 – 16.00

## Secondary:

PSHE Level 1 Norwich PDC	Wednesday 9th November	9.30 – 16.00
PSHE Level 1 King's Lynn PDC	Wednesday 16th November	9.30 – 16.00

For more information and to book a place, contact Louise Flynn on **01603 221809** or email: [louise.flynn@norfolk.nhs.uk](mailto:louise.flynn@norfolk.nhs.uk)

## Lunch boxes

Packed with goodness

By lunchtime, children have worked and played hard. Their packed lunch not only needs to boost flagging energy levels, but also give them a variety of essential nutrients to help them get the most from the afternoon and be at their best.

This leaflet has some ideas and suggestions for parents and children to talk about.



### Top lunch tips

- For energy levels that don't suddenly drop, put in a good loading of bread, pasta or rice.
- A handful of fruit and one of vegetables in a lunchbox each day will go towards the recommended 5-a-day.
- Choose foods for smooth filling and why we add some salt?
- A drink is essential. Water will keep children well hydrated.
- Try to vary what you put in the lunchbox to give an enjoyable balanced diet.
- Help develop good habits from an early age by getting your children involved in making their lunch.

## Time lunch you

### 1

### 2

### 3

### Dairy delights

There are lots of dairy foods you can include to make sure your child is getting calcium for strong bones. Children love mini cheese portions, try varieties such as Edam or Mozzarella. Cottage cheese or low fat cheese spread is delicious in a crusty baguette with lots of salad. Individual yoghurts or fromage frais make good desserts. Semi-skimmed milk, milk shake or yoghurt drinks are popular, but try to keep them fresh.

### The important 5-a-day

It's not just fruit, vegetables and potatoes. Children love grapes or a slice of melon. For a change include a small box of dried fruit or a mini tin of fruit in juice. Finger food such as cherry tomatoes, carrot sticks or sweet pepper sticks are easy to eat or put them all together to make a colourful mixed salad.

Linky some food chopsticks - the French are also popular.

### Finally, to round off the menu

If your children like to finish with something sweet why not try mini muffins, a slice of fruit loaf, custard buns or flapjacks.



## They're back!

We are delighted to announce that our ever popular lunchbox leaflets have been reprinted and are again available for schools. If you would like some leaflets as part of your integrated approach to encourage all pupils to eat healthily at lunchtime, please contact Louise Flynn on **01603 221809** or email: [louise.flynn@norfolk.nhs.uk](mailto:louise.flynn@norfolk.nhs.uk)

## The Healthy Norfolk Schools Team...

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## Life. Live it. BritishRedCross

### First aid education for children

This is a brand new free first aid teaching resource designed for teaching first aid and safety skills to primary aged children. The online teaching package is part of the British Red Cross **Life. Live it.** programme that aims to build a generation of life-savers. It focusses on staying safe, saving lives, and emergency action. Differentiated materials mean that children aged 5-7 will be able to gain an understanding of treating burns and nose bleeds, in addition to keeping safe and getting help, whilst the materials for age 7-11 are much more extensive, covering a range of first aid topics. To access this free resource, go to:

[www.redcross.org.uk/teachchildrenfirstaid](http://www.redcross.org.uk/teachchildrenfirstaid)



**London 2012 is coming!** By joining **Get Set**, schools can benefit from learning resources and maximise opportunities for children and young people to benefit from the Games. For information or help with registering contact Anna McCarthy on [anna.mccarthy@norfolk.gov.uk](mailto:anna.mccarthy@norfolk.gov.uk)