



Congratulations to **Ashleigh Primary** on being awarded Platinum Enhanced Healthy School Status for work on improving Physical Activity. Using a whole school approach, they examined pupil attitude, staff confidence, provision and resources to see how things could be improved. Commissioning Community Sports Foundation to upskill staff, running a Change for Life club for reluctant engagers and strengthening community links all contributed to a measured improvement. 17% more children say they like PE, 26% more do over 30 minutes of physical activity a day (excluding PE) and 25% more Change for Life club attendees like to be active. The Platinum award recognises a fourth year of focused work to improve an area of health and wellbeing and Ashleigh are now focusing on perfecting Healthy Eating. They hope to be the first Norfolk school to earn Diamond Status.



Would you like to be a PATHS school?

Promoting Alternative Thinking Strategies (PATHS) is a social and emotional programme that has been very successful in Norfolk primary schools. PATHS lessons and strategies were

recently featured in local news programmes: [Anglia TV](#) and [Mustard TV](#). The PATHS programme was also part of the EDP report: **'Schools can play a huge part in pupil's mental health'** (3.11.15)

We are recruiting schools for September 2016 so if you would like to find out more, book a place at one of our **PATHS Celebration Recruitment Events** by clicking on the links below. All events are from 14.30 – 16.30

West - 9th March Whitefriars Primary Academy PE30 5AH

Central - 10th March Ashleigh Primary School NR18 OHL

East - 15th March Freethorpe Primary NR13 3NZ

South - 16th March Raleigh Infant School IP24 2JT

Alternatively [visit our website](#) or contact the PATHS team:

PATHS Coach: Anna Sims 01603 221828 anna.sims1@nhs.net

PATHS Coach: Alice Ndiaye 01603 221814 alice.ndiaye@nhs.net

Business Support: Louise Flynn 01603 221809 louise.flynn3@nhs.net





Fred Nicholson School
has achieved Gold Enhanced Healthy School
Status for work on celebrating difference



Downham Market Academy

For targeted work around young carers including increasing awareness of how and where to access support. The school received the bronze award last term for their focus on Celebrating Difference and is now working towards gold by developing and enhancing their sex education programme.

Dereham Neatherd High School

For enhancing a variety of aspects of school food based around their 'Food for Life' gold award. Neatherd is the only secondary school in Norfolk to receive this prestigious award so far.

Taverham Junior School

For raising aspirations and promoting pupil voice.

Mile Cross Primary School

For enhancing pupil knowledge of fruit and vegetable farming and developing cooking skills both at home and in school.

**Mile Cross Primary
Countryside Classroom Event**



**Rachel Smith with members of
Colman Junior School Council**



**Food for Life activities at
Neatherd High**



Colman Junior School

Were awarded bronze during a celebration assembly for improving the lunchtime experience for everyone. This work was pupil-led and championed by the school council.

Congratulations to the following schools who have demonstrated their commitment to pupil health and wellbeing by renewing Healthy School Status

- * Burnham Market Primary
- * Drayton Community Infant
- * Earsham Primary
- * Eastgate Academy

- * Framingham Earl High
- * Kinsale Infant
- * Millfield Primary
- * Poringland Primary



Many schools will be familiar with our local charity Nelson's Journey which supports children and families following bereavement. Over the last year Healthy Schools has been delighted to work with them to deliver more training to schools to enable schools to feel confident about supporting children who have been bereaved.

From 13th – 19th June Nelson's Journey is promoting a **Purple Picnic Week** to raise funds to enable them to support more children. The idea of this week is to engage with local communities including schools, asking them to hold a picnic in memory of someone special that has died and fundraise in aid of Nelson's Journey. The money raised can then be used to support children and young people in Norfolk who access their support following a bereavement of a significant person in their life. For full details visit [Purple Picnic Week](#)



Would you like support with physical activity in your school?

Have you got a success story around physical activity in your school? Maybe you run an exciting after school club or your pupils start their day with a wake up energiser? Do you have pupil play leaders? If this sounds like your school we want to hear from you!



We can also offer support and advice to schools wanting to focus on physical activity for enhanced healthy school status; how to make the best use of sports premium funding and general advice and support on getting your physical activity programme off the ground.

We are also looking to recruit schools to take part in an exciting new study with Active Norfolk aiming to engage pupils in a daily physical activity taking no more than 20 minutes to complete.

For more information or an informal chat about any of the above, contact our latest Healthy Schools team member and physical activity specialist [Liam Miller](#)

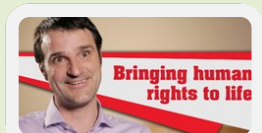


The British Institute of Human Rights



The British Institute of Human Rights has just launched its first ever **Human Rights Prize** for young people. Click on the link for more information.

Click on the images below for new resources for children and young people from the British Institute of Human Rights:



A number of our school colleagues attended the free **Addressing Homophobic, Biphobic and Transphobic Bullying** training provided by the Sex Education Forum, funded by Department for Education and Government Equalities Office. This was a wonderful opportunity to address these important areas through the SRE curriculum.

Delegates at the HBTB training day

Missed the training?

You can access the E-Learning short course: [Introduction to LGBT—Inclusive Sex and Relationships Education](#) which covers core elements of the training and is designed for primary and secondary schools. It covers legislation, the Equalities Act, appropriate language, Ofsted guidance and practical options for ensuring that SRE meets the needs of all children and young people.

This e-learning tool is suitable for is for all teachers, managers and support staff. The module is free and takes approximately 40 minutes to complete. It can be done individually, in pairs or groups.

The Residents of Norwich Need Help From Your Students!

Healthy Norwich is a project with a broad ambition to make Norwich a healthier community. The aim is to improve understanding about the state of the health of local people. Knowledge is power, so the more individuals understand, the more informed their decisions will be about lifestyle choices.

Healthy Norwich would love to engage secondary school students to be a channel for the public health message in Norwich, by asking them to design an infographic poster reflecting data of their choice, using a detailed health profile.

For the winning poster, Norwich CCG would take out a full page advert in the citizen magazine (distributed to all homes in Norwich) with a profile of the students who came up with the winning design. The poster would be used as much as possible for promotion of healthy lifestyle messages.

Expressions of interest to [Rachel Hunt](#) by **22nd March 2016** at the very latest and deadline for poster entries in a PDF format by **1st June 2016**. you can also contact Rachel for more information about the competition or visit the [Healthy Norwich](#) website to find out more about their work.



Drinkaware for Education Resources at KS2 and 3 have been awarded the PSHE Association quality assurance mark. PSHE Association subject specialist Karen Summers said:

"This well-written resource offers a variety of opportunities for pupils to explore and consider a number of alcohol related issues and would make an excellent contribution to high quality PSHE provision. The lesson

materials may be used in a flexible way either in a series or as separate standalone sessions.

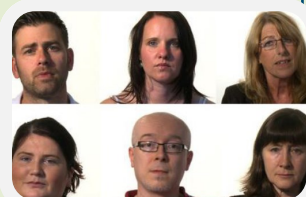
In addition, learning opportunities are provided for more focused long term work through the use of home and extended learning activities provided at the end of each lesson plan."

[More PSHE Association quality assured resources](#)

YOUNGMINDS Parents Say...

NHS England has been working with YoungMinds to improve the participation of parents and carers in mental health services for children and young people. As well as helping parents and

carers to understand the issues faced by young people and the services and support that is available, evidence shows that where families are fully engaged with treatment, outcomes improve. The Parents Say Toolkit comprises videos based on comments and feedback from some of the 900 plus parents and carers signed up to Parents Say, about their experiences with CAMHS, plus downloadable guides for commissioners and 14 case studies.



Early Movers Practitioner Training



Healthy Schools is working in partnership with the NCC Early Years Training team to offer an exciting, fully funded training opportunity for Early Years Practitioners. The Early Movers training course covers the importance of encouraging physical activity in Early years Settings and invites participants to experience activities that they can deliver as well as linking physical activity promotion to the requirements of the EYFS. The course will be delivered by trainers from the British Heart Foundation and received excellent reviews when it was last offered in

Norfolk. This is likely to be the last opportunity to access these sessions led by BHF. There is no charge to attend the training but places must be booked in advance: [apply online](#)

Training Opportunities

Think U Know An introduction to CEOP and the Think U Know resources	2.3.16	West Norfolk PDC	13.00—16.30
Bereavement Training Raising awareness of issues concerning grief and loss faced by children and young people	16.3.16	West Norfolk PDC	14.00—16.30
Sex Talk Improve your knowledge and confidence to deliver SRE in secondary schools	25.4.16 26.4.16	West Norfolk PDC UEA Sportspark	10.00—16.00 10.00—16.00

All the above courses are fully funded and delivered at no cost to participants however places must be booked in advance. Email: [Healthy Norfolk Schools](#) for more information and/or to secure your place!

If you need this document in large print, audio, Braille, alternative format or in a different language please contact Marian Fox on 01603 221810 and we will do our best to help.