

Celebration 2008

The annual Healthy Norfolk Schools Celebration took place on Friday 20th June at the Top of the Terrace, Carrow Road.

This year around thirty five schools attended and we were delighted to welcome more high schools than ever before. The displays were once again really impressive and were confirmation of the amazing work going on in our schools.

The Healthy Schools activity this year was a "Celebration Trail" with questions about the various displays. The first five lucky schools whose correct answers were drawn

from the box, were able to choose book prizes on the day from the Norfolk Children's Book Centre.

As well as the tours of the ground which are always a great success with everyone attending, the "Forest Schools" area was extremely popular. Young people and adults alike enjoyed whittling twigs to make wooden jewellery.

The Healthy Schools Team would like to extend their thanks to all who attended on the day and made it such a memorable occasion.



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PSHE CPD Success – July 2008

Six teachers and eight community nurses have successfully achieved accreditation in PSHE CPD.

The National PSHE CPD programme is funded by the Department for Children, Schools and Families (DCSF) and accredited by Roehampton University at HE3 level.

Teachers and nurses follow this programme together and are encouraged to network and to share and promote good practice in PSHE. Three teachers focussed on Emotional Health and Well Being, while the other three teachers and nurses specialised in Sex and Relationship education.

The successful teachers are: Farida Valli-Kahumbu - Catton Grove Primary School; Vicky Sprague - St. Michael's Junior School; Nancy Paton - Hillcrest Primary School; Kate Brand - Long Stratton High School; Melanie Griffiths - Cliff Park First School and Carolyn Wabe - Rosemary Musker High School.

The eight successful community nurses are the first in Norfolk to achieve this accreditation. They are: Coralie Roll, Sue Lake, Sarah Archibald, Karen Horstead (NHS Norfolk) and Sharon Mott, Sarah Elsworth, Helen Dyer and Claire Wymer (Great Yarmouth and Waveney PCT).



Help to ensure compliance with 2008/2009 standards for school lunches



Primary School lunches should already be meeting the 2008 nutrient-based standards and High schools will need to ensure they are meeting them by September 2009. Schools with catering providers can ask for evidence of compliance from their caterer.

However, in-house catering schools will need to provide their own evidence.

A particular concern for them is access to nutrient analysis software and the expertise needed to input and interpret the data.

City College Norwich, in conjunction with Healthy Norfolk Schools, has developed a programme to support schools. This includes:

- A complete menu nutrient analysis service
- Access to dedicated support from a qualified dietician including recipe advice
- A 'Raising Standards' professional development programme for School Chefs/Cooks

To find out more email robin.ghurbhurun@ccn.ac.uk at City College

The School Food Trust www.schoolfoodtrust.org.uk has downloadable guidance on meeting the standards.

Developing Food policy with your primary school council

Do you need a whole school food policy or to review an existing one? With the help of various Norfolk primary schools, we have developed resources to use with your school council covering most of the relevant food issues. These are all in Word format so can be

amended as necessary and are available on one 'handy' CD. Also included on the CD are simple tools to help you monitor children's views of school meals. If you would like a copy of the CD, email sue.astbury@norfolk.nhs.uk

Health Information

For easy to understand health information visit www.easyhealth.org.uk this website offers free downloadable leaflets on all aspects of health. Over forty organisations have made their information available on the website, using simple language together with symbols photographs and pictures. The website may be of particular interest to special schools and schools with pupils where English is not their first language.

[easyhealth.org.uk](http://www.easyhealth.org.uk)



Traveller Education

The work of The Norfolk Traveller Education Service is defined by the Norfolk Children and Young Peoples Plan, and the Gypsy, Roma and Traveller strand of the National Strategies Programme. As such the service focuses on the following key issues: Ascription, Attendance, Achievement, Relationships with Parents and the Community, Curriculum Development, Race Equality and Diversity.

The situation for gypsy and traveller pupils continues to be hard, with achievement levels nationally lower than any other BME group. Research carried out in 2005 found that 86% of travellers experienced racism in schools; that 65% said this involved physical abuse and that most had not felt able to tell anyone about their experiences. [Derrington 2005] In schools where gypsy and traveller pupils feel supported and understood, they are able to thrive and achieve.

Although the gypsy and traveller community constitutes one of Norfolk's largest minority ethnic groups and has

existed in the county for centuries, their cultural identity remains deeply misunderstood and families still feel and experience the pressures, stress and barriers caused by prejudice and racism. For this reason, even schools that have no gypsy and traveller pupils on roll are encouraged to positively include and reflect gypsy and traveller culture in their practice. **"Cultural Development is about pupils understanding their own culture and other cultures in their town, region and in the country as a whole....."** Ofsted March 2004.

The Traveller Education Service is ready to support any school in Norfolk aiming to achieve National Healthy School Status. For further information on resources and support available, visit: www.schools.norfolk.gov.uk click on Local Authority Services then on Traveller Education Service or email richenda.riches@norfolk.gov.uk



Achieved Healthy Schools Status? What's next?

Beyond Status contains ideas and contacts that can help you to develop and enhance your Healthy Schools work.

From improving your school grounds, re-cycling, growing vegetables, becoming a sustainable school, linking school visits to PSHE and emotional health and well being or looking beyond your school to include a global dimension.....

Visit www.schools.norfolk.gov.uk then "A-Z", select 'H' followed by "Healthy Schools" then scroll down the front page (the first page you come to) where you will find the section for "Beyond Status" at the bottom.

Pastoral Care Network Meeting

- Domestic Violence

Carina Lowe from the Norwich NSPCC team will lead a twilight session on domestic violence, for those in a pastoral care role in school. Carina will be offering relevant and helpful information linked to domestic violence, talking about the implications on children, families and parenting, considering the dynamics of domestic abuse and exploring helpful strategies to use in school.

The twilight will take place on Tuesday December 9th 2008 at Norwich Professional Development Centre. Fliers and booking forms will be sent to schools before half term but for further information email: rosemary.games@btinternet.com

Singing to feel good for non-music specialists

"A singing school is an achieving school, a happy school." Howard Goodall - Singing Ambassador.

Sign up for this twilight session at West Norfolk Professional Development Centre on Wednesday 12th November and you will leave with lots of ideas and practical skills for simple songs to get your class

inspired, united and connecting with their emotions through group singing.

Fliers are on their way but in the meantime, if you would like any further information call Marian on 01603 221810, email marian.fox@norfolk.nhs.uk or Anna on 01603 221828, email: anna.sims@norfolk.nhs.uk

