

We are moving!

As from Wednesday April 2nd, the new address for the Healthy Schools team will be:
Kestrel House, White Lodge Business Park, Hall Road, Norwich NR4 6DG
Telephone numbers to be advised.

Annual Healthy Schools Celebration Event

Once again this event is to be held at the Top of the Terrace at Norwich City Football Club. This event is the perfect opportunity to showcase your Healthy Schools work and share good practice with others. Letters will be sent to schools early in the summer term but in the meantime, please put Friday 20th June in your diary now!

Food Glorious Food

This first ever children's Food Festival took place at the John Innes Centre on Thursday 27th September. It was a glorious success with 180 primary aged children, and their accompanying adults, being enthused and inspired to become 'food ambassadors' in their school. We have included a couple of pictures to give you the flavour of the day. If you would like to have your own 'food ambassadors' email sue.astbury@norfolk.nhs.uk for some ideas.





Healthy Schools

Instructions for downloading logo

Once you have joined the programme or have achieved National Healthy School Status you are entitled to use the relevant Healthy School logo on your school publications.

You can do this by going to www.healthyschools.gov.uk/brandguide/. Once you have logged on, you then need to select 'The Logo' which can be found at the top of the page. You will then be presented with three different types of logo. If you are a committed Healthy School but have not yet achieved full status you can download the National or Local logos only. If you are a school, which has been awarded Healthy School status, you are entitled to download the award logo.

New SRE Development Worker for Secondary Schools

Sue Greenwood has recently been employed as the Sex and Relationships Development Worker (Secondary) within Children's Services. Sue will be supporting secondary schools to advance the quality of SRE across the county with a particular focus on areas with high rates of teenage pregnancy. Sue will provide the link for schools to access the multi-agency support that is available through the SRE Partnership. This partnership can offer: training for school staff, SRE programme and policy development, setting up a school based health service, involvement with external agencies, governor training, useful resources and ideas and more. To find out more contact Sue on 01603 307283 or email sue.greenwood@norfolk.nhs.uk



PSHE CPD

This term eight teachers and eight community nurses have embarked upon the National PSHE CPD programme, formerly known as the National PSHE Certification. We are particularly pleased to welcome the community nurses as this is the first year that they have been able to participate in the Norfolk programme. If you would like to find out more about the National PSHE CPD programme, email anna.sims@norfolk.nhs.uk or molly.potter@norfolk.nhs.uk.



More Norfolk schools gain national award!

139 schools across Norfolk have now met the standard to achieve National Healthy School Status and dozens more are nearly there. Schools that have achieved status should already have received their handsome plaque - and others will be in the school post in the next couple of weeks.

If your school is nearly there or you just feel that you need a little help to complete the process - contact one of the team soon. The next batch of schools is currently going through the validation process and due to achieve National Healthy School Status early in the summer term. The process for applying is simple and records the work already underway in school - it does not rely on boxes full of evidence or hefty portfolios.

For more information or to arrange a support visit contact Jenni Woodrow on 01603 433276 or jenni.woodrow@norfolk.gov.uk

More fruit and veggie costumes

Are you having a food event and want the children to really remember the day? We now have some smaller fruit and vegetable costumes suitable for Key Stage 1, and smallish Year 3s, available for schools to borrow. To book them for your health promotion event email louise.flynn@norfolk.nhs.uk or sue.astbury@norfolk.nhs.uk.



School council network launch

In the Autumn term, Norfolk County Council, The Active Citizenship Unit, Healthy Norfolk Schools and Thorpe St Andrew Senate hosted a day inviting all the school councils in Norfolk to share what they do in their schools and find out what they would want from a network that connected all of them.



We had a good response with twelve high schools and six primary schools attending from across the county. Students took part in workshops and activities to help them think about how the ideal school council should be run and how this is reflected in their own school council, how to conduct effective discussions and next steps towards networking.

In the staff workshop we shared lots of ideas and opinions which everyone agreed was very beneficial and everyone realised that there are lots of very effective ways that a school council could be run.

Every school that attended exchanged contact details so everyone can keep in touch. When and if we get a countywide network we will already be a "step in front".

Personally, I had a brilliant time meeting with people that are in the same position as me and I really valued hearing their ideas.

Sen. Adam Wegg
Chair Thorpe St Andrew School Senate



Drug Education: What can the Matthew Project offer your school?

The Matthew Project Youth Team offers a creative, enthusiastic and dynamic approach to schools work, delivering high quality drug education and providing young people with an opportunity to learn, ask questions and be involved in thought provoking assemblies. The team is expertly trained with backgrounds including performing arts and youth work and are able to communicate effectively and relevantly with children and young people in key stages 2 - 4.

For more information or to book an assembly and/or question time for your school please contact the youth team on 0845 868 8172 or take a look at The Matthew Project website for more information – www.matthewproject.org

Tuck shop blues!

Struggling with what to put on the menu for break time that will meet the new standards? The School Food Trust has put together some ideas to help you. Visit their website www.schoolfoodtrust.org.uk to download their 'innovative mid-morning snacks' document. Also look out for the School Food News, Autumn 2007 edition, from Healthy Norfolk Schools, which also has different food items and recipes you might not have tried.



Free loan of equipment to promote effective hand washing

The Food Safety Team at Norwich City Council are able to loan materials to primary schools to promote effective hand washing.

Equipment includes:

- Effective Hand Washing posters and educational literature
- Glowing Hands Machine - UV hand inspection cabinet
- Glitter Bug Potion – glows when exposed to UV light
- 'THINK STOP WASH' (or similar) stickers



Access to a wash hand basin with hot and cold water is required. You will also need soap and towels plus a mains socket to connect the UV inspection cabinet.

If you would like the loan of this equipment for a week please contact Yvonne Burton on 01603 212317 or email yvonneburton@norwich.gov.uk

Law change on tobacco sales



The law for selling tobacco changed on October 1st in a move to prevent young people from taking up smoking. It is now illegal to sell tobacco products to anyone under the age of 18 in England and Wales. Shops selling to under 18s now risk prosecution and a fine of up to £2,500. For further information on the law visit:

www.tobaccoagechange.co.uk

The Big Food Event

Due to the enormous success of 'Food Glorious Food', a festival for primary aged children held in September last year, we are pleased to announce 'The Big Food Event' which will take place on Wednesday October 15th in the Food Hall at the Royal Norfolk Showground. We hope to enthuse, inspire and educate young people about all aspects of food so put it in your diary now! Look out for your official invitations at the beginning of the summer term.