

# Noticeboard

## Local Food Initiatives

**Local and/or organic** food offers a number of opportunities to re-engage children and parents with what they are eating. EU-funded research undertaken by East Anglia Food Link with colleagues in Somerset, France and Italy suggests that children's diets can be greatly improved where teachers, parents and cooks work together. School gardens, farm visits and other educational activities help children to appreciate where food comes from, and can persuade children to try foods which they had previously rejected. School-gate consumer co-ops enable parents to buy good, fresh food at low prices. In addition local supply chains can enable school caterers to buy top-quality food, including organic, again at affordable prices. Sometimes a group of parents have taken on the the development of a range of initiatives including Farmers Markets.

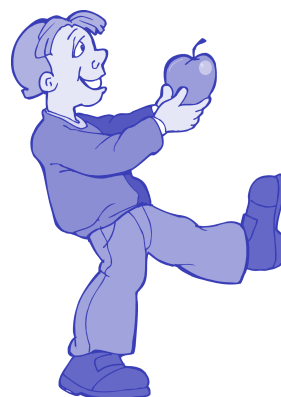
To find out more contact East Anglia Food Link on 01953 889 200.



### Grab 5

Is a project for primary schools wanting to encourage their pupils to eat more fruit and vegetables. It has been developed nationally by Sustain and offers:

- Teaching materials
- Ideas
- Information
- Support
- Links to a network of like-minded schools.



We may be running some Grab 5 projects locally but if schools would like to find out more then go to the Grab 5 website at [www.grab5.com](http://www.grab5.com) for more information and downloadable materials.

### Food Safety Poster Competition for schools.

Foodlink is organising its third Food Safety competition for schools. Schools are invited to encourage pupils to design posters highlighting food safety. There are three age categories, 7 years and under, 8-11 years, and 12 years and over. Three prize winning entrants will win £100 vouchers while their schools receive £500 to spend on food technology equipment. In addition the winning posters will be widely used in promotional work for Food Safety Week (June 10<sup>th</sup>-16<sup>th</sup>) and will be featured on the Foodlink website.

For more information visit the Foodlink website on [www.foodlink.org.uk](http://www.foodlink.org.uk)

### Disability Equality and Awareness Training.

Just imagine you were the only walking, standing people living in a world designed and developed with only wheelchair users in mind. How would your lives be affected? Caroline Pearson has developed a range of disability equality and awareness training sessions which can be adapted to the needs of a variety of groups including, teachers, non-teaching staff and volunteers in schools, school clusters and parents governors and the wider community.

For more information telephone Caroline on 01692 406316 or 01692 402189

Healthy Norfolk Schools is supported by:



# Healthy Norfolk Schools Scheme Newsletter

Spring 2002 Issue 19

## We want to hear what you think about the newsletter

Over the next few months we intend to review how we send information in to schools. We know that schools are inundated with information and don't want to add to this burden. We also know that many teachers find the information in these newsletters interesting and useful. The newsletter is currently sent out in a paper format to all the schools in Norfolk at the end of each term. Some schools make a point of pinning it up in the staff room for staff to read at their leisure. I still meet teachers however who have never seen it surface in their schools and so it is clearly getting lost somewhere! We are developing our Healthy Schools website and clearly this will be a key way to post information in the future but should we abandon the paper format altogether?

### In the short term what would teachers find useful?

- What is the best way to send information in to schools so that it is easily accessible to all staff?
- Who should receive the information to ensure it can be widely shared
- How often should the newsletter appear?
- Should we abandon a paper newsletter altogether?

The newsletter is also sent to hundreds of other **non-teaching colleagues** who have an interest in schools. How useful is it? Do the majority of these people have easy access to the internet and email?

The team will be carrying out a more comprehensive review but welcome your thoughts and comments. Please email or telephone Adele at the address below.

Adele Godsmark,  
Healthy Norfolk Schools  
St. Andrew's House, Northside,  
St. Andrew's Business Park,  
Norwich NR7 OHT  
Tel: 01603 307356  
Fax - 01603 307104  
email: [adele.godsmark@norfolk.nhs.uk](mailto:adele.godsmark@norfolk.nhs.uk)

The next Healthy Schools Induction sessions will be on:  
21<sup>st</sup> May West Norfolk PDC  
22<sup>nd</sup> May Norwich PDC  
8<sup>th</sup> October Norwich PDC  
9<sup>th</sup> October West Norfolk PDC

Contents this month include information on:

- Circle Time
- Walk to School Week
- Spirit of Friendship Festival
- Disability Awareness Training
- No Smoking Day and Stop Smoking resources



Please pin me to the staff noticeboard!

# Circle time

By Rosemary Games  
Advisory Teacher, Healthy  
Norfolk Schools.

“When someone listens to me I feel that what I am saying must be worthwhile. That means that I must be worthwhile. That gives me confidence and when I have confidence then I can have hope.” In my recent work in schools around the county I have quoted this many times. It is one child’s response to the question “Why do you think it is important to listen to other people?” It was one of many questions put to groups of children in primary and middle schools in our efforts to understand the value of circle time to children, as well as trying to ascertain whether the kind and level of training was helping teachers to implement circle time effectively.

The results of our visits to schools have not yet been collated and assessed but in our initial feedback it is very evident that children value circle time as a time to share and talk. One Reception /Year 1 group said, “We just love talking!” Others, and this applies to all age groups, have said that they love to hear about one another, to find out what other people like, where they have been, what they have done. All this because it sometimes gives them ideas about what they could do. They have explained that if there is someone in their class that they think they don’t like, hearing about something interesting that they have done or somewhere they have been helps them to realise that maybe they could talk to each other and even become friends. This only touches the surface of what circle time can mean for children but even this is significant in terms of the kind of relationships that can be nurtured when children are given time to listen to one another.

Active listening is very difficult to achieve. If we analyse our own listening behaviour most of us would probably acknowledge that we need to continue to work on becoming better listeners. And yet when we listen to someone we are giving them the gift of our attention. Really paying attention to someone can make the difference between that person feeling valued or undermined. Listening is a life skill that takes a lifetime to refine because we are so full of preconceived ideas but it can be really rewarding to feel the change that happens in a relationship, no matter how small, because we have really ‘heard’ what the other person has ‘said’. The ‘saying’ happens not just through words but through the messages we get by reading body language and hearing what people are feeling. That kind of listening is not easy to achieve.

Sharing



Free resources will be available for all schools who commit to take part and give us details of what they hope to do and how many pupils are expected to take part by Friday 22 March. To stake your claim on some resources please contact the Norfolk County Council Road Safety Unit on 01603 223348 preferably by email to [stuart.hallett.pt@norfolk.gov.uk](mailto:stuart.hallett.pt@norfolk.gov.uk).

Please detail

- School name
- School address
- Contact person
- Numbers of children involved
- Numbers of classes involved
- Curriculum support materials needed Yes/No



In return we will collate information about how far has been walked by all the schools taking part and will send it back to you in a format which you can relay to your pupils in a fun and meaningful way. We’ll link what pupils have achieved to things like the cost of a car, pollution generated by local journeys, accidents, health benefits and anything else we (or you) can think of! We’ll also try to generate some positive publicity to recognise what schools have achieved.

## Did you know it is National Condom Week May 7<sup>th</sup> - 11<sup>th</sup> 2002?

**Condoms represent the only method of contraception that offers protection against HIV and other STIs as well as unintended pregnancy**

- a limited number of free condoms for educational purposes are available upon request from Norfolk Health Authority’s HIV and Sexual Health Team

- These are offered for use as part of an ongoing planned SRE programme (eg condom demonstrations) and should be accompanied by information on how to use on correctly, where to get condoms from, choosing quality condoms etc

- also available free from the Team is the latest Norfolk HIV and Sexual Health Services booklet that gives information on all the local agencies in Norfolk providing family planning services, treatment for sexually transmitted infections, and those offering sexual health advice and support ( including counselling) around relationships, sexuality, abuse, pregnancy, and drugs.

Please contact Suki Dell ( HIV and Sexual Health Team) for advice and resources in relation to SRE in schools

01603 307232







**Walk to  
School Week  
Monday 20<sup>th</sup> May 2002  
to Friday 24<sup>th</sup>**

**How about  
walking round  
the world? It's  
only 40,000km  
after all!**

**We challenge  
Norfolk schools  
to do it!**

### Free resources for all schools and pupils taking part

No, this is not another of those challenges for charity but the approach Norfolk is hoping to adopt for this year's Walk to School Week in May.

Many schools have taken part in Walk to School Week for a number of years. This year we hope to encourage more schools to enthuse parents, pupils and staff to take part with the idea of Norfolk "walking round the world". Our slogan will be

"Walk to school – it's good for you and it's good for the planet!"

We hope to galvanise schools into taking part by seeing themselves as part of something bigger, by adding together all the miles children in Norfolk walk during walk to school week. We hope to make it round the world – at least we intend to have a jolly good try.

In addition we want to make the event more meaningful by linking Walk to School Week to:

- The health benefits
- The benefits to the environment
- The cost savings
- The links to improved concentration and better learning
- The opportunity to learn about road safety and personal safety in a "real situation" (it's impossible to learn properly from the back seat of a car!)

We hope to encourage as many schools as possible to take part particularly the **Safer and Healthier Journeys to School** schools and schools signed up to **Healthy Norfolk Schools**.

### Feelings

Circle time is about developing a group listening system within school where children learn what it means to listen. They learn about the respect that is due to others when they are expressing a point of view, about the need to keep themselves and others safe through keeping the rules that establish boundaries for safe communication. They explore feelings linked to situations and develop a language of feeling that helps them to begin to make some sense of what they feel. They learn that all feelings are OK but that some are comfortable and others are uncomfortable. When they can make that distinction they can begin to work out what they can do about the uncomfortable feelings. It can be a forum for exploring systems for problem-solving and conflict resolution as well as being a place for sharing ideas that can be fed back to the school council. School Councils UK embeds circle time in the process which leads to the development of a school council (Primary School Councils Toolkit by Di Clay and Jessica Gold, page 15).

Circle time is also a time for having fun and links very clearly into theories of brain compatible learning (Effective Teaching and Learning in the Primary Classroom, by Sara Shaw and Trevor Hawes). It reflects the theory of multiple intelligence which highlights the importance of developing interpersonal and the intrapersonal skills as well as addressing issues of emotional literacy. The visual, auditory and kinaesthetic learners are catered for and there are strong links with drama. Key PSHE themes can be addressed in circle time and it can also be a way of helping children look at their behaviour and find ways of supporting one another.

### Listening

When a school commits itself to developing circle time it is, in fact, committing itself to becoming a 'listening school'. It would be very difficult to uphold the principles of circle time for children without having a listening culture within the school for the whole school community. This presupposes that there is going to be a commitment to 'paying attention' to all members of the school community. Circle time will thrive in a school where building staff morale and self-esteem are intrinsic to school improvement. It will thrive if there is a commitment to other systems within school that help to establish boundaries for behaviour both within the school and in the more challenging, unstructured times spent in the playground. It will be most effective if it is backed up by individual listening systems that support the culture that has been established in the circle.

Circle time does not work magic. It needs to be understood and developed over a period of years for it to become the best that it can be. It needs commitment to a regular weekly slot within the timetable. Above all those who are implementing it need to be kind to themselves and understand that it is something that you can enjoy if you let it grow slowly. Have fun with it. Play the games which in themselves help to develop social skills and move on in collaboration with colleagues. Share your good ideas as well as the times when it didn't work. In this way circle time will develop in your school based on your particular needs and those of your pupils. It will contribute to your school becoming a healthy school because you are working to improve the emotional health and well-being of the whole school community.

### Talking

# No Smoking Day and Stop Smoking Resources

No Smoking Day happens every year in March with the day acting as a focal date for smokers wishing to quit and generating significant local and national publicity. By the time you read this newsletter this year's No Smoking Day will have come and gone and hopefully more smokers in Norfolk will have made it a day to remember by making it the day they quit smoking.

According to the latest Norfolk Health Related Behaviour Questionnaire 18% of 12-15 year olds smoke at least once a week. This figure rises to 32% amongst 14-15 year old girls.

Smoking is the single biggest cause of preventable disease and premature death in the UK, causing more than 120,000 deaths of people over 35 years every year. That is six times as many caused by AIDS, road traffic accidents, suicides, violent crimes, accidents, fires and illegal drug-taking combined!

Research indicates that the majority of smokers take up the habit in their teens and that the younger children take up smoking the more nicotine dependant they become making stopping smoking more difficult.

Many schools are concerned about young people and smoking both in terms of the impact on the health of young people and because of the undermining of school rules and challenges to staff trying to uphold these.

If schools are interested in supporting young smokers in trying to quit or in integrating work on smoking into PSHE there are some useful websites with materials which can be downloaded.

Try the following:

[www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)  
(Information about No Smoking Day and factsheets etc which can be downloaded)

[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)  
(A lively interactive site for quitters their friends and family giving information and encouragement.)

[www.comiccompany.co.uk](http://www.comiccompany.co.uk)  
(Screensavers can be downloaded by clicking on "Downloads".)

[www.who.dk/tobacco/whatsnew.html](http://www.who.dk/tobacco/whatsnew.html)  
World Health Organisation site part of a project to reduce tobacco dependance. A materials pack "Helping Smokers Change" can be downloaded.



# Commonwealth Games Manchester 2002 – Spirit of Friendship Festival

In July and August 2002 Manchester will host the Commonwealth Games and these will be celebrated nationwide through the Spirit of Friendship Festival. The Commonwealth Institute is running the education programme of the festival which includes an innovative and exciting internet project for schools called CommonLink: Linking Global Citizens. The Commonwealth Institute wants to invite all schools in the UK to take part in this project.



[www.commonwealth.org.uk/education](http://www.commonwealth.org.uk/education)

CommonLink's main feature is a number of moderated online discussion forums which aim to raise young people's awareness of the relevance of global issues, how individuals are connected to each other locally, nationally and across the Commonwealth and to encourage active participation and contact. The forums will focus on topics such as citizenship, cultures, environment, the media, sport, democracy and many more and they will be complemented by other online activities, support material, information on the Commonwealth countries and teachers' notes.

CommonLink launched last year and schools can order posters and resource packs from the Commonwealth Institute.

## By joining CommonLink

### Pupils can:

- Join online forums on global issues
- Take part in polls quizzes and send e-cards
- Find out about the people and places of the Commonwealth

### Teachers can:

- Find ideas on web research skills, discussion skills and how to develop good school links



If you would like your school to be part of a focus group or would like more information, contact:

Paola Marchionni  
CommonLink Project  
Co-ordinator  
[pmarchionni@commonwealth.org.uk](mailto:pmarchionni@commonwealth.org.uk)  
Tel: 020 7603 4535 ext. 243