

Health & Wellbeing in Schools Governors' & Staff Newsletter

January 2016



St. Helens
Council

Welcome from Councillor Bell

Cabinet Member for Public Health and Wellbeing

Firstly, I would like to wish you all a Happy New Year and I hope you had a lovely Christmas! Public Health England has launched a new Change4Life campaign called "Sugar Smart", to encourage and support families to cut down on their sugar intake. They will be sending out healthy eating teaching resources through the schools' fruit and veg scheme that will teach pupils about sugar and 5 a day. Please could you cascade this information to your colleagues and to find out more, please visit the Change4Life School Zone at www.nhs.uk/c4l/schools I know schools are already doing lots of work around healthy eating and reducing sugar and would like to thank you for continually championing healthy behaviours in your schools!

Working alongside young people on a regular basis, I understand what affects children's health and wellbeing and the critical role schools play in providing healthy places to learn and work. A strong link between good health and achieving academically is vital in encouraging children and young people to be active participants in their community, their schools, and society at large. Throughout childhood, a safe and secure school environment alongside a positive relationship with family are undoubtedly the foundations for good child health and wellbeing.

I am keen to learn what you are doing in your schools and would like to share your resources and good practice in the next newsletter. Please contact Melissa Halligan from the Public Health Team at melissahalligan@sthelens.gov.uk



Primary school children urge motorists to stub out smoking in cars

St Helens primary school children were invited to the Town Hall Chamber to receive certificates and prizes after taking part in a smoke-free cars sign design competition.

Organised by the Smokefree St Helens Service, the purpose of the competition was for pupils to creatively warn drivers about the new legislation, which from 1 October 2015, has now made it illegal to smoke in a car or vehicle with anyone under 18.

Ellie-May Buckley from Holy Spirit Primary was the overall winner, with Michael Hurlle from Sutton Manor Primary and James Fleming from Legh Vale Primary as runners-up.

St Helens Council's Cabinet Member for Public Health and Wellbeing Councillor Jeanie Bell was present to hand out certificates and prizes, along with the Council's Assistant Director of Public Health Dympna Edwards and Smokefree Service Staff and Manager Julie Tipton.

Councillor Bell said: "Children's airways, lungs and immune systems are less developed so they are more at risk from the effects of breathing in tobacco smoke and the damage that this can cause.

"We aim to raise public awareness of the new legislation by displaying signs across the borough and to encourage smokers to seek help to quit"

To find out more about the legislation, visit www.gov.uk/smokefreecars



Tasty Tuck Award

The Tasty Tuck Award Scheme is offered to primary schools through the Healthy Living Team, supported by their Community Food Workers and is commissioned through St Helens Council's Public Health Team.

The award scheme is about encouraging children and young people to make healthy choices by promoting healthier snacks and drinks in schools that are good for their general health as well as their dental health.

If your school would like more information about the award or would like a visit from Captain Tuck, please contact Stephanie Wignall on stephaniewignall@sthelens.gov.uk

Oral Health in Schools



St Helens Oral Health Improvement Service work in partnership with 55 schools across St Helens, reaching on average over 16,000 school children four times a year by offering a free toothbrush and family fluoride toothpaste with a dental leaflet.

Further support is available to schools in the form of an Oral Health Resource Loan Box which contains lots of exciting visual resources to aid the Foundation, Key Stage One and Key Stage Two education. Foundation Stage classes can loan free of charge a dental chair, role play clothes, dental background display and lots more fun resources to replicate visiting a dentist. Key Stage One and Two classes can benefit from visual aids and PowerPoint presentation lessons to learn about the anatomy and function of teeth as well as how to look after their teeth.

This service is free of charge and we would highly recommend schools to make use of this to complement their teaching syllabus.

For more information please contact Joanne Dawber on Joanne.Dawber@Bridgewater.nhs.uk

Tootoot – Let's Make a Noise!

Children and Young People's Services in partnership with Public Health have been working with Tootoot to 'make a noise' about how children and young people can safely report any worries or concerns about bullying, including cyber bullying. Tootoot is an online resource which is being rolled out to schools and whilst it will not replace the important role of face-to-face conversations between staff and pupils, it will allow children and young people to have another way of getting in touch with somebody who can help.



Schools can also use the resource to give them a greater understanding of the type and nature of concerns that pupils report, allowing them to respond and plan interventions effectively.

Health and Wellbeing Governors can discuss with their Head Teacher how Tootoot is being introduced into their school.

Alcohol Awareness takes Centre Stage



A drama performance highlighting the potential risks and consequences of excessive alcohol use has proved to be a big hit after touring secondary schools across St Helens.

Pioneered by St Helens Council's Young People's Drug and Alcohol Team (YPDAAT), Performing Arts students from St Helens College acted out a 20 minute play titled 'Intoxicated' to Year 8 students, to stress themes such as overdose leading to hospital admission, violence and aggression, the impact on relationships - and other immediate risks linked to alcohol.

The play also explored how social media can impact on young people and how quickly videos and images can be shared across the internet.

Young people and parents can keep in touch with key messages from YPDAAT through the newly launched Youth Action Zone (YAZ) Facebook page, which also includes a range of advice and information from the TAZ (Teen Advice Zone) Outreach Team and the Council's Youth Service.

Helpful links signpost visitors to advice and support on issues affecting children and young people in the borough – such as drug and alcohol misuse, and staying safe when out and about.

The YPDAAT website has also been recently developed and professionals can access information about future training events and download referral and group work request forms. Visit the website at www.sthelens.gov.uk/ypdaat

For more information please contact YPDAAT on 01744 675605 or email ypdaat@sthelens.gov.uk

Life Matters Programme



Drug and alcohol support for **young people**

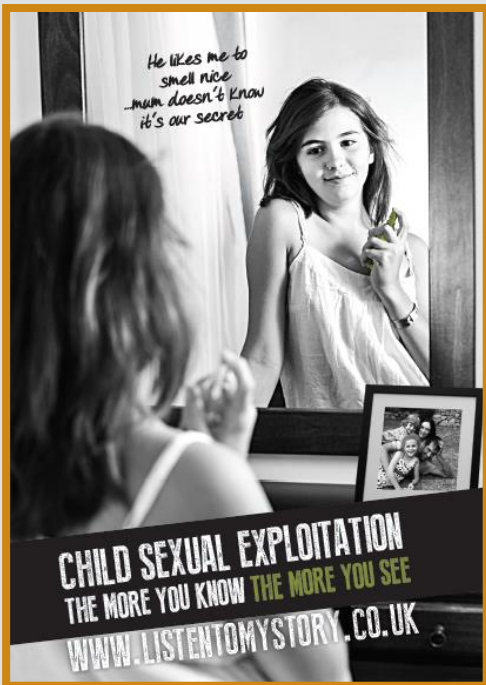
The Young People's Drug and Alcohol Team (YPDAAT) has developed a new programme called Life Matters. It is a three week programme which can be tailored to meet the needs of any groups of young people across the borough. The programme has been developed to promote the prevention, delay the early onset of and reduce the harmful outcomes caused by drug and alcohol misuse to individuals and the wider community. The programme has been designed to support PSHE Key Stage 3 curriculum guidelines. The programme is currently being offered free of charge to schools across St Helens.



Life Matters sessions will include:

- Alcohol awareness
- General drug education
- Managing risk
- The law around drugs/alcohol
- Making positive choices
- Peer influence
- Accessing support services

For further information, contact YPDAAT on 01744 675605 or email ypdaat@sthelens.gov.uk



Listen to My Story

Listen to My Story is a Merseyside wide campaign to raise awareness of child sexual exploitation (CSE) and to educate our communities about the signs and vulnerabilities of CSE. St Helens Council and partners are supporting the campaign and materials will be available for schools, including staff, pupils and parents.

Sometimes it can be difficult to spot the signs of CSE, but if you or someone you know has been asked to do sexual things in return for something then they may have been sexually exploited, even if the person who did it was a friend, boyfriend or girlfriend.

For more information visit: <http://www.listentomystory.co.uk> and <http://www.sthelenslscb.org.uk/professionals-and-volunteers>
Contact Michelle Davies on 01744 675665.

PSHE Association Membership

Membership benefits include:

- Free access to a library of quality downloadable resources that will help you develop and improve your practice
- Teaching & learning strategies, model schemes of work, review and quality assurance tools, model policies, guidance on reporting & recording and much more including special 'Online CPD' units for those new to PSHE.
- Keep your teaching relevant with updates and guidance on all PSHE education policy and curriculum developments.
- The website, e-newsletter & social media will keep you up to speed on curriculum developments, resources, events, training opportunities and immediate updates on changes to legislation.

Annual fees:

- School/organisational membership: £100 (Strongly recommended as it entitles you and all of your colleagues, including governors, to the above benefits)
- Individual membership: £35
- Concessionary individual rate: £15 (includes NQTs, PGCE students and teaching assistants for the first year of membership)

For more information, please visit: <https://www.pshe-association.org.uk/>

Think Big!



The Think Big project is part of the recently launched Digital Communities programme, which sees St Helens Council and O2 teaming up to help businesses and residents alike embrace technology and gain vital new skills.

O2 is offering 30 Think Big grants of £300 each for local young people (aged 13-25) along with mentoring sessions, to help them take their first steps in the digital business world, using digital for social good to improve their community or the environment, and St Helens Council, in partnership with St Helens Chamber, are offering to fund an additional 30 projects.

The project also offers a Digital Skills Exchange - matching local businesses with the young digital talent on their doorstep. It helps businesses to fulfil their skills needs while offering local young people the chance to put their digital skills into practice and gain valuable workplace experience.

How has your secondary school been involved?
For more information contact Donna Plumbley on 07838176967 or email donna.plumbley@telefonica.com

Impact of Change4Life Sports Clubs



A qualitative study was carried out in St Helens to find out the impact of Change4Life Sports Clubs on primary school children's psychosocial and physiological development, including those less active children.

4 primary schools in St Helens participated in the study. Consultation included 9 children's focus groups, 4 teacher interviews and 4 Change4Life Sports Club observations. The key themes were as follows:

- **Social:** social skills, role models, moral values, sense of belonging and peer support. *"I don't normally play outside on the playground and play sports, but now, I like spending time too with other people and I have made lots of friends because before I used to play on my own in the playground"*.
- **Psychological:** motivation, self-efficacy, self-esteem, mental wellbeing, playing outside and safety concerns. *"When I heard that I was doing Change4Life I was a bit shocked, I'd never done it before and I was a bit nervous and shy, but I feel better now and not nervous, I can play the games better and I look forward to new ones"*.
- **Physiological:** increased physical activity, health-related benefits, improved motor skills and positive psychological effects. *"When you go... when your heart is beating and your blood is running it makes you feel good, you feel like you are getting a bit hot"*.
- **Teachers reported additional benefits:** *"Structured play definitely structured play... you are enforcing some of the basic movement skills... it's definitely the psychosocial skills where it works. It gets them moving at lunchtime and they come back to lessons refreshed and are able to concentrate more"*.

Findings from the study conclude that participation in Change4Life Sports Clubs has the potential to enhance a child's perceived psychosocial and physiological development.

For more information, please contact Nichola Wilkinson on 07792916034 or email nikkiwil@hotmail.co.uk

Democracy Debate



Over 150 pupils gathered at the Town Hall during October 2015, to participate in discussions about what it is like to be a young person in St Helens. They explored issues in relation to health, education, crime and safety – resulting in a lively debate in the Council Chamber where they exchanged views and presented their ideas to help solve these issues. The issues and ideas which were debated included:

- **Time to breathe:** A stop smoking campaign led by young people. They talked about smoking being a serious addiction and the importance of getting the message across about how bad it is.
- **Lifeskills:** To promote good attitudes to learning. Young people wanted to learn positive behaviour skills from student mentors and young people role models. They explained that when their lessons are disrupted, it stops them from learning and potentially getting a good job.
- **Saturday 'stress-away':** for children and young people who want to get away from any drama or stress at home, they can attend stress-busting activity classes to make them happier and calmer.

The intention is that all of the ideas will be presented in a report to the strategic leaders within the Council, who will use this information to inform their planning over the coming years.

In the meantime, we would ask that Governors work with the pupils who attended the debate to discuss how your school can action some of the ideas and suggestions that were put forward.

A full report will be available from February 2016.

For more information, please contact Helen Sharratt on 01744 671866 or email helensharratt@sthelens.gov.uk

Swap the Pop Success! Curriculum for Life



Over 1800 children, young people and adults pledged to 'Swap the Pop' during the summer. Schools, youth groups and families all pledged to swap from unhealthy drinks, such as high sugar or caffeinated drinks to healthier drinks such as sugar-free, decaffeinated or water.

The benefits are speaking for themselves as the pledge heroes have told us:

"After swapping my daily energy drink to sugar free cordial, I am sleeping much better and definitely more chilled". Young member, St Helens Youth Council

"Water tastes nice and I like it better than juice now". Infant pupil at Carr Mill Primary School

The campaign was established after the success of Haydock High's project, where the pupils helped raised awareness amongst parents/carers of the negative impact that regular consumption of high sugar and caffeine drinks can have on children and young people and signed up to a pledge to not bring unhealthy drinks into school.

If you would like more information about the Swap the Pop campaign or how your school can encourage healthy drinks, please contact the Healthy Living Team on 0300 300 0103.

According to new YouGov polling, 90% of parents agree that PSHE education should be taught in all schools. This is the first time parental support for statutory PSHE has reached 90% - a major milestone. At the same time, young people have again expressed a need for lessons to help them negotiate life's challenges and opportunities. One young person has commented: *"PSHE is the one subject that prepares children for the rest of their lives yet it's often cut from the timetable to make space for other subjects. This is why it's so important to have statutory PSHE which covers so many areas, from bullying to healthy relationships. Right now children are getting their image of a 'perfect relationship' from the internet, music videos, films and their friends' experience. This is often not age appropriate or an accurate representation of real life. This is just one example but there are many more arguments why PSHE is so important."*

In St Helens we are currently working with High Schools to give their PSHE Curriculum a 'health check' in accordance with subject standards and Ofsted expectations. Health and Wellbeing Governors are encouraged to speak with the PSHE Coordinator and discuss the outcome of their PSHE health check.

For more information on the latest PSHE news, visit: www.pshe-association.org.uk

Continuing your Healthy Schools Journey

As a Health and Wellbeing Governor, have you met with your school's Healthy School Coordinator to discuss what you have achieved in 2014-2015 and to acknowledge what health priority you will be working on in 2015-16? Please can we ask governors to remind the Primary Healthy School Coordinators to return their outcomes information to the Healthy Schools Team.

Also, in secondary and special schools we have been meeting with senior leaders, Healthy School Coordinators, School Nurses and other colleagues to map out the health offer for the school. These meetings have resulted in an action plan being produced. We would welcome your contribution to these plans and would encourage you to work with the Coordinator and School Nurse to take this work forward in the school.



For more information please contact:

Primary Schools: Michelle Davies on michelledavies@sthelens.gov.uk

Secondary Schools: Julie Dunning on juliedunning@sthelens.gov.uk

Health and Education in Partnership



Over 70 Governors gathered together on Saturday 20th June 2015 to explore the link between pupil health and wellbeing and attainment. Governors listened to presentations from the national speaker, Claire Robson from Public Health England who outlined the research evidence which shows that education and health are closely linked and pupils with better health and wellbeing are more likely to achieve better academically. Delegates also heard from Local Authority senior leaders, Head Teachers and most importantly children and young people from schools and St Helens College who demonstrated how the culture, ethos and environment of a school strongly influences their health and readiness to learn.

There were a number of key messages that emerged from the conference which governors pledged to take forward in their own schools, these included:

- **[The Governor Pledge](#)** – setting out how you will be supporting your school to maintain their status as a health promoting school.
- **[Raising standards through health](#)** – which services are going to help your school continue to promote health throughout the life of the school, ensuring your learners have access to the right information to make informed choices.
- **[The Young Carers Promise](#)** – after listening to Megan's Story, governors pledged to feedback to their governing bodies and discuss how they were going to sign up to the Promise. If your school has not done so already, please do so.
- **[Launch of the Health and Wellbeing Governor Logo](#)** – designed by Governors in alignment with the St Helens Public Health branding, the logo was launched at the conference. The logo has been electronically sent through to all schools and we would invite you to include onto your letterhead, website and any other communication you feel appropriate.

Following the conference, Health and Wellbeing Governors have asked for further support to help them to understand some of the health issues surrounding the key priorities, such as Child Sexual Exploitation and Mental Health. This session will be offered in the Spring Term and information will be sent out shortly.

Please contact Julie Dunning on juliedunning@sthelens.gov.uk or 01744 671097 for more details on how your school can develop the role of the Health and Wellbeing Governor.

Megan's Story



At the recent Governors' Conference, a young person called Megan spoke to Governors about the importance of schools supporting children and young people who have caring responsibilities to ensure they flourish in school. Megan did not want special treatment, she talked about having practical and sensible measures put in place so as her situation could be managed discreetly and that she could access school life in the way that any other young person could.

Megan has worked with other young people to put these practical ideas into the 'Young Carers Promise'. We asked schools to nominate a Young Carer Champion on their Governing Body who will be able to ensure that their school signs up to the promise.

Given that young carers remain a priority for the Borough, the Promise is one way of signalling our intention to support those with caring responsibilities and let them know that we are committed to achieving the best outcomes for these young people.

We shall look forward to receiving your signed promise.

For more information or for a copy of the Promise, please contact Julie Dunning on juliedunning@sthelens.gov.uk or telephone: 01744 671097.