



Welcome to the third South Gloucestershire Healthy Schools Bulletin

It's great to be writing to you all again after a somewhat wet and wild summer break and I'd like to start by telling you that I am now officially Healthy School Programme Manager for the South Gloucestershire Programme.

Whilst stepping into Maggie Sims' shoes is something I would not want to assume, I do know that with the support of the Healthy School Teacher team and the members of the Steering Group that the local programme will be able to support you all in maintaining and developing further the successes achieved thus far.

This year will see the final group of schools through to gaining National Healthy School Status and also launch The South West Healthy School's Plus initiative in partnership with the Primary Care Trust. Schools eligible to take part in this exciting initiative will receive details soon and will be invited to attend a launch in November and sign up to Healthy School Plus.

Good luck with the start of the new term and I look forward to working with many of you over the academic year.

*Sarah Atkins*

## HPV Immunisation Programme

The Department of Health will begin the new Human Papilloma Virus vaccination programme for all girls aged 12-13 (Year 8) from September 2008.

"HPV & Cervical Cancer: What you & your pupils need to know" is a free curriculum linked teaching and learning resource available from The Royal Society for the Promotion of Health.

The material aims to support teachers and school nurses in introducing and raising awareness of HPV & cervical cancer within a broader sexual health context and will be of interest to PSHE teachers, school & practice nurses, Healthy School coordinators, local school improvement teams, local health promotion teams, and sexual health teams.

The material includes a teacher's guide, four complete lesson plans, supporting material and PowerPoint presentations. To obtain a copy, email [hpvinfo@rsph.org](mailto:hpvinfo@rsph.org)



## Healthy Eating Resource for Teachers

We recently sent you details of our 'Sun Protection Week' resource pack which I'm happy to say has been very well received by schools. We are now pleased to tell you about an exciting new healthy eating resource for primary schools.

The 'Quorn Food Quest' is a free resource, designed to help teach KS2 pupils about healthy eating and support schools in their efforts to gain Healthy School Status.

Packed with interactive whiteboard games and activities, the materials have been developed by teachers for teachers - integrating with curriculum objectives on the teachings of 5-a-day, food groups, food preparation, food chains and the importance of a balanced diet.

The free resource includes:

- ✓ **5 x easy to follow modules**
- ✓ **15 x games for the interactive white board**
- ✓ **11 x fun and educational classroom activities**
- ✓ **5 x A3 classroom posters**
- ✓ **10 x quizzes to test pupils' knowledge**
- ✓ **Homework tasks**
- ✓ **Free prizes to be won on completion of each module**



You can sign-up online at [www.quornfoodquest.co.uk/hsc](http://www.quornfoodquest.co.uk/hsc) or call the request hotline 0845 602 9000.

## Get out walking with your family in South Gloucestershire!

Join one of our free 'Walking to Health' walks around South Gloucestershire. The walks vary in length from 0.5 to 4 miles, with the shorter option being suitable for those returning to walking after illness or injury. Many of our walks are suitable for wheelchair and mobility scooter users and pushchairs.

Walking is a low risk, low impact activity, available to people of all ages. The benefits are huge, including; reducing the risk of heart disease and heart attacks, reducing the risk of some cancers, reducing blood pressure and elevating mood.

Our walks are always sociable and usually include a tea or coffee at the end. Each walk is lead by a fully trained volunteer walk leader. Bring along the whole family and have some fun!

To find out further information, you can reach us on **01454 868006** or e-mail [foodandhealth@southglos.gov.uk](mailto:foodandhealth@southglos.gov.uk)



Or you can find further information on our website at [www.southglos.gov.uk/walkingtohealth](http://www.southglos.gov.uk/walkingtohealth)

## October is walk to school month

For additional support please contact [Barnaby.harding@southglos.gov.uk](mailto:Barnaby.harding@southglos.gov.uk) – school travel coordinator

## Smoothie Success!



The week of 4<sup>th</sup> Feb 2008 was Food Week at Pucklechurch CE VC Primary School.

Co-ordinated by class teacher David Pool, with the emphasis on having a healthy, balanced diet, a variety of activities were planned for the children.

Big Foot Theatre Company kicked off the week with a humorous assembly and follow up workshops looking at what it takes to be a 'Healthy Human Specimen'! Different year groups undertook a variety of learning experiences during the week, including making fruit

kebabs, creating art work and animations inspired by the artist Arcimboldo, learning a '5 a day' song with actions and helping to write a funky rap about our very special cook - Molly!

Since starting work on the Healthy Schools Award in January 2007, our PSA (Pucklechurch School Association) have been looking for a healthy alternative to a cake sale and at their own suggestion, Food Week seemed just the time to try something new. All children had previously received an envelope detailing each of the 3 smoothies on offer and made their selection by circling their choice. They each paid 50p and returned the envelope to school in advance of the sale. Once the orders were totalled, each class was responsible for bringing the ingredients for one of the smoothies. Class reps helped out by organising this amongst the parents.

On the day itself, an enthusiastic team of volunteers, gallantly led by Sue Jaques and assisted by Year 5 children, began the morning session of chopping, blending and tasting. From 1pm onwards, classes had an allocation of time to collect and drink their smoothie altogether in the hall. There was a very happy, positive atmosphere to this event and the children really liked being a part of the 'making' as well as buying their own smoothie at the end of it all.

As a comparison, a cake sale normally makes about £70-£80. Our smoothie sale made £120. So, although a lot of time and effort was needed during the day, the members of the PSA were pleased with the way the event had run. Possible improvements for the future would include involving **all** of the children at the designing and making stage and organising the day as a class by class event. For their hard work and commitment to supporting the school in its quest for healthy options, thanks PSA!



For more information on healthier drinks try the Food School Trust website:  
[http://www.schoolfoodtrust.org.uk/stacker\\_detail.asp?ContentId=436](http://www.schoolfoodtrust.org.uk/stacker_detail.asp?ContentId=436)

## The Josie Project



South Gloucestershire Council is piloting a new initiative at St Stephen's Junior School called the Josie Project. It has been inspired by the work of Mary Gordon and the Roots of Empathy programme which has become well established in Canada. The programme is grounded within social and emotional learning and in promoting empathy among children and young people through exploring the developmental milestones of a child's first year.

The project consists of 10 units. Each unit is made up of 3 lessons. 1 lesson is based around the visit of the baby into the classroom and the other 2 lessons are delivered by the teacher using the emotional development of the baby as a focus for exploring and developing the children's own emotional development. Each unit has a homework activity to ensure that parents are involved as much as possible and to promote dialogue at home around child development and experiences. The Josie Project aims to develop social and emotional skills and to promote resilience among children by focusing on empathy, communication, self awareness, coping skills and positive relationships. The evaluation of the first year has been really positive. Below are some comments by Josie's mother, the class teacher and children:

*'Josie, albeit never a reticent individual seemed to relish the chance to spend time with the students and I have no doubt that as her relationship with the students grew and flourished further, she benefited immensely from interacting with them. I think it has played a part in starting to build her social skills and her confidence to try new things, and trust in others.'* Josie's mum Sally

*'I loved "teaching" these lessons because it was easy! Easy, in that the children were in control of their own learning outcomes. It was a very positive experience for all the children. Some children were 'only children', or the youngest and this provided them with an experience that they had never had before. Also, some children who had SEN issues became the "expert" as they had lots of experience with looking after babies.'*

Bekki, class teacher

*'I've learnt how to control myself'. 'Not to hurt other people'. 'About being friends'.* Year 3 child

We are looking to deliver the project in many more schools as a way of enhancing the learning from SEAL and developing work with parents. If you would like to know more about the project please contact Sam Drew at [sam.drew@southglos.gov.uk](mailto:sam.drew@southglos.gov.uk)

## CHIPS - ChildLine in Partnerships

ChildLine in Partnerships (CHIPS) offers workshops and training for schools and other organisations on issues such as bullying, cyber bullying, keeping safe in a virtual world, peer support, peer pressure and friendships.

CHIPS have developed workshops on Cyber bullying and Cyber safety, for primary and secondary students. During these sessions they look at the positive use of technology, the issue of cyber bullying, strategies for help in incidents of cyber bullying and ways of staying safe. They continue to offer Peer Support training for all ages, such as befriending, listening schemes and mediation schemes and they are currently developing new resources for pupils and staff, particularly in supervision and training of the peer supporters.

For more information please contact Judith Moore, CHIPS Co-ordinator South West  
ChildLine – NSPCC,



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## Your Healthy Schools Team

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