



HEALTHY SCHOOLS NETWORK 2020/21

AUTUMN TERM NEWSLETTER

In this newsletter

For your information

- Events and meetings taking place this term
- Social media
- HSN Website update

Opportunities:

- Physical Activity
- SEMH
- PSHE
- Healthy Eating

Dates for your diary

HSN Champions Virtual Conference
Thursday 8th October
10:00am – 11:30am

HSN Network Meeting
Thursday 26th November
1:00pm – 3:30pm

FOR YOUR INFORMATION

Welcome back! 😊

Welcome back

We hope you have managed to find some time over the summer to relax and reenergise for the academic year ahead. This term the Healthy Schools Network shall be hosting a virtual conference on **Thursday 8th October between 10:00am and 11:30am**. We are delighted to share that we shall be joined by our keynote speaker Steve Harris, Wellbeing Education who will be focusing on 'Building Resilient Pupils'.

Social Media

Follow us on twitter (@leicesterHS) where you will be able to see a number of updates and opportunities to take part in over this term to support your schools in a variety of ways for Health and Wellbeing.

Website Relaunch

We are currently in the process of relaunching our website and shall let you know once this has been finalised. The new website will include:

- A page that signposts you to various organisations in the health and wellbeing sector
- A forum where you can connect with other Leicester Schools and providers
- Regular updates of opportunities available for you
- An online self –assessment form for you to measure your schools strengths and areas for development

We do really appreciate your input so if there is an element on the website that you would like to see please do let us know and we shall see what we can do to help. Please contact Rebecca Partington rebecca.partington@sdsa.net or Emma Sheasby emma.sheasby@sdsa.net

OPPORTUNITIES

The HSN Team have been liaising with a number of providers in the Health and Wellbeing sector to see how we can best support schools during this term. Please see a list of information and opportunities below.

PHYSICAL ACTIVITY



Aim Strong Sport Limited

Now delivering the SAQ awards for schools online, these awards will help to train staff in delivery of fundamental movement for children. [Click here](#) to view the YouTube channel Table tennis active for schools where staff and students can access sessions for free.

Youth Sport Trust

With a school term like no other ahead of us, wellbeing needs to be at the very heart of school for young people and their teachers. The new #WellSchools movement, powered by the Youth Sport Trust and Bupa Foundation, aims to bring school leaders together to drive change and bring wellbeing to the heart of school life. Until the platform is ready to access, find out more here www.youthsporttrust.org/wellschool

context2cognition

[Click here](#) to view further information.

Leicester City Council

The Leicester City Council are offering SEMH virtual training. [Click here](#) for more information.

LoudMouth

[Click here](#) to view further information.

Minds Ahead

Running a new course in September for a new role, the **School Mental Health Specialist**. The **School Mental Health Specialist** is a pre-clinical role in schools and colleges designed to fill the gap between clinical mental health practice and the realities and context of schools and colleges where children and young people spend so much time. If you are interested in partaking in the course or you are a school leader wanting for one of your staff members to train in this role please submit your interest [here](#)

SWGfl – Safe, Secure, Online

Back to School' pack which includes essential resources and digital tools for schools returning to regular practice including training and helpline support. [Click here](#) for more information.

SOCIAL, EMOTIONAL AND MENTAL HEALTH



PERSONAL, SOCIAL AND HEALTH EDUCATION



Eye Heroes

View our [website](#) complete with brand new resources to enable volunteers to run live online eye health workshops for schools. We're encouraging all interested schools to make contact with us: coordinator@eyeheroes.org.uk

FREE Jigsaw PSHE 'Recovery Packages'

Jigsaw PSHE is a comprehensive, lesson a week PSHE programme for ages 3-16, now the preferred scheme in 5,000+ schools. It covers all the statutory RSHE requirements in the whole-school programme.

www.jigsawpshe.com for information and to download sample materials

Leicester City Council

Please [click here](#) to view the Environmental Education Leicester Flyer providing FREE support to schools to help be sustainable in all that they do.

Leicester Sexual Health

Please [click here](#) to view more information.

Leicestershire Nutrition and Dietetic Services

[Click here](#) for further information.

HEALTHY EATING



Minor Weir and Willis Limited

Now the national supplier of KS1 apples, pears, radishes, carrots, soft citrus sugar snap peas and cocktail tomatoes and has access to competitively prices bananas and dried fruits. We can deliver to all infants and primary schools in Leicester and Greater Leicestershire and after school clubs We can offer oranges for Christingle and easy peelers for the whole school at Christmas. We can work with your budgetary constraints for all events, occasions and locations.

Look at our kidsfruit.org site

For further information please call 0121 289 4000

THANK YOU FROM THE HSN TEAM

Thank you for your support and commitment to the Network. We hope you have a great first half term. Please don't hesitate to get in touch with one of the HSN team if you do require any further information.

All the best and take care

Emma and Rebecca

The HSN Team

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