



HEALTHY SCHOOLS NETWORK 2020/21

AUTUMN TERM 2 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 Virtual Meetings

HSN Network Meeting
Physical Activity and Healthy Eating
Thursday 26th November
Time: 1:30pm – 3:30pm

HSN Conference
Monday 8th March
Time: 9.00am – 3.00pm

HSN Network Meeting
PSHE and SEMH
Thursday 22nd April 2021
Time: 1:30pm-3:30pm

FOR YOUR INFORMATION

We hope you are keeping safe and well in these uncertain times and managed to find some time over the half term to relax and reenergise ready for this next half term ahead. This newsletter contains dates for upcoming events as well as a number of opportunities for your school to take part in to support with health and wellbeing.

Social Media

Follow us on twitter (@leicesterHS #LeicesterHealthySchools) and our Facebook Page <https://www.facebook.com/groups/907065799785861>, 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

As a reminder 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

All items on the Newsletter can be accessed by visiting <https://healthyschoolsnetwork.co.uk/newsletter>

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 **SUSTRANS**

Join the movement – [click here](#) for more information.



FUNKY FEET MUSIC

Please see video links for the dance program and activity boosters for the classroom. [Click here](#) to view the flyer.

<https://vimeo.com/472014769/94eecdb0f1>

<https://vimeo.com/464675361>

SOCIAL, EMOTIONAL AND MENTAL HEALTH



TRANSFORM TRAINING LTD

Transform Training limited are offering free online emotional wellbeing workshops that we are offering to children, young people, adults, individuals, teams or groups. [Click here](#) for more information.

[Click here](#) to view the Transform your Wellbeing Reviews.

JIGSAW

Jigsaw, the mindful approach to PSHE, meets all the statutory RSHE requirements for both primary and secondary schools within a whole-school PSHE Programme, and also focuses on mental health. The primary programme enables a whole-school approach with assemblies, songs and of course, the Jigsaw Friends, Jerrie Cats and Chimes. Jigsaw 11-16, in partnership with NCFE, offers the teaching programme and assessment process enabling students to achieve Levels 1 and 2 Awards for RSHE, and Jigsaw Programmes include ongoing support.

We are happy to offer a 10% discount on Jigsaw PSHE Programmes until the end of this term. (Discount code on flyer) Please [click here](#) to view the flyer.

CARNEGIE CENTRE OF EXCELLENCE FOR MENTAL HEALTH IN SCHOOLS

https://issuu.com/carnegieschooleducation/docs/cpd_brochure_issuu

The Carnegie Centre of Excellence for Mental Health in Schools in partnership with Minds Ahead exists to strengthen the mental health of the next generation by supporting schools to make a positive change at all levels of the UK's and International education systems, thereby improving outcomes and life chances.

The Centre is focused on evidence-based solutions which address schools', pupils and parents/carers needs; and brings together a professional community of school mental health leads and other educational and mental health practitioners.

Our work is focussed on supporting schools to develop a culture of positive mental health.

We have created a range of professional programmes specifically designed to help teachers, support staff and governors develop a range of strategies to improve and manage staff and pupils' mental health across all education settings.

List of programmes

- Briefing and Developing my Staff on Mental Health Masterclass
- Carnegie Governance Lead for Mental Health and Wellbeing Status E-Module
- Developing a Whole School Approach to Mental Health Workshop
- Developing your School's Mental Health Policy Masterclass
- Development Programme for the Senior Mental Health Lead
- Embedding Mental Health into your Curriculum Masterclass
- Engaging Parents where their Children have a Mental Health Challenge Masterclass
- Leading Mental Health from the Middle Programme
- Postgraduate Diploma / Masters Degree in Leadership of School Mental Health and Wellbeing
- Professional Development Workshop for the Governance Lead for Mental Health and Wellbeing
- School Mental Health Award
- Strengthening Staff Mental Health Masterclass

Please email schoolmh@leedsbeckett.ac.uk for more details.

National Hub for Supervision in Education

The National Hub for Supervision in Education in partnership with Talking Heads focusses on providing supervision support/training for teachers and educators whose role involves supporting children and young people with issues affecting their well-being/mental health such as stress or anxiety. The Hub aims to improve children and young people's educational experience by helping schools and educational providers embed an improved culture of support and resilience within their staff community. The Hub offers a range of professional learning programmes to help senior leaders to establish and develop a culture of supervision for teaching and pastoral staff. The Hub seeks to address the increasing demands being placed on all staff members within educational settings. This comes at a time when other services that have traditionally supported schools are being reduced. Supervision holds the child/young person at the centre of the supervision working alliance but meets the support needs of the educator too, through a bounded, confidential, regular supervision space for reflection, enquiry and challenge.

List of Programmes

- Developing a Culture of a Culture of Supervision in your School
- Development Programme for the Supervision Lead in your School
- External Supervision Support Service for Schools
- Facilitating Group Supervision Workshop
- National Hub for Supervision in Education Award

Please email Edusupervision@leedsbeckett.ac.uk for more details.

WORTH IT POSITIVE EDUCATION

Discovery Workshop online For school Mental Health Leads so you could send that out.

<https://www.worthit.org.uk/whole-school-wellbeing-mental-health-workshop-online/>

Introduction to Leading Whole School Positive Mental Health and Wellbeing-Discovery Workshop For School Leaders and Mental Health Leads

WHO IS THIS FOR?

This workshop is available to Designated Mental Health Leads and School Leaders that are still exploring the whole school approach to positive mental health and are not sure what support or expertise they need yet.

WHAT WILL YOU GAIN?

In this value-packed live online webinar, you will be walked through advice, examples, and strategies to develop a whole school approach to positive mental health and wellbeing.

- Gain insight into our leading evidence-based approach to school positive mental health and wellbeing
- Be introduced to the practical steps you can take to develop wellbeing for staff and pupils
- Be introduced to our step by step model for implementing school mental health and wellbeing
- Discover proven strategies and approaches proven to develop mental health and wellbeing with children and staff
- Identify the top priorities for an effective approach to positive mental health and wellbeing
- Learn from practice examples of other schools that have developed positive mental health and wellbeing
- Build confidence and awareness to know where and how to start developing wellbeing and what 'good' looks like in your school

PERSONAL, SOCIAL AND HEALTH EDUCATION



NEW DRUG AND ALCOHOL EDUCATION PACKS FROM THE PSHE ASSOCIATION.

The PSHE Association recently launched new drug and alcohol schemes of work for key stages 1-4. Developed for Public Health England, this resource pack includes lesson plans and resources for each key stage, as well as a comprehensive teacher guidance document, knowledge organisers and an evidence review of effective drug and alcohol education practice.

Schools must now cover drug and alcohol education as part of statutory Health Education, Relationships Education/RSE requirements, so this pack will provide schools with the materials you need to do so with confidence. Mapping tables will allow schools to identify where the lessons address this statutory content and relevant learning opportunities from the PSHE Association Programme of Study core themes. The accompanying evidence review provides an accessible overview of the evidence base for effective drug and alcohol education.

Find out more here: <https://www.pshe-association.org.uk/news/new-drug-alcohol-education-packs-launched-%E2%80%93>

LEICESTER CITY COUNCIL

Switch your engine off for cleaner air – Free idling project and resources available for city schools

Idling vehicles is recognised as one of the biggest contributors to air pollution around schools. Now more than ever, we are encouraging schools to promote active travel to reduce congestion at the gates; to make it safer, help maintain social distancing and make the air cleaner.

The Switch off your engine for cleaner air campaign has been developed to persuade parents parking around schools to switch their engines off when dropping off or waiting.

The campaign includes remote support and resources for schools to run an idling investigation and promote a campaign of their own.

If your school wants to put the brake on idling and needs support to get the Switch off your engine for cleaner air school campaign started contact Danni Kennell, Air Quality Education Officer at danielle.kennell@leicester.gov.uk or find out more from [Schools Extranet](#).

ALCOHOL EDUCATION TRUST
Fully funded, evidenced to work resources and training to talk to 11 – 18 year olds about alcohol



The vision of the Alcohol Education Trust (AET) is for young people to enter adulthood with a balanced understanding of alcohol by equipping them with the knowledge and skills to make responsible and informed choices.

AET is offering a training session around its Talk About Alcohol resources, which will cover alcohol and its effects - both social and physical, alcohol and the law, units and guidelines and staying safe. There is a strong emphasis on games, activities and social norms, teaching positive approaches and resilience that engage young people around alcohol and the issues they face as they get older. Amazing resources for young people with special education needs too! Suitable for anyone working with 11 – 18 year olds. Training (approximately one hour) can be done virtually on a date and at a time to suit you. Please contact Karen – Karen@alcoholeducationtrust.org

TURNING POINT

Turning Point have provided some information about their service; [click here](#) for more information.

[Click here](#) for the DUST screening tool that those in contact with YP can use.

HEALTHY EATING



ROAST DINNER DAY!

Roast Dinner Day is on the **11th November 2020**. Roast Dinner Day is a long-standing Food for Life event, held every November during National School Meals Week.

Normally, we ask schools to invite parents, other family and local community members to have a Roast Dinner with their children. This celebrates school food, increases meal take up by showing parents how good school dinners are and helps schools meet the community engagement criteria of our awards framework. But this year is a little different. Due to Covid19, we will not be encouraging schools to invite guests for lunch. Instead we are focusing our messaging on the importance of schools serving a hot meal and celebrating the hard work of those who provide them.

So this year Roast Dinner Day is going back to its roots. It's all about celebrating our unsung heroes: cooks and caterers, as well as raising the profile of a hot school lunch.

Schools can [register for Roast Dinner Day here](#).

Your free FFL training to help children eat well

At this time of disruption, our Food for Life training offers the opportunity to develop your understanding of the Food for Life programme, increase your confidence in teaching within the Food for Life framework and supports your Food for Life activities.

With healthy food high on the national agenda, never has there been a more relevant time to join our **'Smart Eating training for Chefs, Cooks and Midday supervisors in Schools'** training.

This training is aimed at those on the ground working in schools, helping children to eat healthy food.

Our training introduces nutrition, using Public Health England's Eatwell guidance, alongside practical examples and solutions on everything from portion control to picky eating. Trainees come away feeling empowered on the impact they can have every day, supporting children to eat well.

This training will be delivered through the training platform Litmos, available whenever suits you.

If you have any questions or you're having issues signing in please email ffltraining@soilassociation.org. or Ldidier@soilassociation.org

Primary schools packed lunch webinar

You are invited to attend a packed lunch webinar looking at;
What do we see in our children's packed lunches and what we should be seeing.
We will also look at healthy packed lunch activities to run in school.

Please register for Packed lunch webinar for Primary Schools on Thursday, November 19, 2020 3:00 PM - 5:00 PM GMT at:

<https://attendee.gototraining.com/r/3092000830122215681>

After registering you will receive a confirmation email containing information about joining the training.

COMMUNITY FOOD GROWING SUPPORT PROGRAMME FOR SCHOOLS – AUTUMN 2020

[Click here](#) to view the Community Food Growing Support Programme.

THANK YOU FROM THE HSN TEAM

Thank you for your support and commitment to the Network. 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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