Welcome to the 22nd Edition of Healthy Schools Newsletter

**Enhanced Status Achieved**

Congratulations to the schools below who achieved Enhanced Healthy Schools Status during summer term. Each school has identified health and well being outcomes to improve for their children and young people and have put in place actions to make this happen. The actions which these schools are implementing will impact on their children and young people’s ability to make safe, informed healthy choices. This will ensure pupils feel happy and safe at school and achieve their full potential.

<table>
<thead>
<tr>
<th>School Name</th>
<th>Individuals</th>
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<tbody>
<tr>
<td>Lockwood Primary School</td>
<td>Miss Jerz Teacher with India Moody and Demi Wynn</td>
</tr>
<tr>
<td>Badger Hill Primary School</td>
<td>Assistant Head Teacher Laura Thrower, House Captains - Billy Grady and Charlotte Cowley</td>
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<tr>
<td>Chaloner Primary School</td>
<td>Katie Childs, Healthy Schools Co-ordinator, Megan Griffiths and George Martin who are part of the East Cleveland Schools</td>
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Congratulations on maintaining Healthy Schools and Enhanced Status

During Autumn term the following schools have maintained their Healthy Schools Status. Congratulations to you all!

John Emmerson Batty Primary School, St. Benedicts Primary School, St. Gabriels Primary School, Wilton Primary School, Freebrough Academy

Maintaining Enhanced Healthy Schools – Newcomen Primary

SHEU Questionnaires

One aspect of achieving an ‘Outstanding PSHE programme’ is to use data to inform curriculum design and the annual Healthy Schools pupil survey is a good starting point for this. Several schools have also used the Healthy Schools survey as a starting point for achieving Enhanced Healthy Schools Status.

The survey provider is the School Health Education Unit (SHEU).

Some of the improved features include:

- Summary report of key findings
- Instant results
- Comparisons to other schools in the borough and nationally
- Year on year comparisons
- The ability to part complete a survey and then revisit it at a later time

Schools that piloted this new questionnaire said it was easy to log on, complete the questionnaires and gain the results.

If you would like any help with the questionnaires then you can ask your Healthy School contact – Janet Easley, Steve Mussett or Lesley Gibbin

This **FREE** survey is now available for all schools/academies to use.

Please either let your Healthy Schools Co-ordinator know or contact Lesley Gibbin

[Lesley.gibbin@redcar-cleveland.gov.uk](mailto:Lesley.gibbin@redcar-cleveland.gov.uk) 01642 495367
On Friday 9 January, NSPCC launched a public education campaign, called Share Aware, to help parents keep their children safe online.

The campaign is aimed at parents and carers of children aged 8-12 – the age at which they start doing more online, become more independent and use a greater range of devices. The campaign aims to encourage parents and carers to understand online safety and to have conversations with their children about keeping safe. Having conversations from a young age can help build trust and openness and get preventative messages across.

However, many parents feel confused by the internet and out of their depth in understanding what their children are doing online and what the risks might be. The Share Aware campaign aims to give parents the tools to feel confident to have these conversations. The campaign directs parents to a range of new resources, including Net Aware, a simple NSPCC guide to the social networks, sites and apps children use – as rated by parents and young people themselves. We will be providing information on this guide at the time of the launch.

There is also a downloadable guide and a hard copy booklet for parents, containing top tips for keeping your child safe online, as well conversation starters to help parents have conversations with their children. www.nspcc.org.uk/shareaware.
Redcar and Cleveland Healthy Schools Programme

A scheme that recognises and rewards food businesses in Redcar and Cleveland for their commitment to improving the nutritional quality of the food they serve was launched at Saltburn Learning Campus on 30th September 2014.

The scheme, which gives consumers the ability to make more informed and healthier food choices, is part of Redcar and Cleveland’s public health strategy aimed at tackling obesity and diet-related ill-health.

The Food4Health Award Scheme, which has been hugely successfully in Middlesbrough, is an excellent initiative that offers support to local food outlets and rewards them for their achievement in meeting demand for good quality nutritious food.

The scheme is open to all food businesses, except for retailers of pre-packed foods. The businesses can work to achieve a Bronze, Silver or Gold Award. Each award looks at the foods and ingredients used, the methods of preparing and cooking food, the information given to consumers and the way the business promotes healthy eating principals.

Redcar and Cleveland Council has been working with schools in the borough as the first stage in implementing the award scheme and four schools, Saltburn Learning Campus, Newcomen Primary School, Lockwood Primary School and Lingdale Primary School were awarded Gold Food4Health Awards at the launch. Another thirteen schools are working towards the Gold Award; Coatham Primary, Grangetown Primary, Hummersea Primary, Ings Farm Primary, Lakes Primary, Normanby Primary, St Peters CE Primary, KTS Academy, KTS+ Pathways, Eston Centre, Greystones and Redcar Community College.

It is hoped, that after all schools, colleges and nurseries in the area achieve the award that some businesses in the Redcar and Cleveland area will come on board with the scheme.

To achieve this Free award contact

Karen Pearson
Catering Monitoring and Advisory Officer
Environmental Health (Commercial)
Belmont House
Guisborough
Redcar & Cleveland
TS14 7FD
01287 612506
Tees Health Awareness Roadshow

Working together with communities to promote healthier living in Teesside.

Awareness and early intervention of cancer, cardiovascular disease, chronic obstructive pulmonary disease and diabetes

The Roadshow
- Will operate across Tees (Hartlepool, Middlesbrough, Stockton-on-Tees and Redcar & Cleveland)
- Will make people aware of the main Long Term Conditions (LTCs) which can cause premature death and illness
- Will raise awareness of key health issues within our area such as cancer, cardiovascular disease (CVD), respiratory disease (mainly COPD) and diabetes
- Will raise awareness of risk factors and signpost people to visit their GP
- Encourage people to attend health checks

Objectives
- To reduce the number of people developing LTCs
- To increase the number of people attending screenings
- To increase the number of people who present earlier with signs and symptoms

Other activities
- Presentations to raise awareness
- Events on a generic range of health issues affecting people across Tees
- Specific events/presentations on a certain topic that has caused concern amongst a population
- Looking into working with schools to raise awareness of risk factors and signs and symptoms of conditions at a young age. So that children will be aware for both later life and for their parents health

Why its important
- Health Inequality gaps
- Getting information to people who might not get the information otherwise
- Finding the missing thousands

For more information what would be available for your school/academy please contact:

Bannister Katie (NHS SOUTH TEES CCG) <kbannister@nhs.net>
BRITISH SIGN LANGUAGE

Want to learn something new?
We’d like to invite children, parents, carers, whole families to join with one of our
6 week signing courses,
taught by the friendly Redcar and Cleveland Council Tutor Maria Johnson.
at a cost of £1.00 per student per session.
You will learn to sign a basic conversation including:
your name, family, numbers, pets, weather, colour, school, jobs, transport,
food & drink

Please contact Maria for more information if your
school/academy is interested

My name is Maria,
I teach British Sign Language from basic to level 1.
I have signed all my life, because my mother was born Deaf. I have always had to sign
for my mother at Doctor's appointments and meetings. I now have hearing loss myself.
I enjoy teaching people of all ages and backgrounds to use sign language, to promote
equality and diversity, and I help to bring hearing and Deaf people together as a family
and as a community.
I feel very proud when I teach people sign language, as then they can sign to my Mother
and make her feel included.
Thank you
Maria Johnson
07960912365
Lesley Gibbin (Health Improvement Team) organised a training day for Cooking in the Curriculum. Janet Shaw from Badger Hill Primary School has been cooking in the curriculum every afternoon with different year groups over the last few years and Janet lead on the demonstrations and provided lots of information on how cooking links to the curriculum. Schools attending not only watched and listed to Janet but were given hand-outs with lots of information on Cooking in the Curriculum guidelines, websites and most important hands on cooking to give ideas what to cook within their schools. The morning session prepared cooked and baked lunch for themselves and the afternoon schools taking part and the afternoon session watched demonstrations with ideas on how to use this within their schools as well as making and baking different recipes. Lisa Lawson from Teesside University took part in a demonstration on gluten free bread and also gave advice on Cooking in the Curriculum as Lisa is completing her dissertation on does ‘Cooking in the Curriculum’ make a difference.
Cooking in the Curriculum continued…

Redcar and Cleveland Healthy Schools Programme

Schools attending Victoria Segrave - John Emmerson Batty Primary School, Emma Clements - Ings Farm Primary School, Pip Covell – Saltburn Primary School, Mandy Harrison – Badger Hill Primary School, Kelly Dunn, Dianne Bennet, Claire McPike and Jane Hogarth – St. Peters Primary School all enjoyed the training session and the hands on experience. Lots of recipes were made and baked to show what they could do with a whole class or with small groups and how these could link into other curriculum subject areas. Karen Pearson, Food4Health Co-ordinator attended and gave advice on schools applying for the Food4Health award.

Thank you as always to Nev Waugh and his team at Rye Hills who are always very helpful and supportive.

A delicious lunch for all to share…

Janet Shaw, Badger Hill Primary School

Food For Life

Eligibility criteria

- All junior, middle, secondary, PRUs & special schools who meet one or more of the criteria below will qualify for support:
  - an overall take up of school meals lower than 43% of pupils and / or
  - less than 76% of pupils eligible for free school meals are taking up their meal entitlements and / or
  - less than 35% of non-free school meal pupils are purchasing school meals.

Change starts with you...

Please goto foodforlife.org.uk/takeup

- Happier, healthier children
- Improved attainment
- Cohesive community
- Financial benefits

School Food Plan

The SFP reported on the state of school meals nationally in July 2013 and provided a set of actions for government, heads and Local Authorities.

One of these actions is to improve the viability of the school meal service by increasing take up.

New standards for all food served in schools are now mandatory in all maintained schools and new academies and free schools from January 2015.

http://www.schoolfoodplan.com/standards/

Applications are now open for FREE support packages to improve the viability of the school meal service by increasing take up.

The support packages are worth over £2000 and are fully funded by Department for Education.

For more information visit: www.foodforlife.org.uk/takeup
Smokefree Families Training

Smoking remains the single biggest cause of preventable death and disease in the UK and is responsible for more than 120,000 deaths each year and 1 in two smokers will die prematurely as a result of smoking related illness.

21.7% of adults in Redcar and Cleveland are estimated to smoke regularly, this equates to approximately 24,500 smokers in total across Redcar and Cleveland.

Exposure to Second Hand Smoke

Breathing in second hand smoke increases the risk of lung cancer by 24% and heart disease by 25%. Anyone suffering from chronic disease, such as heart disease and diabetes is more at risk from the effects of second hand smoke.

Children are particularly vulnerable to passive smoke exposure, most of which occurs in the home. Exposure to second-hand smoke is determined by whether their parents or carers smoke and whether smoking is allowed in the home and car. The level of exposure to second-hand smoke is three times higher if fathers smoke, six times higher if mothers smoke and nearly nine times higher if both parents smoke.

According to the 2010 Royal College of Physicians report, “Passive smoking and children”, parents who expose their children to tobacco smoke within the home significantly increase their child’s risk of disease and ill-health. Based on these national figures, it is estimated that there are 357 additional incidents of childhood disease each year within Redcar and Cleveland directly attributable to passive smoking.

The Smokefree Families initiative aims is to promote better health for local families, protect children and families from the harmful effects of second-hand smoke, and encourage young people not to start smoking.

It is not a smoking cessation programme, however anyone wishing to stop smoking as part of becoming a smokefree family is given support through the South Tees Stop Smoking Service.

Smokefree families encourage behavioural change in smokers. It provides smokers and non-smokers with information on the health effects of second-hand smoke, especially in children and promotes the non-health related benefits of going smoke-free in the home including the financial implications of smoking and impact on the home environment.
Smokefree Families Training available FREE of charge

The goal of Smokefree Families training is to provide frontline staff with the skills and knowledge to encourage parents to keep their homes and cars smokefree.

Aims of session

1. To increase participants’ awareness about the effects of secondhand smoke particularly in relation to children’s health.
2. To equip participants with the knowledge and skills to help them embed advice to parents and carers on protecting their families from secondhand smoke.
3. To introduce participants to the Smokefree Families programme and how it fits in with the delivery of tobacco control in the North East.

Participants will become Smokefree Families champions who can roll out the messages to staff within their teams/organisations. To express an interest in or to book onto the training please ring South Tees Stop Smoking Service on

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North Tees and Hartlepool NHS Foundation Trust

Joanna Feeney
South Tees Stop Smoking Service Team Lead
Integrated Care Services
University Hospital of North Tees
Hardwick Road
Stockton-on-Tees
TS19 8PE
Tel.: 01642 383815
Ext.: 83815
#Proudteesquitter

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Neighbourhood Countryside Warden

The countryside Rangers offer help and advice on the various centres, forests, walks etc. as well as arranging a variety of activities with schools. If your school hasn’t had the opportunity to work with the countryside rangers then it might be worthwhile getting in touch with them. There is a minimum cost for the activities but these can be discussed when you get in touch with them.

Paul Murphy -
Paul.Murphy@redcar-cleveland.gov.uk
Mobile - 07909 906307
REDCAR, MARSKE & SALTBURN

Jonathan Green
flatts.lanecentre@redcar-cleveland.gov.uk
Telephone: 01642459629
FLATTS LAN

Neil Thirkell
gfw@redcar-cleveland.gov.uk
Telephone: 01287631132
Pinchinthorpe, GUlSBOROUGH
Hello everyone,

It’s Gill Connor from Normanby Primary School, letting you know about some fantastic, free support sessions available for EVERYONE through the NSPCC/ChildLine Schools Service.

The Childline Team came to work with our Y5 and Y6 pupils in November as part of our PSHCEe, Anti Bullying and SRE scheme. Their key Underwear Rule messages were delivered through an assembly and a half day workshop. The Team’s light-hearted, interactive presentations on this serious Safeguarding subject had a massive impact on the children’s ability to identify if a situation was becoming uncomfortable, unpleasant or threatening and I’d like to share a little bit of our experience with all of you.

From the outset, the Team made our pupils feel at ease with what can often be an embarrassing subject for them; setting simple ground rules and boundaries to ensure positive, supportive sessions for everyone involved (including staff!). The Team were comfortable with answering all manner of questions, signposting pupils to ChildLine’s freephone on 0800 1111 and 1-2-1 chat online, as well as reminding pupils that an adult they trust will listen, and be able to help, if they are worried or upset.

My hope is that, through contacting all of our Healthy Schools Coordinators, I can support this excellent charity and make Redcar and Cleveland the first Local Authority to have ChildLine as an integral part of Safeguarding in EVERY school.

I highly recommend PANTS to you all, and hope you will contact Louise (contact details below) to arrange a meeting so your school can sign up for this excellent service. You will be SO impressed with the delivery, content and impact on your pupils when they are taught by experts about a subject which not all of us are confident in discussing!

lwillisk@nspcc.org.uk or 07976986459

Here are a few comments from the children……
The next Network meeting will be in June 2015, date will be emailed out to all Healthy School Co-ordinators.

Gill Connor, Healthy School Co-ordinator from Normanby Primary shared the sign language information in this newsletter and also the wonderful contact she made with NSPCC through ‘PANTS’ Thank you Gill.
If you have any contacts and positive experiences then let us know and we can share this information with other schools/academies.

Thank you to all our Healthy Schools Co-ordinators for all of your hard work.

There are 30 schools who have achieved Enhanced Healthy Schools Status; this is a great achievement so ‘Well Done’ to you all.
Remember we are all here to help and support you to move forward to achieve Enhanced so if you are interested please get in touch with your local Healthy Schools Co-ordinator.

If you would like any other help or support then please get in touch.

Janet Easley –Janet.Easley@redcar-cleveland.gov.uk - Greater Eston and Nunthorpe

Steve Mussett –Stephen.Mussett@redcar-cleveland.gov.uk - Guisborough and East Cleveland

Lesley Gibbin –Lesley.Gibbin@redcar-cleveland.gov.uk - Redcar and Marske