

HEALTHY SCHOOLS SUNDERLAND

A HALF TERMLY NEWSLETTER FOR SCHOOLS

SEPTEMBER/OCTOBER 2021 | TOGETHER FOR CHILDREN

WELCOME TO THE OCTOBER EDITION OF OUR HALF TERMLY HEALTHY SCHOOLS NEWSLETTER

You'll find that it is filled with interesting information, helpful hints and tips, events and news relating to the health and wellbeing of children and young people, school staff and your wider communities.

As the newsletter has been developed to compliment the Sunderland Healthy Schools Award, it has been set out with seven themes primarily relating to the award and the adjoined charters:

- Sunderland Healthy Schools Award updates and information
- Anti-Bullying and Online Safety
- Exercise and Activity
- Food and Nutrition
- Mental Health and Emotional Wellbeing
- Relationships, Sex and Health Education and Risk-Taking Behaviour
- Additional health related information useful to schools

We want this newsletter to be valuable to you, so please submit your feedback and suggestions for future content to healthy.schools@togetherforchildren.org.uk to help us provide you with a newsletter that you will find interesting and useful.

SUNDERLAND HEALTHY SCHOOLS AWARD UPDATES AND INFORMATION

Healthy Schools Award

The Healthy Schools Award is fully up and running! The award recognises the dedication of schools within the city to the health and wellbeing of their pupils, staff and local communities.

Schools are eligible for the award when they can evidence that they have attained, or are working towards attaining, the citywide health and wellbeing Charter Marks (Anti-Bullying, Great Active, Food and Nutrition, Mental Health and the RSHE Charter Marks). Visit www.togetherforchildren.org.uk/professionals/sunderland-healthy-school-award to find out more and apply.

Health and Happiness Project update and call-out for young members

Thank you very much to our colleagues in schools and community settings who have helped to recruit and support the Health and Happiness Project and make it a worthwhile engagement experience for our young people. We really appreciate it!

For those who may not know about the project, the Sunderland Health and Happiness Project gives young people a platform to share their concerns with health professionals about the health and happiness of children and young people in the city. The aim of the project is to empower young people to take a lead in developing solutions to avoidable problems affecting health and happiness.

Young people have already made great progress as several engagement groups from schools and community settings across Sunderland have met together to share their views.

Young people at Trinity Academy have met several times and are ready to address their health and happiness concerns associated with mobile phones.



Health and Happiness Citywide After School Group Meetings

This term, a new Health and Happiness Citywide Group meeting will take place at Bunny Hill Primary Care Centre after school. During the year ahead, regular citywide meetings will run on Tuesday's from 4.30pm to 6pm. The first meeting is planned for Tuesday 2 November.

How to join the Health and Happiness Project

We want to involve young people in the Health and Happiness Project as much as possible to represent the five city of Sunderland localities. Young people can take the lead on chairing the meetings, debating and working with professionals in the NHS and Public Health to decide on activities and campaigns to promote health and happiness for all young people.



Please help spread the word, we would love to welcome more young people to join the project! If you would like to know more about the project and how young people from your school can get involved contact Gwen Siegel at: healthy.schools@togetherforchildren.org.uk.

Congratulations to Grace Graydon and Dylan Jobling who recently attended an Award Ceremony to celebrate winning the Healthy Schools and Health and Happiness logo design competition.

Grace and Dylan's logo entries were chosen by Together for Children's young people's groups for their creativity, design and impact.

The new logos will be proudly displayed on Healthy Schools and Health and Happiness resources and media.

Healthy Schools Award logo designed by Grace Graydon, Plains Farm School



Health and Happiness logo designed by Dylan Jobling, Sunderland College

Award Ceremony - Grace and Dylan receive their £25 vouchers and certificates



Left to right: Councillor Louise Farthing, Cabinet Member for Children, Education, and Skills; Karen Davison, Together for Children, Director of Early Help; Grace and Dylan.

ANTI-BULLYING AND ONLINE SAFETY

The Anti-Bullying Charter Mark makes up the Anti-Bullying and Online Safety element of the Healthy Schools Award.

The Anti Bullying Charter Mark is currently being updated and will be available to view online in the New Year. If you have any queries with regards to your Charter Mark, or if you would like to achieve a new award, please get in touch!



Time to STOP bullying

The Anti Bullying Charter Mark and supporting documents have been updated and can be found at: www.togetherforchildren.org.uk/services/anti-bullying-charter-mark.

Wendy Coghlan has recently been appointed as our new Anti-Bullying and Participation and Engagement Co-ordinator. Wendy can offer advice and support in gaining or renewing your Anti-Bullying Charter Mark. You can contact Wendy at Wendy.Coghlan@togetherforchildren.org.uk or telephone via 07990567289.

We would like to congratulate the following schools who have renewed/gained their Anti-Bullying Awards this term:

- Ryhope Infant School Academy – Silver Award
- Hudson Road Primary School – Platinum Award
- Rickleton Primary School – Platinum Award



Anti-Bullying Children's Conferences and National Anti-Bullying Week 2021

Our annual Anti-Bullying Children's Conferences will begin on Monday November 1 2021.

The conferences will be held at various locations across the city:

Monday 1 November - St Aidan's Catholic Academy
 Tuesday 2 November - Hetton School
 Wednesday 3 November - Castle View Academy
 Thursday 4 November - Washington Academy
 Friday 5 November - Christ's College

Workshops will be held for primary schools each morning and secondary schools each afternoon. If your school is interested in attending, please contact youthvoice@togetherforchildren.org.uk.

National Anti-Bullying Week 2021

The year's National Anti-Bullying Week is taking place from Monday 15 to Friday 19 November, kicking off with Odd Socks Day on the opening day.

This year's theme is 'One Kind Word' and supporting resources for schools are available via the Anti Bullying Alliance website: www.anti-bullyingalliance.org.uk/anti-bullying-week/school-resources

If you are planning anything special, please let us know by emailing youthvoice@togetherforchildren.org.uk - we'd love to showcase the amazing work our schools and young people are doing!



EXERCISE AND ACTIVITY

The Great Active Sunderland Schools Charter (GASSC) makes up the Exercise and Activity element of the Healthy Schools Award.

Great Active Sunderland Schools Charter, which launched in September 2015, is a unique and successful accreditation programme. So far, 99 schools have achieved either the Engagement, Bronze, Silver or Gold standard.

The Charter has developed a proven track record to showcase a school's achievements regarding PE, sport, health and wellbeing and its role in the community. It is also an integral part of the new Sunderland Healthy Schools Award. It's free for schools to apply and to make the process easier, schools can apply online with support available throughout. Find out more at www.sunderland.gov.uk/article/14780/Great-Active-Sunderland-Schools-Charter

Schools are taking advantage of the Great Active Sunderland Schools Charter online application process. Over 45 schools have already started their Charter journey. So far, 18 Gold Awards have been retained, whilst eight Engagement Awards have been achieved.

The closing date for the Charter is Friday 25 June 2021. It is free for schools to apply online with support available throughout.

Great Active Sunderland Schools Charter Awards for 2020/2021:

Gold (as at 10.05.21)

Albany Village Primary School, Barnwell Academy, Bexhill Academy, Castle View Enterprise Academy, Columbia Grange School, Eppleton Academy, Fatfield Academy, Fulwell Infant School Academy, Hetton Primary School, Kepier, Oxclose Community Academy, Portland Academy, Redby Academy, Richard Avenue Primary School, St Cuthbert RC Primary School, St John Bosco RC Primary School, St Paul's CE Primary School, Wessington Primary School.

Engagement (as at 10.05.21)

Burnside Academy, Fulwell Juniors, Grange Park Primary, Hetton School, Hudson Road Primary School, Northern Saints Primary, Sandhill View Academy, Trinity New Bridge Academy.

GOLD
active
Sunderland
School 2020-21

SILVER
active
Sunderland
School 2020-21

BRONZE
active
Sunderland
School 2020-21

ENGAGEMENT
active
Sunderland
School 2020-21

EVERYONE ACTIVE

We all know that the school holidays can be a tricky time for parents. Balancing work and life commitments with those of your children is an immensely tricky task, and one that Everyone Active wants to help you with, thanks to our Active Kids Holiday Camps.

Our leisure centres offer a huge variety of activities (depending upon site) from sports such as swimming, tennis, dodgeball, snow tubing, football to arts and crafts in their holiday camps. These are all run by qualified instructors who know how to keep children of all ages active, interested and, above all, safe. Depending on location, some camps are run by our own staff, while others are run by partners like Fit 4 Sport. All our instructors are experienced, fully qualified, specialise in working with children and, of course, DBS checked.

Each child taking part receives support and encouragement to try a range of new sports and activities during the holiday camp, while also getting the chance to socialise with children of a similar age, outside of their normal social groups.

Our camps will take place at Washington Sports Centre and Silksworth Sports Complex and will run over October half term from Monday 25 October to Friday 29 October.



Please use the websites below for more information or contact our individual centres on the numbers below regarding prices.

Washington Sports Centre: 0191 416 6642
Time: 10am to 3pm
Ages: 5 to 11 years
Pack lunch required
£18.50 per day

Silksworth Sports Complex: 0191 528 5101
Time: 10am to 3pm
Ages: 8 to 11 years
Pack lunch required
Gloves required for snow tubing
£20 per day

Book now to avoid disappointment. Visit www.everyoneactive.com.

ACTIVE FAMILIES NE CIC

Active Families NE can deliver a wide variety of activities such as Zumba Kids, Yoga, Boxercise, Multi-skills and Silent-Disco. We can also include our Active AIM programme which teaches children about healthy eating and the importance of exercise in their daily routine.

We can deliver after-school clubs, cover of PPA, breakfast/lunch clubs and teacher/staff CPD.

Please contact us if you would like us to deliver a taster session in your school.

www.activefamiliesne.co.uk/active-schools.

Award winning wellbeing, sport and fitness activities with Active Families



The Daily Mile

Thank you to all the schools who took part in #thedailymilesunderland Twitter competition before Easter.

Congratulations to our main prize winners, St. Joseph's RC Primary and St. Joseph's Catholic Primary Washington, who received £750 each to spend on sports and exercise equipment for pupils. Well done to our four other winners, who also received £250 each.

Follow us on Twitter at twitter.com/tfcyouthvoice and twitter.com/WeAreRise_NE, and keep up to date with our Director of Education Services, Simon Marshall, in his weekly school emails for future updates and info about the competition launch.

If you work in a school and would like to know about how you can get involved with The Daily Mile, please contact gary.young@wearerise.co.uk.

Step up Sunderland

Step up Sunderland is a campaign to encourage people who live, work and study in Sunderland to be more active by tracking their daily steps using an app.

A school toolkit was shared encouraging schools to get involved and to set up their own teams. So far, 12 schools have signed up with an amazing 106,968,654 steps being counted!

For more information about Step up Sunderland please contact Change4LifeTeam@sunderland.gov.uk or visit www.sunderland.gov.uk/article/16581/It-s-time-to-Step-Up-.



**We're stepping up
in Sunderland**

Sunderland School Games inspires young people to be physically active for life through positive experiences of daily activity and competition.

The games puts physical activity and competitive sport at the heart of schools, providing more young people with the opportunity to compete and achieve their personal best.

This term we have competitions leading to County finals, festivals for participation of all signposting to community links, inclusive sport ability opportunities and the annual Santa Dash in December! All schools can engage in a range of opportunities on the Sunderland School Games Autumn calendar, free of charge, which has been distributed to all PE Leads and Heads of Dept.

Sunderland School Games Biddick Academy



Keep Active



Inspiration through positive activity

Keep Active is a local community interest company who work with many primary schools across the North East.

Keep Active has worked in partnership with schools for over 10 years, delivering an extensive range of sport and health and wellbeing activities either as breakfast clubs, lunchtime clubs, after school clubs and curriculum sessions. We also deliver leadership training programmes to children as well as CPD to teachers.

Below is a link to our amazing summer holiday programme we ran recently. This will give schools a taster of what we deliver and how they can access that type of provision. These activities can be adapted and delivered in primary schools across the city and it gives schools a taster of our offer.

<https://fb.watch/89EDuRtc-0/>

www.keepactive.org.uk

FOOD AND NUTRITION

The Food and Nutrition Charter Mark makes up the Food and Nutrition element of the Healthy Schools Award.

The Charter aims to support schools to introduce and promote healthier eating and drinking behaviours to enable pupils and individuals within the wider school community to maintain a healthy weight.

In addition, the charter recognises the dedication of schools within the city in contributing towards the health and wellbeing of their pupils, staff and local communities.

Further information will follow in the next newsletter regarding the Healthy Weight Declaration (HWD). Schools who would benefit from support to establish the Food and Nutrition Charter Mark can access this from Sunderland Public Health. Please contact karen.lightfootgencli@sunderland.gov.uk.

Can you get help to buy Healthy Food?

Those who are pregnant or have children under four years old might be eligible for Healthy Start vouchers to buy fresh fruit, vegetables and milk at their local supermarket.

In Sunderland, 1,955 pregnant women and children were entitled to Healthy Start vouchers at the start of 2021, but the take-up rate is currently only 59%.



That means at least £5,750.25 worth of vouchers for fresh fruit, vegetables and milk will go unclaimed every week. Don't let these vouchers go to waste - check if you are eligible now at www.healthystart.nhs.uk.

MENTAL HEALTH AND EMOTIONAL WELLBEING

The Mental Health Charter Mark (MHCM) makes up the Mental Health and Emotional Wellbeing element of the Healthy Schools Award.



MHCM File Surgeries

We will be holding virtual file surgeries next half term to enable people to ask questions, share their evidence files and have someone give advice. Although we don't know exactly when we will be able to pick up moderation visits, we feel people would find this helpful so that they are ready to go!

If you are interested in attending one of these, please contact Laura to register at mentalhealthcharter@schools.sunderland.gov.uk.

To find out more about the Mental Health Charter Mark please visit www.togetherforchildren.org.uk/mental-health-charter-mark.

Mindfulness Training for Primary Schools

We are delighted to announce that TfC and Sunderland CCG have commissioned the Mindfulness in Schools Project (MiSP) to deliver free introductory mindfulness training to school staff in Sunderland. Similar training can cost over £500 per staff member.

The training will be delivered over 14 months starting from June 21 and will focus on staff working with pupils between the ages of 9 and 14.

Thank you to all the schools who have already registered their interest in the training. The provider will be in touch in the next 6 to 8 weeks to organise your attendance.

Schools are encouraged to register their interest as soon as possible via email at healthy.schools@togetherforchildren.org.uk.

Sessions are delivered flexibly, either one full day or two half days. Spaces are available during this term and into the new year. Book on at the earliest opportunity via [Mindfulness for all schools in Sunderland | Mindfulness in Schools Project](#)

If you aren't sure whether this training is for you or your staff, please join one of the 45-minute information webinars which can also be accessed through the link above.

NEW TEACHING RESOURCES AVAILABLE TO SHARE WITH YOUR TEACHER NETWORKS



In support of World Mental Health Day in October, we have launched new self-care resources for teachers on the [School Zone](#). Find out more at [Campaign Resource Centre](#) (phe.gov.uk).

The reforms to the public health system [announced in March](#) became fully operational on 1st October. Public Health England has transferred all of its health protection functions into the [UK Health Security Agency](#) and health improvement/healthcare public health functions into the [Office for Health Improvement and Disparities](#), NSHE/I and NHS Digital. The PHE Partnerships marketing team will become part of the Office for Health Improvement and Disparities, with a new name - Behavioural Programmes Partnerships. The same team is behind the new name and we'll continue to provide everything you need to deliver our award-winning marketing campaigns on a local level.

Best Wishes,
The Partnerships Team
Office for Health Improvement and Disparities
Department of Health and Social Care

Just a quick reminder about the Community Child and Adolescent Mental Health Service (CCAHMS) based at Southwick Primary School, Wessington Primary School and Valley Road Primary School! We offer direct work with children, young people and families but also consultation services and more general support around the promotion of mental health in schools. We are involved in a half termly cluster meeting where everyone shares good practice and stays up to date with the latest information. Please come along to the next meeting if you are interested in finding out more.

World Mental Health Day was on Sunday 10 October and we wanted to share some ideas of ways you could support and promote this. In Community CAMHs, we are focused on 'Our 5 Ways to Wellbeing' as a way of supporting good mental health. Please see our trust Facebook page for further information. We have produced a PowerPoint with ideas and support for schools to use. If you have not received a copy and would like one, please contact us at stsft.camhs.training@nhs.net



www.mentalhealth.org.uk/campaigns/world-mental-health-day

Victoria Boddy
Specialist Teacher in Mental Health
South Tyneside and Sunderland NHS Foundation Trust

Emotional Resilience team within 5 to 19 Growing Healthy team

The Emotional Resilience team within the 5 to 19 Growing Healthy team consists of three Band 6 Emotional Resilience Nurses. We are also relaunching our Wellbeing Wednesday's. This includes a relaunch of our attend anywhere Wellbeing Wednesday Clinic, with a new time of 4.30pm until 6pm every Wednesday, as well as our weekly look at all things wellbeing every Wednesday on our Facebook page. These resources are open for children, young adults and parents to find support and resources regarding emotional resilience and wellbeing.

<https://nhs.vc/sunderland-school-nurse-drop-in>



RELATIONSHIPS, SEX AND HEALTH EDUCATION AND RISK-TAKING BEHAVIOUR

The Relationships, Sex and Health Education (RSHE) Charter Mark makes up the Relationships, Sex and Health Education and Risk-Taking Behaviour element of the Healthy Schools Award.

The Sunderland Relationship, Sex and Health Education Charter Mark has been developed by a local multi-agency group of public health practitioners, health professionals and education professionals. The Charter has been developed to support and enhance school's delivery of Relationship Education and Relationship and Sex Education and Health Education in line with the national statutory guidance. The charter also considers other elements of health not included in other citywide health charters such as Risk-Taking Behaviour (e.g. drug and alcohol misuse). In addition, the charter recognises the dedication of schools within the city in contributing towards the health and wellbeing of their pupils, staff and local communities.

Schools who would benefit from support to establish the Relationship, Sex and Health Education Charter Mark can access this from Sunderland Public Health. Please contact laura.cassidy@sunderland.gov.uk with any queries or support requests.

Relationships, Sex and Health Education

RSHE became statutory in September 2020 and should be fully embedded as part of your curriculum.

Our RSHE Co-Ordinator, Danika Shilliday, is happy to support schools by going over the DfE guidance, looking at policies and lesson plans.

There is also bespoke training available for your school. Please get in touch via email at: danika.shilliday@togetherforchildren.org.uk

Brook RSE sessions for vulnerable boys and young men

Brook is commissioned by Sunderland City Council to deliver an education outreach programme for boys and young men, aged 11 to 18 in Sunderland.

This innovative and targeted service for boys and young men aged 11-18 was developed to support the wider teenage pregnancy agenda. Brook delivers tailored one-to-one and group RSE sessions for vulnerable boys and young men who are identified as most at risk of poor sexual health and relationships outcomes. Our programmes have been developed to reduce risk-taking behaviour by addressing relationships, attitudes and values, consent, protective behaviours and self-esteem. Find out more at www.brook.org.uk.

Youth Drug and Alcohol Support

Our Young Drug and Alcohol Project works with young people on a voluntary basis, supporting them to make changes to their drug and alcohol use and to reduce harm to themselves. As a service, we work with young people using a wide range of drugs including but not limited to, alcohol, cannabis, ecstasy/MDMA, benzodiazepines (and other prescription type medication). We can offer support to young people who have experimented with drugs through to young people whose use is more complexed and risky.

Find out more at www.togetherforchildren.org.uk/children-and-young-people/drug-and-alcohol-support.

Youth Drug and Alcohol Project (YDAP) partner briefing sessions: Twilight Sessions for Teachers

The Youth Drug and Alcohol Project (YDAP) is offering further one hour briefing sessions on cocaine, ecstasy and cannabis. The sessions will be delivered online via Microsoft Teams and will cover all of the essential information you need including:

- What is the drug - what are its effects
- What are the risks
- What does it look like
- How is it used
- What does the law say
- Specific issues for young people

Sign up at [SSCP Training Courses \(safeguardingchildrensunderland.com\)](https://www.safeguardingchildrensunderland.com/sscp-training-courses)



ADDITIONAL HEALTH RELATED INFORMATION

From Karen Lightfoot, Public Health Practitioner

A range of links to resources that may be useful to your setting, to support general health and wellbeing, as well as elements of each charter mark.

1.PHE's new podcast episode on the Foundations of Mental Health now up - Real World Public Mental Health

We have launched a new Real World Public Mental Health podcast episode, where we look at how early experiences build trust and secure the best foundations for mental health throughout life. Stu King our host, interviews Professor Peter Fonagy, Head of the Division of Psychology and Language Sciences at UCL and the National Clinical Adviser on children and young people's mental health at NHS England, Dr. Karen Bateson, Head of Clinical Strategy and Development at the Parent-Infant Foundation and Clinical Child Psychologist with over 20 years in the NHS CAMHS services, and Jabeer Butt OBE, Chief Executive of the Race Equality Foundation with many years promoting race equality and addressing health inequalities.

We would appreciate it if you could share the following tweet followed up by the podcast links from your Twitter account and support us in reaching more people:

#earlyexperiences shape the foundations of #mentalhealth in different ways. April's RWPMH #podcast with @PHE_uk discusses evidence & practice. Guests: @PeterFonagy @ParentInfantFDN & @KarenJBateson @ButtJabeer & @raceequality - links below!

Stitcher: <https://bit.ly/3gtDf6E>

Google Podcasts: <https://bit.ly/3eAwttH>

Spotify: <https://spoti.fi/3dBixzC>

Apple Podcasts: <https://apple.co/3xeFY9N>

This podcast series is part of the Prevention Concordat for Better Mental Health Programme - a collaboration by Public Health England's Public Mental Health team and regional leads, with the Vice President of the Association for Directors of Public Health UK, the Centre for Mental Health, the Mental Health Foundation, the NIHR School for Public Health Research, the Local Government Association, the Behavioural Science and Public Health network and established experts in clinical and public mental health.

Please share and retweet the podcast with your trusted networks.

2. Mental Health Awareness Week 2021

There are now new 'Join the Million' and 2nd Dose assets for Public Health's 'Covid-19 Vaccine' campaign encouraging the public to get vaccinated.

We are also aware that mental wellbeing may be front of mind for many of us as COVID-19 has impacted the whole country; for almost everyone, life has had to change fundamentally. Research shows that since the start of the pandemic there has been an increase in a range of mental health conditions for adults, from low wellbeing, sleep problems and anxiety to depression. We are updating our Every Mind Matters resources to help conversations about mental health and the things in our daily lives that can affect it.

We are also adding more to [Better Health - Every Mind Matters](#) digital including posters, social media assets, conversation starters, activation guides and more, available on the [PHE Campaign Resource Centre](#).

3. Food Active Bulletin - GULP Special Edition

Read the bulletin at: [Food Active Bulletin: GULP Special Edition April 2021](#)

4. New Resource from the Healthier Place, Healthier Future Trailblazer: Creative Consultation Toolkit

Available at: [Food Active | Resources](#)

5. School Food Champions: Sign Up Now!

Find out more at: [School Food Champions - Sign Up Now | Bite Back 2030](#)

6. Reminder to access the Red Box offer - In 2020, the Government rolled out a new scheme which provides period products to all state-maintained schools and colleges.

Learn more at: www.redboxproject.org.

7. Child Safety Week

Child Safety Week is an annual community education campaign run by the Child Accident Prevention Trust (CAPT), acting as a catalyst for thousands of safety conversations and activities UK-wide. They help families build confidence and skills in managing the real risks to children's safety. They want all children to have the freedom to grow and learn, safe from serious harm. This year, Child Safety Week runs from Monday 7 to Sunday 13 June. Read more about it at: www.capt.org.uk/pages/category/child-safety-week.