

# HEALTHY SCHOOLS SUNDERLAND

A HALF TERMLY NEWSLETTER FOR SCHOOLS

JUNE & JULY 2021 | TOGETHER FOR CHILDREN

## WELCOME TO THE NEXT EDITION OF OUR HALF TERMLY HEALTHY SCHOOLS NEWSLETTER

We welcome you to the final edition of our half-termly Healthy Schools newsletter of this school year! 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](mailto: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 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](http://www.togetherforchildren.org.uk/professionals/sunderland-healthy-school-award) to find out more and apply.

## Healthy Schools Logo Design Competition

Thank you to the many schools who joined in our Healthy Schools logo design competition, it's wonderful to see the talent and creativity of the children and young people within our city.

A winner has been picked by our panel of judges, but we'll have to keep you in suspense until September for the big reveal while we dot some i's and cross some t's!

## News and updates on the Health and Happiness Project

This month, representatives from one of our focus groups, Trinity Academy Newbridge, presented their concerns to a Health Professional. The young people took part in a great debate about what can be done to improve health and happiness. The young people are now exploring campaigns and strategies to put their plans into action.

We will keep everyone updated on progress!



Picture: Trinity Academy Newbridge Health and Happiness Group meeting at Bunny Hill Centre

## Join the Health and Happiness Project

The Sunderland Health and Happiness project gives young people a platform to share their concerns about the health and happiness of children and young people in the city. The project empowers them to take a lead in developing solutions.

More schools are joining and it's not too late to get involved. We would love to welcome more young people to join the project. At this stage, we are looking to engage with young people in secondary education. If you would like to know more about the project and how pupils from your school can get involved contact Gwen at [healthy.schools@togetherforchildren.org.uk](mailto:healthy.schools@togetherforchildren.org.uk).

## ANTI-BULLYING AND ONLINE SAFETY

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

Wendy Coghlan is our Anti-Bullying lead and can offer advice and support in gaining or renewing your Anti-Bullying Charter Mark.

Contact Wendy at:  
Wendy.Coghlan@togetherforchildren.org.uk or  
telephone 07990567289.

Wendy is currently assessing the awards with support from Sunderland Youth Council, this will continue until restrictions have eased and things get back to normal in your school/setting.



Time to STOP bullying



We would like to congratulate Benedict Biscop Church of England Academy on achieving a Platinum Anti-Bullying Award. Well Done to all the staff and children involved in the video presentation, it was amazing. The Anti Bullying Charter Mark and supporting documents have been updated and can be accessed using the link below.

<https://www.togetherforchildren.org.uk/services/anti-bullying-charter-mark>



## EXERCISE AND ACTIVITY

### Great Active Sunderland Schools Charter update

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

Great Active Sunderland Schools Charter, launched September 2015, is a unique and successful accreditation programme.

Schools are taking advantage of the Great Active Sunderland Schools Charter on-line application process. Over 45 schools have already started their Charter journey and so far, 18 Gold awards have been retained and eight Engagement awards have been achieved.

**GOLD**  
**active**  
**Sunderland**  
School 2020-21

**SILVER**  
**active**  
**Sunderland**  
School 2020-21

**BRONZE**  
**active**  
**Sunderland**  
School 2020-21

**ENGAGEMENT**  
**active**  
**Sunderland**  
School 2020-21

## 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 106,968,654 steps being counted.

For more information about the Step up Sunderland please contact [Change4LifeTeam@sunderland.gov.uk](mailto:Change4LifeTeam@sunderland.gov.uk) and visit [www.sunderland.gov.uk/article/16581/It-s-time-to-Step-Up-](http://www.sunderland.gov.uk/article/16581/It-s-time-to-Step-Up-).



## 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](mailto:karen.lightfootgencli@sunderland.gov.uk).

### Food and Nutrition Links

Please find some up to date nutritional information which will be of interest to all schools:

[Parents' perspectives of less healthy food and drink marketing through sport | Sustain \(sustainweb.org\)](#)

[Government releases its plans to curb junk food advertising - Sustain responds | Sustain \(sustainweb.org\)](#)

[Further advertising restrictions for products high in fat, salt and sugar - GOV.UK \(www.gov.uk\)](#)

[Eat Them To Defeat Them](#)

[School Breakfast Standards | Magic Breakfast](#)



MORE ON  
NEXT PAGE

## Do you enjoy cooking as a family, learning new kitchen skills and developing your knowledge of nutrition?

The Foundation of Light have teamed up with the world-renowned celebrity chef Jamie Oliver's Food Foundation and Ministry of Food to promote healthy eating as part of a community outreach programme. The 6-week course allows both children and adults to practice their culinary skills, understand how to adapt recipes and to build an individual's confidence to cook for themselves and their families. Sessions are delivered in a variety of venues across the region, as well as online, and run throughout the academic year.

<https://www.foundationoflight.co.uk/schools/family-learning-programmes/>



### Could you get help to buy Healthy Food?

If work with any families who are pregnant or have children under 4, please make them aware that they may be eligible for Healthy Start vouchers to buy fresh fruit, vegetables and milk at their local supermarket. In Sunderland, 1955 pregnant women and children were entitled to Healthy Start vouchers at the start of 2021, but the take-up rate is only 59%. That means in your area, 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:

[Get help to buy food and milk \(Healthy Start\).](#)

## 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.

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

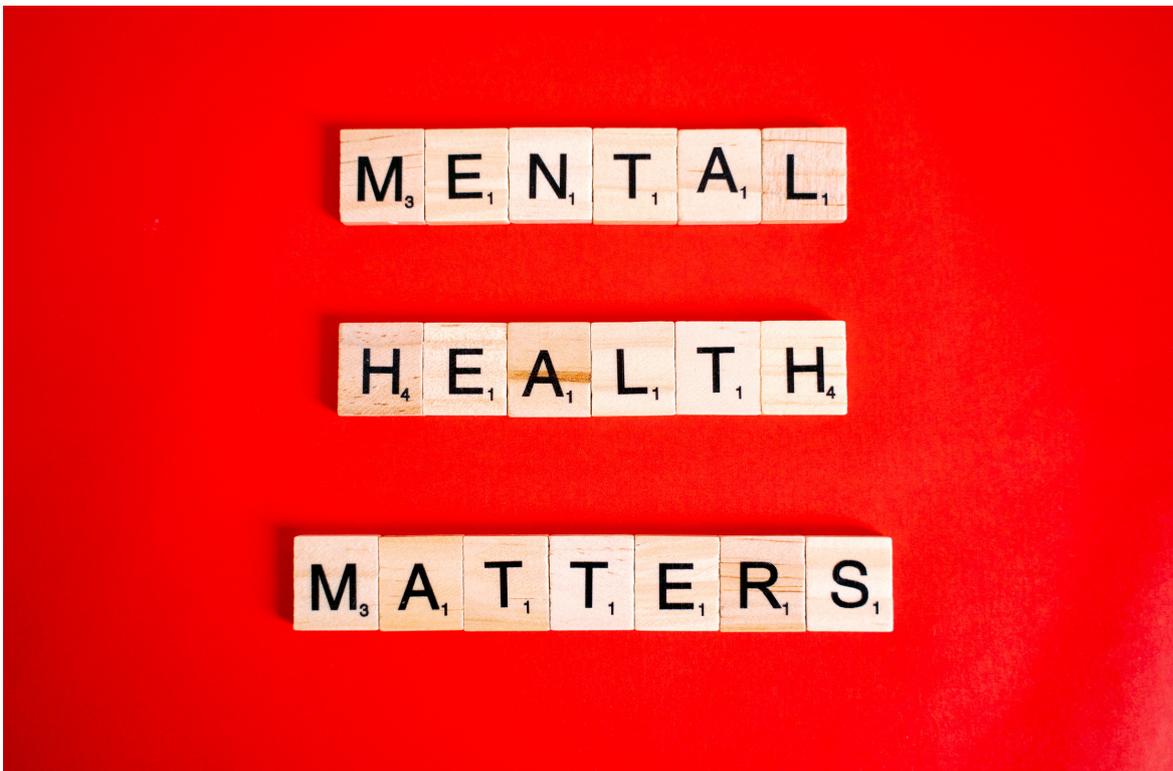


### Mindfulness Training for Primary School

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.

Sessions are delivered flexibly, either 1 full day or 2 half days and will be running throughout autumn. Spaces are limited so 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.



## **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](mailto:laura.cassidy@sunderland.gov.uk) with any queries or support requests

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### **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 11-18 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](http://www.brook.org.uk).

### **Youth Drug and Alcohol Support**

YDAP 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 complex and risky.

<https://www.togetherforchildren.org.uk/children-and-young-people/drug-and-alcohol-support>

## ADDITIONAL HEALTH RELATED INFORMATION

### WEAR HERE 4 SUMMER – Together for Children

We are excited to launch our first WEAR HERE 4 SUMMER programme in Sunderland. Children and young people will have the chance to join in a wide range of fun activities right on their doorstep throughout the summer holidays. Food will also be included and the best thing about it is it's all FREE!!!

WEAR HERE 4 SUMMER places are available for free to children who receive free school meals, but children and young people of all ages and backgrounds are welcome to attend. Please direct your families to <https://www.togetherforchildren.org.uk/WEARHERE4SUMMER>

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### Sunderland Public Health

#### Partner Briefing - 10 Minute Shake Up 2021 from Better Health with Disney

This summer, the 10 Minute Shake Up is back! Our kids' favourite Disney characters will inspire them to rediscover being active by having loads of fun outdoors, together with their friends and family. Through playing the 10 Minute Shake Up games, kids will build skills and grow in confidence, and most importantly, have fun! The last year has been difficult. We've all been cooped up indoors and not able to be as active as we would like, especially our kids. So, we want to get our kids moving and having fun again.

Obesity has overtaken smoking as the country's leading cause of ill-health, in England 1 in 3 children leaving primary school are overweight or living with obesity. Increasing activity, both at home and in school has never been more important - it has been shown to make kids feel better, help improve their performance at school, and develop important skills.

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### Campaign approach

Launching mid-July 2021 (date TBC) using PR, social media and email newsletters, the 10 Minute Shake Up will help to stem the decline in physical activity during the school summer holidays. Targeting C1C2D families of children aged 3-11 years, with a focus on 7-9-year olds. Through 10-minute bursts of physical activity and the magic and sparkle of favourite Disney characters, the campaign will encourage our kids to: have fun, build skills, use 10 Minute Shake Up as a gateway into new skills, build confidence to be more physically active after a year of restrictions.

The campaign will build on the longstanding partnership with Disney, inspiring kids thorough a range of 10 Minute Shake Up 'games' built around characters from Frozen, Toy Story and for the first time, Marvel's – The Avengers.

New for 2021:

- Marvel's – The Avengers franchise

- Updated consumer website featuring new 10MSU games and a fun quiz

Emphasis on building confidence in our kids

## Resources and getting involved

A printed take-home leaflet containing 12 inspiring 10 Minute Shake Up games and encouraging them to get involved, will be available for you to order from the Campaign Resource Centre and distribute to parents and children in places such as libraries and children's centres, and at local events. There will also be a number of these packs available for parents to order directly from the 10 Minute Shake Up website.

- Printed A3 and A4 posters as well as empty belly versions will also be available to order to promote the campaign and your events.
- A digital toolkit will be available to download, which will include digital screens, web banners, an email signature banner and an outdoor digital 6 sheet.
- A social media toolkit to download with suggested copy for posts across various platforms, including general campaign awareness posts and event specific posts for events, with space to include local details such as dates, times and locations.
- A partner activity guide will be available to download containing campaign information, background and insight to help you to get involved in the campaign - as well as how to run a 10 Minute Shake Up event and 12 activity cards, each one an individual shake up.
- A number of assets will be available for teachers to use in schools to run the 10 Minute Shake Up (further information below), ready-made teacher facing emails to send out to your school networks to promote the schools resources will be available from the 28th June with a second version being available for you to use from the 8th July.

Resources for this year's 10 Minute Shake Up will be available to download and order from the Campaign Resource Centre from w/c 5 July onwards.

### Other Activity

Holiday Activity and Food Clubs – we are working with the HAF co-ordinators in each upper tier local authority to provide 10 Minute Shake Up resources to holiday activity and food clubs over the school summer holidays so that children attending can join in with the campaign. Take-home packs have been allocated for the HAF programme in quantities for every child taking part in the programme. A pre-order form for these packs has been sent to the HAF coordinators, so there is no need for local authorities to order packs from the campaign resource centre for the HAF programme.

Resources are also being made available on the Active Recovery website (in addition to those already on there), HAF providers will also be able to access resources for the 10 Minute Shake Up on this website.

Schools Programme - the following resources will be available for teachers on the School Zone from 23rd June:

- 10 Minute Shake Up toolkit for schools - fun bite-sized, accessible 10 Minute Shake Up games to inspire pupils to get moving before the end of term. The activities can be slotted into the school day and encourage pupils of all abilities to have fun and build confidence.
- 10 Minute Shake Up certificate - downloadable take-home certificate to reward pupils who have taken part in Shake Up activities.
- Sharing with Families toolkit - a collection of assets that schools can use to share the 10 Minute Shake Up campaign with parents, including suggested copy for school websites and newsletters, a banner image with Disney and Marvel characters and suggested wording for social media.

For further information about the 10 Minute Shake Up or other campaigns, sign up to receive our HYPERLINK "<https://campaignresources.phe.gov.uk/resources/interest-groups>" campaign updates, visit the HYPERLINK "<https://campaignresources.phe.gov.uk/resources>" Campaign Resource Centre or contact your Regional Marketing Manager.

## Sunderland school nursing service

Sunderland school nursing service to offer transition sessions for new year 7 students during school summer holidays.

The 5-19 team in Sunderland offer so much more to students than headlice management! Our team is made up of experienced staff to support children and young people in secondary school to live their best life and reach their full potential at school and beyond. We offer specialist support to young people around all topics relating to their health and wellbeing.

We regularly deliver accessible face to face health promotion in school to students around a huge range of different topics in line with the Public Health Agenda, from smoking, drugs and alcohol, to how to manage stress or bullying, maintaining a healthy diet and lifestyle, and how to have healthy friendships and relationships. These weekly drop in sessions can also allow space and time for confidential and private conversations with an experienced and registered nurse to allow young people to come and chat to us about how they're feeling, what's worrying them, and answer any questions they might have for us, nothing is off limits!

By referral, we have staff trained in Smoking Cessation to deliver personalised stop smoking programmes, a skilled Emotional Health and Resilience Nursing team to work with young people who need an extra hand dealing with those feelings that are difficult to manage, and a Special Educational Needs Nursing Team for our SEND population. From around year 9, young people can access the C-Card service facilitated by our team to enable them to get free condoms and sexual health support to give them the information they require to make safe choices around sexual activity.

We are working with secondary schools across the whole of Sunderland to facilitate 'get to know us' sessions over the summer break to get the word out to parents and young people about the ways we can support during this important time in a child's life! You can see our Facebook page for more information, call us on 0300 003 1552 and ask to speak to Karen or Lydia, or talk to your chosen secondary school. We can't wait to meet you!!

<https://www.facebook.com/GrowingHealthySunderland/>