

HEALTHY SCHOOLS SUNDERLAND

A HALF TERMLY NEWSLETTER FOR SCHOOLS

NOVEMBER/DECEMBER 2021 | TOGETHER FOR CHILDREN

WELCOME TO THE NOVEMBER/DECEMBER 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 Sunderland Healthy Schools 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.

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 on 07990 567 289.

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.

Rearranged Anti-Bullying Conferences

Unfortunately, due to Public Health advice around coronavirus, the Anti-Bullying Conferences which were due to be held in November had to be cancelled.

We have rearranged the conferences as follows:

- Monday 10 January at Castle View Academy
- Wednesday 12 January at Washington Academy
- Friday 14 January at Christ's College
- Tuesday 18 January at Hetton Academy



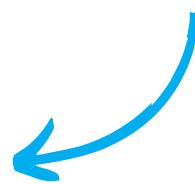
Time to STOP bullying

Primary sessions will be held in the morning and secondary in the afternoon. If your school would like to attend, please email youthvoice@togetherforchildren.org.uk to reserve spaces.

The theme of the conferences will still be 'One Kind Word' and workshops will be held around restorative practices, keeping safe online and positive self-talk. If you would like any further information, please do not hesitate to contact Wendy.Coghlan@togetherforchildren.org.uk



In November, Sunderland schools showed their support for Anti-Bullying Week with the theme 'One Kind Word' - thanks to everyone who got involved and shared photos with us!



EXERCISE AND ACTIVITY

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



Schools Award. Launched in 2015, it's a unique and successful accreditation programme that has proved an incredible success, with 99 schools achieving 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.

Keep Active

Keep Active (formally known as Keep Kids Active) are a Community Interest Company who aim to inspire people of all ages to lead healthy and fulfilling lives. They do this by encouraging individuals to achieve success through sport as well as dance, fitness, cooking and creative activities.

Keep Active's coaches are able to share their knowledge and experience during group activities with those in school, from both curricular and non-curricular activities. From this, children of all ages and abilities are encouraged to go the extra mile, ultimately achieving positive outcomes. With health, wellbeing, inclusivity and happiness at the heart of everything we do, Keep Active are able to create supportive group environments suitable for all children. This allows for confidence and skill development to blossom.

Their vast range of sport and physical activity programmes, as well as interactive cookery sessions, are a great opportunity for primary school children to gain experience and develop new skills in a field that they love or thought was previously unreachable. Head over to www.keepactive.org.uk for more information.

Sunderland School Games

Sunderland School Games inspires young people to be physically active for life, through positive experiences of daily activity and competition. It 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, inclusive sportability opportunities and the annual Santa Dash in December.

All schools can engage in a range of opportunities on the Sunderland School Games termly calendar, free of charge, which is distributed to all PE leads and heads of department.

FOOD AND NUTRITION

The Food and Nutrition Charter Mark has been developed by a local multi-agency group of health, food and nutritional practitioners and education professionals. The Charter has also been developed to support schools to introduce and promote healthier 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.

The Food and Nutrition Charter is one of the five Health and Wellbeing related charters that contribute to the Sunderland Healthy Schools Award.



Food and Nutrition Charter Mark Levels

There are three levels of Food and Nutrition Charter Accreditation: Bronze, Silver and Gold.

- The Bronze level has been developed in line with national guidelines.
- The Silver level includes all elements of the Bronze level and supports to implement a range of additional initiatives, resources and support to implement healthier eating and drinking behaviours amongst pupils and where relevant, the wider school community.
- The Gold level includes all elements of Bronze and Silver level and challenges and supports schools to implement an outstanding range of initiatives, resources and support to implement healthier eating and drinking behaviours amongst pupils and the wider school community.

Food and Nutrition Charter Mark Accreditation Process

Due to a range of factors, the working group overseeing the Food and Nutrition Charter Mark has made the decision that schools may only attain the Bronze level of the Food and Nutrition Charter during the 2021/22 school year. Silver and Gold levels will be available from 2022/23 onwards.

Ready to apply for the Bronze level? Complete the Food and Nutrition Bronze Accreditation Form, available at [Food and Nutrition Charter Mark | Together for Children](#).

Schools who would benefit from support to establish the Food and Nutrition Charter Mark can access this from Sunderland Public Health. There is also a small pot of funding available for schools to apply to for a project to support with meeting the criteria.

Please contact karen.lightfoot-gencli@sunderland.gov.uk any queries, requests for support or for information to apply for the funding.

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](#)

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

www.togetherforchildren.org.uk/mental-health-charter-mark.

Mental Health Charter Mark Update

We are proud and excited to announce that our first Gold Level awards for the Mental Health Charter Mark have been awarded during autumn term to Houghton Nursery, Hylton Red House Nursery, Pennywell Early Years and St Mary's Primary.

We would also like to congratulate Mill Hill Nursery who achieved their Silver Level award.

Finally, congratulations to the following schools who achieved their Bronze Level award:
Willow Wood Primary, Easington Lane Primary, Fatfield Academy, Ryhope Junior School,
St Aiden's Catholic Academy and Hill View Infant School.

This means 31 settings across the city have now successfully attained the Mental Health Charter Mark - well done!



Free Mindfulness Training for Primary Schools and Secondary School Staff in Sunderland

Together for Children and Sunderland CCG have commissioned the charity Mindfulness in Schools Project (MiSP) to deliver free Introduction to Mindfulness training to school staff in Sunderland.

Mindfulness is a way to reduce anxiety and stress and it contributes to increased self-awareness and self-acceptance. It supports personal resilience building and is also seen as a useful skill in recovering from mental ill health. The aim of this training is to bring simple, basic mindfulness exercises regularly into all primary school classrooms across the city.

Training is delivered in one day or two half-day sessions and will be available throughout the 2021/22 school year. For those who aren't sure if the course is right fit them or their school, there is a 45-minute introduction to Mindfulness. The course is particularly well-suited to those who work with 9 to 14 year olds.

Initial sessions have been delivered during the autumn term and have received fantastic feedback, with everyone who attended saying they would recommend it to others.

Three sessions are now bookable for spring term (January, February and March) with around 20 places available per session. We strongly recommend that representatives from your school sign up as soon as possible. Initial sessions were fully booked quickly and as MiSP are only commissioned to deliver the training for a fixed period of time, we may reallocate places from schools who have not shown any interest by the end of March, to schools who have previously attended sessions and would like to train more staff.

Please visit <https://mindfulnessinschools.org/mindfulness-for-all-schools-in-sunderland/> for further information and to register on a session and/or briefing.

Resources to support children and young people in a mental health crisis

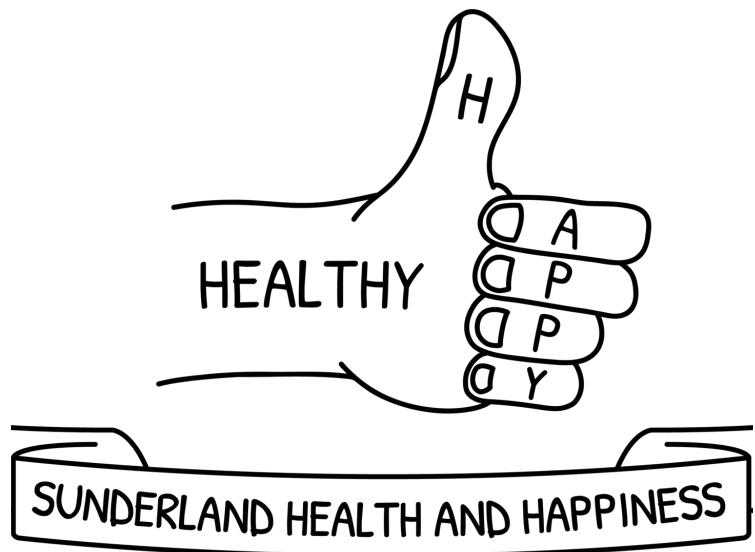
The Bitesize [Crisis Tools learning resources](#) has been launched with Healthy Teen Minds. The resource will help address the urgent need for individuals working in a range of settings to have the awareness and confidence to support young people in a mental health crisis.

Health and Happiness: The Link School Against Bullying Art Exhibition

We'd like to share the good news of a truly inspirational and powerful event created by children at The Link School as part of the Health and Happiness Project.

You may know that the Health and Happiness Project is about children and young people leading on addressing problems that affect their health and happiness. The children held an art exhibition to raise awareness and highlighted different ways to address the problem of bullying.

The Link School Against Bullying Art Exhibition was attended by children and families at The Link School on Friday 19 November and children showcased their artwork, imaginative installations, interactive displays and many different forms and media to address bullying.



"The boys and girls at The Link School have worked incredibly hard. The artwork is great."

"It's amazing how we do things like this." (Student at The Link School)

How to join the Health and Happiness Project

If you would like to know more about the Health and Happiness project or to take part, please contact Gwen Siegel at gwensiegel@togetherforchildren.org.uk.

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 wendy.mitchell@sunderland.gov.uk with any queries or support requests.

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

ADDITIONAL HEALTH RELATED INFORMATION

Development of a regional health passport app for care experienced young people across the ICS footprint

Every child in local authority care at the age of 17 should have a summary of their health history (meeting the Health and Well Being Needs of Children Looked After, 2015). Currently this information is produced in different formats across the region, generally in a paper format. The current practice provides very little consistency across the region, and there is also little clarity on the usefulness and uptake from young people with the current practice. Sunderland CCG are leading on a project with the help of our young people to develop a health passport app that will provide consistency across the region.

Within Sunderland, our care experienced young people receive a paper file containing their health summary as they turn 18 years old but the health passport app will replace this. It will have the NHS app embedded within it so important information about the young person's health, appointments, health history and immunisations are all in one secure place.

It enables the young people to actively manage health, fitness, and wellbeing. For example, they can track lifestyle goals, book GP appointments, order repeat medication and view and download the medical record using the app. Additionally, the app provides relevant health promotion, including mental health, drinking and drugs, sexual health wellbeing, safety including travel safety, CSE and festival safety.

To help with signposting to services, we are going to embed national websites and support services such as Kooth and Hub of Hope. We are looking to embed the app into the statutory health assessment from 14 years, to aid development of independence and transition preparation.

Watch this video for more info:

<https://www.youtube.com/watch?v=ZZTBEYSsHfY>