

HEALTHY SCHOOLS SUNDERLAND

A HALF TERMLY NEWSLETTER FOR SCHOOLS

WINTER 2022 | TOGETHER FOR CHILDREN

WELCOME TO THE WINTER 2022 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

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.

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.



Time to STOP bullying

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.

Gillas Lane Primary Academy and Nursery have achieved the Gold Great Active Sunderland Schools Charter in recognition of their contribution to high quality PE and ensuring all children are physically active.

Keep Active

Keep Active CIC inspires children, young people and adults to achieve success through sport, cooking and creative activities.

Working with schools across the city, we are passionate about supporting children to become more active. Our programmes help to reduce childhood obesity levels and promote all round physical and mental health and well-being. Children who engage in sport and fitness at a young age are more likely to create good habits into adulthood.

We provide specialist physical education in line with curriculum and government guidance. This will positively impact on school Ofsted, pupil satisfaction and overall school health and wellbeing, including train the trainer type classes and teacher support programmes. Head over to www.keepactive.org.uk for more information.

FOOD AND NUTRITION

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

The Charter also aims 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.

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 for support or for information to apply for the funding.



Food and Nutrition Charter Mark Levels

They're 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 schools 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.

First local authority caterer to achieve Food for Life and Green Standard Kitchen awards

The Council's school meals service is the first local authority caterer to achieve the Soil Association's Food for Life (FFL) and Green Standard Kitchen awards.

The Bronze FFL award ensures all meals are healthy, fresh and sustainable. For example, freshly preparing meals from unprocessed ingredients, farm assured meat, seasonal menus, and sourcing produce from local suppliers.

The Green Standard Kitchen recognises caterers' commitment to sustainably managing energy, water and waste. The service has invested in new equipment and staff training and introduced energy efficient cooking processes and food waste monitoring and measuring.

Sunderland's Environmental, Green and Sustainable (EGS) young people's group tackles sustainable food

The city's young people are rising to the climate challenge. The Environmental, Green and Sustainable group is helping to shape plans to reach Sunderland's carbon neutrality goals, working with the citywide 2030 Shadow Board.

The first meeting took place in January 2022, with further sessions scheduled throughout the year. Having raised local food as a topic at the last Shadow Board meeting, the young people have since looked at community growing. See a few local projects by clicking on the link [here](#) or email lowcarbon@sunderland.gov.uk

You can find some useful case studies [here](#).



The Sunderland young people who formed the Environmental, Green and Sustainable (EGS) group in October 2021.

NHS Food Scanner App

The NHS Food Scanner app is a handy health hack to make it easier for families to find healthier food and drink options.

The app helps pupils explore what is in their food and drink and make healthier swaps.

You can find the app [here](#).

Sustain Children's Food Campaign

We all want our children to grow up with nutritious, affordable and tasty food. But for many children across the UK, this isn't the case. We believe it doesn't have to be this way. The Sustain Children's Food Campaign is holding the government and food and drinks industry to account to give children a chance at the healthy future they deserve.

Click [here](#) for further information.

UK Food Security Report

This report is an analysis of statistical data on food security in the United Kingdom. It is the first in a series of reports which will be published under a new duty in the Agriculture Act 2020 to report to Parliament on food security in the United Kingdom at least once every three years.

The UK Food Security Report (UKFSR) examines past, current, and predicted trends relevant to food security, to present the best available and impartial analysis of food security in the UK, and to lay the groundwork for future food security reports.

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 the 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.

Two sessions are now bookable for spring term (February and March) with around 25 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.

The Link School

Mindfulness is a huge part of The Link School community, with our values being apparent throughout.

This term we are focusing on our emotions, how these can cause feelings in our bodies and how they look to others. Naming our emotions is helping us to respond in more appropriate ways but most of all, helping us to understand the behaviours which are linked. We are having great fun using life size body silhouettes to express the way we feel.

Mindful stations are situated around our school to support us in times of emotional need. We practice breathing techniques and meditations which help our bodies to relax.



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.

ADDITIONAL HEALTH RELATED INFORMATION

The Health and Happiness Project

Thank you again to our colleagues in schools for all your support in making the Health and Happiness Project a continuing success.

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 this project is to empower young people to take a lead in developing solutions to avoidable problems affecting health and happiness.

Health and Happiness citywide group meetings

Young people from schools across Sunderland and community settings have chosen to address mental health. The Health and Happiness Young Ambassador met recently with an NHS/CAHMS Manager to discuss concerns and ways forward towards supporting other young people across the city.

From this meeting, the group has decided to create a dynamic video to showcase their ideas to improve mental health. Watch this space.

The Link School 'Link, Love, Health and Happiness'

Children and young people at The Link School are planning an event to take place in school during the February half-term school holidays. The open day will be an opportunity for students to take part in mindfulness moments, gardening and activities to enhance mental wellbeing as well as having healthy food and smoothie options.

St Aidan's Catholic Academy

It was brilliant to meet a group of students at St Aidan's Catholic Academy in January. The young people have chosen to campaign for healthy eating, lifestyles and help to avoid the problem of obesity. The young people are working on their action plan and looking forward to a fantastic project.

How to join the Health and Happiness Project

Please spread the word - we would love to welcome more young people to join the project!

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

If you would like to know more about the project and how young people from your school can get involved, contact Gwen at healthy.schools@togetherforchildren.org.uk



Growing Healthy 0-19 service

Your school nursing team is a team of skilled practitioners who deliver the Healthy Child Programme and interventions to promote the wellbeing of children and young people.

The Growing Healthy 0-19 service provide support and advice to young people and families regarding preventing ill health and reaching optimum health by offering advice and guidance around health-related behaviours. The team visit young people at home and school as well as attending weekly confidential secondary school drop-in sessions.

Over the coming months, we have an exciting carousel event taking place, which is being offered to year 7 and year 8 pupils. The Better Mental Health campaign will be delivered in school settings and supported at some venues with the mobile community hub - "Wear Here 4 You". This is a multi-agency approach with partner agencies, aimed at raising awareness of good self-esteem, positive body image, emotional resilience, bullying, feelings and emotions with the aim to support better mental health outcomes for children, therefore impact on educational outcomes.

You can find the Growing Healthy 0-19 Sunderland Facebook page [here](#).



Help and advice for Sunderland residents

You can get free information, advice and guidance on welfare benefits, debt, employment and housing matters. There is also advice and information available about where to get support for food (such as foodbanks), utility bills, if you have a shortfall in your rent, free school meals, Healthy Start vouchers and general help around money. Get help and advice [here](#). For further information on managing your money, click [here](#).

e-Bug update for schools

The PCIU team has now rolled out hard copy e-Bug educational resources to all maintained schools and academies in England. The teaching resources cover the topics of microbes, prevention, spread and treatment of infection, antibiotic use, and vaccination, in a fun interactive way, promoting positive behaviour in these key areas.

The PCIU, with input and support from teachers and experts across the division and wider UKHSA, have redesigned and updated the e-Bug resources and now have educational materials for Early Years through Key Stage 4 (3 to 16 year olds). Materials can be viewed and downloaded [here](#).

Suggested tweets

Schools play a vital role in controlling the spread of #COVID19 by educating students on infection prevention and control. @eBug_UK have new and updated teaching resourcing for all ages. [e-Bug | England Home](#) #STEMEducation #STEM

#InfectionPrevention and good hygiene practices are key in fighting against infections. Developed by @UKHSA, @eBug_UK has launched a new selection of free resources and lessons to help students better understand what role they can play. [e-Bug | England Home](#) #STEMEducation #AntimicrobialStewardship

Last week @eBug_UK launched a range of new resources for classes of all ages bringing the subject of microbes, infection prevention, control and treatment to life. See the full range and download for free: <https://www.e-bug.eu/>

Parent Workshop - Sensory Processing




Sensory workshops 2022 - Free for Parent Carers of children and young people, aged 0-25 who have a special or additional education need, and/or disability, and who live within the City of Sunderland (including Washington & The Coalfields).

Workshop 1 - for ages 0-11 February 11th 2022 9:45am-2pm Reserve your place at https://sensory_processing_primary.eventbrite.co.uk

Workshop 2 - for ages 11-25 February 18th 2022 9:45am-2pm Reserve your place at https://sensory_processing_secondary.eventbrite.co.uk

Lunch and welcome refreshments will be provided.

Beacon of Light, Stadium Way, Sunderland, SR5 1SN - if you would have problems with transport to these events, please email spcfoffice@sunderlandpcf.co.uk as we may be able to help.

All details including how to book
can be found [here](#)

The Little Orange Book

Please circulate this helpful guide to support families with information, advice and tips on how to manage common illness and problems that babies and young children often experience in the first five years of their lives. It also gives information on more serious illness, what to look out for and where to get help. Please see the booklet produced by our colleagues at the [Newcastle Gateshead Clinical Commissioning Group](#).

There is also an additional resource, 'When should I worry?' which is a booklet developed by researchers at PRIME Centre Wales, Division of Population Medicine, Cardiff University.

It provides information for parents about the management of respiratory tract infections (coughs, colds, sore throats and earaches) in children, and has been designed to be used in primary care consultations. It is also translated into various languages.

When Should I worry?

A further resource for practitioners, which shows how to use patient leaflets interactively in consultations as the best way to support effective discussions and maintain patient satisfaction. [Leaflets to discuss with patients: How to use these leaflets \(rcgp.org.uk\)](#)