

# Healthy Schools Team Newsletter – Issue 14



Autumn 2023



## Welcome and Introduction

Here we are in Autumn Term 2023!

Your ECFWS Healthy Schools Team are working together to deliver a termly newsletter to support schools in Essex. This is intended to serve as a practical resource to aid schools on their Healthy Schools journeys. We urge you to share this Newsletter with your whole school community. If you would like to be added to our distribution list, please [contact us](#).

Please share this newsletter with your teams  
Thank you

## Latest News

As we head into a new academic year, the Healthy Schools Engagement Workers will be contacting schools to arrange this year's Profile visits which will support schools to identify any changes to provision, challenges, and areas of good practice. Your Healthy Schools Engagement Worker will be in touch with your school well in advance of when your visit is due.

## Training opportunities

### Vaping workshop

This term we are developing a workshop that aims to give an overview of what we know about vaping so far, highlight the resources that are currently available to schools and gauge an understanding from schools about what works well in terms of delivery of vaping related content. Please keep an eye out for the flyer and booking details for this workshop.

### Staff wellbeing event

We are working with the Essex Wellbeing Service to plan a staff wellbeing event for schools, and we need your help to make the content as useful and relevant to you and your school staff community as possible. You may have seen the survey link that came out via email a couple of weeks ago, but if you missed it then please do click on the link below and tell us your thoughts: [Staff Wellbeing Workshop Survey](#)

As ever we welcome and value any feedback we receive from schools, so if you would like to share any thoughts about the Healthy Schools programme, please do get in touch here:

[vcl.essexpublichealthandhealthyschools@nhs.net](mailto:vcl.essexpublichealthandhealthyschools@nhs.net)

# Healthy Schools updates



## Healthy Schools health and wellbeing campaigns

To celebrate National Self Care week on the 13<sup>th</sup> – 19<sup>th</sup> November 2023, the Healthy Schools Team have been busy creating a resource for schools to use within the classroom or as part of an assembly to support the PSHE curriculum lessons. This will be sent out to your school very shortly, so keep an eye on your emails and we hope you find it useful when planning any activities that week.

## Health and Wellbeing Peer Educators Programme for Secondary schools

One of the main benefits of having Health and Wellbeing Peer Educators in your school is that it ensures the school's PSHE/RSHE programme is pupil/needs led. This enhances pupil knowledge, skills and attributes in PSHE/RSHE as well as Health and Wellbeing Peers Educators being approachable role models for pupils. This in turn, promotes pupil voice, a key expectation of the Healthy Schools Programme.

If your school would like to find out more about the training, please contact [Suzanne.heron@barnardos.org.uk](mailto:Suzanne.heron@barnardos.org.uk)

The main aims of the Peer Educators Programme are:

- To address the concerns and questions that young people have around health and wellbeing
- To enhance the learning that takes place in Personal, Social, Health and Economic (PSHE) education including Health, Relationships and Sex Education (HRSE) lessons
- To provide young people with training, workshops, resources, information, advice and support
- To provide the young people with details of support services that are available to them both locally and nationally

# Dates for your diary



## Healthy Schools Festival

The countdown is on to our Healthy Schools health and wellbeing festival on the 19<sup>th</sup> October, we would like to share a bit more about what you can expect on the day.

Following the festival survey that came out to you all, we have been able to ensure that the ideas you shared with us have been used to inform what is set to be a very enjoyable event. Here are some of the activities you can look forward to on the day!

♦ THEMED GAMES ♦ WHOLE GROUP DAILY MILE ♦ DESIGN YOUR OWN T SHIRT & SELF ESTEEM FINGER PUPPET ♦ CIRCUS SKILLS WORKSHOP ♦ BOARD GAMES TO PROMOTE CONNECTION ♦ RUNNING, CYCLING & SWIMMING THEMED GAMES ♦ MULTISPORTS ACTIVITIES ♦ MINDFULNESS WORKSHOPS ♦ BUILDING HEALTHY RELATIONSHIPS ACTIVITY ♦ FRISBEE COMPETITION ♦ SMOOTHIE MAKING BIKE ♦ CYCLE SKILLS ♦ GEOCACHING ♦ FINANCIAL ADUCATION THEMED GAMES ♦ ENERGY CHALLENGE GAMES ♦ INTERACTIVE CARBON CUTTING ESSEX ACTIVITY ♦

We have so much more in store for you to enjoy at the festival, so please do make sure you book your places using the link: [vcl.essexpublichealthandhealthyschools@nhs.net](mailto:vcl.essexpublichealthandhealthyschools@nhs.net)

Each school can bring 4 members of their school community, either 2 adults and 2 children, or 1 adult and 3 children, whichever works best for your school. Governors, MDAs, LSAs are very welcome.

# Wider service updates



## Family Hub School aged drop ins

The Essex Child and Family Wellbeing Service and Healthy Family Teams are running school aged drop-in sessions, where parents can drop in for advice and support about their school aged child's health and development. These are running out of the Family Hubs and delivery sites across Essex.

For more information about your local school aged drop-in sessions please click the links below and select your local family hub or delivery site to download the timetable:

[Berechurch Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Brambles Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Carousel Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Chelmsford Central Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Larchwood Gardens Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Little Lions Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Maldon Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Northlands Park Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Oak Tree Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Spangles Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Sydney House Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Treehouse Family Hub – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

# Wider service updates



NHS Foundation Trust

The Southend, Essex and Thurrock Child and Adolescents Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

NELFT works in partnership with HCRG Care Group to deliver this service.

- The service covers Southend, Essex and Thurrock and is open to young people between the ages of 0-18.
- Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance via the SPA - Single Point of Access.
- SET CAMHS is based on the Thrive Framework, which is needs-led, outcomes-focused and works in partnership with young people and families through shared decision-making to be accessible, it uses common language, hopes to reduce stigma and be continue to remain proactive in helping communities to support mental health and wellbeing. Scan the QR code below to access the SET CAMHS Instagram page :



# Other updates



## Active in Mind free workshop

Active In Mind is designed to introduce educators to the programme, enabling them to self-activate and make use of the free to access resources and interventions for the benefit of pupils in their school. The CPD enables them to understand the role of physical activity in improving the mental health of young people. Find out more and book your free space. [CPD and Training - Active Essex](#)

## #MoveWithUs New Children Campaign

An exciting new campaign is coming to Essex for Children & Young People called #MoveWithUs. #MoveWithUs campaign is all about finding an activity that is right for your pupils, whether that's our upcoming Active Maths activities, Daily Mile programmes and even helping design the new #MoveWithUs mascot! We are delighted to announce GB Gymnast Courtney Tulloch is the #MoveWithUs ambassador and will be hosting his own Active Maths challenges called 'Count With Courtney' in the lead up to his journey to Olympics next summer. To find out more about the campaign please visit our website. Schools & CYP Newsletter [www.activeessex.org/](http://www.activeessex.org/)

## The Daily Mile new resources

As you may know, The Daily Mile is a social and physical activity, with children running, jogging, wheeling or walking in the fresh air with friends for 15 minutes, a minimum of 3 times a week. The distance children cover is not important - it's simply about having fun and being active as often as your teachers can spare.

To support you with The Daily Mile as a health and wellbeing initiative for your children, The Daily Mile Foundation are excited to launch our brand-new [Global Rugby Challenge resource](#). This challenge encourages children to travel round the global map by running, jogging, wheeling or walking The Daily Mile, whilst learning fun facts and answering rugby questions about countries along the way. The resources are **free** to all schools that are registered to The Daily Mile (which is also free).

Sign-up to The Daily Mile (for free): [HERE](#)

*You'll get a welcome pack with instructions in the post, as well as stickers for your children.*

Access the resources [HERE](#)

For all the latest news from Active Essex, click the link below:

[Active Essex Schools Newsletter](#)

## Designated Mental Health Lead Newsletter

The SEMH Team have a half-termly newsletter for Designated Mental Health Leads in your Schools and settings. For access to these click the link below:

[Social, Emotional and Mental Health Portal for Schools, Colleges and Settings - Designated Mental Health Lead Newsletter \(essex.gov.uk\)](#)

### Trauma Perceptive Practice

To find out more about TPP and how you can get involved, please see our information pages: Social, Emotional and Mental Health Portal for Schools, Colleges and Settings - SEMH Training ([essex.gov.uk](https://essex.gov.uk)) or contact us at [tpp@essex.gov.uk](mailto:tpp@essex.gov.uk)



**Joe Wicks – The Body Coach** is bringing back 3 months free access to The Body Coach App to all teachers and teaching staff in the UK and Ireland. If you are a teacher, all you need to do is fill in the form in the link below to get your free access to the app.

[The Body Coach app: free access for teachers / The Body Coach](#)

## NSPCC

### Create Kindness and raise money for Childline

Join the Kindness Challenge: a week to create more kindness in your school community while raising money for Childline. Sign up now for free resources and ideas. Kickstart kindness in your school this October, and watch it spread throughout the year.

[The Kindness Challenge | NSPCC](#)



Barclays Life Skills offer a range of resources and activities aimed at teaching pupils about money management and covering topics such as building self – confidence and assertiveness, growth mindset and skills for success in the workplace. [Lesson plans for teachers & educators | LifeSkills \(\[barclayslifeskills.com\]\(https://barclayslifeskills.com\)\)](#)



Have released two new episodes of their podcast [Grief in Common](#) - 'Is it okay to laugh about your grief?' and 'How do you deal with grief at university?' Listen on your podcast platform now.

In case you haven't accessed this before, there is free online bereavement training available to schools at this link: [Online bereavement training for schools | Winston's Wish \(\[winstonswish.org\]\(https://winstonswish.org\)\)](#)



## New – Food – a fact of life Roadmaps

Have created visual guides to food and nutrition education from 3-16 years and these are a way of representing what pupils should learn and the sequence. There are 3 Roadmaps covering, healthy eating, cooking and where food comes from. They are available as downloadable versions to be printed or interactive versions. [Food - a fact of life Roadmaps - Food A Fact Of Life](#)

The main purpose for the Roadmaps is to:

- help schools audit their current food curriculum; plan their future food curriculum (illustrating a progressive approach from 3-16 years); take a whole school approach to food teaching and learning.
- help schools and teachers demonstrate intent and how topics link throughout the age phases (supporting the 3 Is in the 2019 [Ofsted Framework](#) - Intent, Implementation and Impact)
- show pupils their food learning journey.
- provide a visual representation of the basis of the *Food – a fact of life* education programme, and therefore the content of the *Food – a fact of life* website.
- support the recommendations and proposals of UK government food strategies.



**Anna Freud**  
building the mental  
wellbeing of the  
next generation

## Moving Up!

Anna Freud have created an animation and accompanying teacher toolkit aimed at supporting pupils who have recently started Year 7 or who will be preparing to transition to secondary school later in the year (Years 6 and 7). They were developed in collaboration with young people, teachers and mental health experts. The animation aims to support pupils to:

- Identify potential worries associated with starting secondary school
- Know they're not alone if they are feeling worried
- Talk to a trusted adult or friend if they have any concerns
- Identify solutions and strategies for looking after their mental health, including [self-care](#)

[Moving Up! The transition to secondary school: animation & teacher toolkit \(annafreud.org\)](#)

## Emotionally – based school avoidance videos

Anna Freud have just published two new videos about emotionally-based school avoidance, looking at a parent's experience of EBSA and how schools can work with parents and carers.

[Addressing emotionally-based school avoidance \(annafreud.org\)](#)



Have released their first film of the year which explores how parents, teachers and SENCOs can work together to help children feel supported inside and outside of the classroom. [Rachel – Life as a SENCO | Nip in the Bud](#)





The Office of the Children's Commissioner promotes the rights, views and interests of children in policies or decisions affecting their lives. They particularly represent children who are vulnerable or who find it hard to make their views known. As a general election is fast approaching, the Children's Commissioner would like children and young people, 6-18, to bring their voices to the table. The office has produced the [The Big Ambition](#) survey which can be accessed by any CYP and their parents/carers on children's behalf.



### **The Social Emotions Project**

The Social Emotions project is a new research project funded by the Wellcome Trust led by [Professor Argyris Stringaris](#), [Dr Georgina Krebs](#) and colleagues at University College London.

They are looking for **mainstream secondary schools** to take part in their new research study. It aims to understand young people's emotions and how these change in different situations. Students who participate will be asked to answer some mental-health questions and complete computer-based tasks. Findings of this research will help them to improve psychological treatments for emotional problems in young people.

#### **What are the benefits of participating in Social Emotions study for your school?**

- Schools who complete the study will be gifted with items of their choice such as tablets, related equipment, or vouchers.
- Our team of researchers at UCL will visit your school and deliver talks about topics such as mental health, research, or careers, if wanted.

#### **What are the benefits of participating in Social Emotions study for your students?**

- Students will be remunerated with vouchers (£8 per hour)

Click the link for more information and to get involved: [Social Emotions \(ucl.ac.uk\)](https://social-emotions.ucl.ac.uk)

## The PSHE Association – Updates

### New resources for member schools

Following recent school closures and disruptions due to reinforced autoclaved aerated concrete (RAAC) issues, the PSHE Association are making a selection of our home learning resources available again for member schools who are affected, along with a free checklist for choosing safe home learning resources. [Home learning resources \(pshe-association.org.uk\)](https://pshe-association.org.uk)

**Pick you Pics lesson pack for KS2** – introduces the concept of safe and unsafe image sharing and ensure young people know how to seek help and report concerns. [Pick your pics \(pshe-association.org.uk\)](https://pshe-association.org.uk)

**Road and rail safety KS1-2 lesson pack** – 4 new lessons and accompanying guidance to help you support YP to stay safe around roads and railways. [Road and rail safety \(pshe-association.org.uk\)](https://pshe-association.org.uk)

**Embracing new change and challenges KS1-2** - for pupils in year 2 (who will be moving to year 3) and pupils in year 6 (who will be moving to year 7). Help pupils identify feelings, opportunities and challenges related to this transition, and support them with positive strategies for managing changes from one key stage to another. [Embracing change and new challenges \(pshe-association.org.uk\)](https://pshe-association.org.uk)

**Thriving in post-16 education lesson pack** - designed to be delivered in the autumn term to students who have recently started key stage 5 / post-16 education, this lesson pack focuses on the potential challenges of this transition and research-led strategies to manage these. [Thriving in post-16 / key stage 5 \(pshe-association.org.uk\)](https://pshe-association.org.uk)

**Fertility and Pregnancy choices KS4-5 lesson pack** – has been updated to include new content on pelvic health from NHS England's Maternity Team. This aims to help YP understand how to maintain pelvic health and the importance of doing so. [Fertility and pregnancy choices \(pshe-association.org.uk\)](https://pshe-association.org.uk)

**New friendship and bullying lesson packs** - these new KS1-2 and KS3-4 lesson packs, available exclusively to members, will help your pupils to make and maintain respectful friendships, manage any friendship challenges that arise, and identify and safely respond to bullying incidents. [Friendship and bullying lesson packs \(pshe-association.org.uk\)](https://pshe-association.org.uk)

### Free resources that have been quality assured by the PSHE Association



#### **CyberFirst – How to stay secure online**

This free interactive video learning resource from NCSC will help 11-14yr olds learn about some of the most common cyber scams and malicious online activity. [CyberFirst: How to stay secure online \(11-14 year olds\) - NCSC.GOV.UK](https://www.ncsc.gov.uk)

The New 'Talk PANTS' KS1-2 lesson pack is now available to download. This will introduce pupils to the PANTS rule and vital tools to help keep safe from haram and abuse and includes a lesson for pupils with SEND.

[PANTS resources for schools and teachers | NSPCC Learning](#)



**Understanding consent KS2 lesson pack** – Developed by Gloucestershire Healthy Living and Learning in collaboration with both Aardman animation and the Office of Police and Crime Commissioner for Gloucestershire. The lessons will help pupils learn key knowledge and skills around consent and support safe, healthy and respectful relationships. [GHLL: Understanding consent \(pshe-association.org.uk\)](#)

**Building Connections** - is a new NSPCC service that empowers young people to tackle loneliness. Across 11 sessions, young people will be supported by a trained befriender who helps them develop tools to find a way through loneliness. [Building Connections | Support service for young people | NSPCC Learning](#)



**Let's Talk About Self Harm Training Workshop** - Would you like to understand how to use the updated Self-harm Management Toolkit used by Southend, Essex and Thurrock (SET)? Increase your knowledge, skills and practical experience needed to effectively use the updated Self-Harm Management Toolkit. Join us for a fully funded workshop via this link: [Let's Talk About Self Harm - Mid & North East Essex Mind \(mnessexmind.org\)](#)

## The Healthy Schools Team



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Checkout our website for more information

[Home - Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](http://essexfamilywellbeing.co.uk)

## Support Websites - Directories of support

| Directory name   | Provides  | Link  |
|--|---|---|
| <b>Essex Child &amp; Family Wellbeing Service</b>            | Provide a range of child and family services throughout Essex that are free at the point of delivery.   | <a href="https://essexfamilywellbeing.co.uk/">https://essexfamilywellbeing.co.uk/</a>   |
| <b>Essex Effective Support</b>                               | The Effective Support Windscreen illustrates how Universal, Early Help (Additional and Intensive) and Specialist services in Essex are provided. Website includes Children & Families Hub Request for Support Portal. | <a href="https://www.essexeffectivesupport.org.uk/">https://www.essexeffectivesupport.org.uk/</a>   |
| <b>Essex Local Offer</b>                                     | Online directory of Services and support for special educational needs and disability.  | <a href="http://www.essexlocaloffer.org.uk/">http://www.essexlocaloffer.org.uk/</a>   |
| <b>Essex Map</b>   | Online resource to help find the groups, services, and activities who are working to better the community, rather than focusing on profit.  | <a href="https://www.essexmap.co.uk/">https://www.essexmap.co.uk/</a>   |
| <b>Essex Schools Info Link</b>                               | Mental Health Information Portal is designed to support schools in finding online material and content in supporting children and young people in educational settings.   | <a href="https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Pages/default.aspx">https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Pages/default.aspx</a> |
| <b>SNAP</b>  | Special Needs and Parents includes directory of support for families.   | <a href="http://www.snapcharity.org/index.php/information">http://www.snapcharity.org/index.php/information</a>   |
| <b>Southend Essex Thurrock Domestic Abuse Board (SETDAB)</b> | Southend, Essex and Thurrock domestic abuse partnership website, providing advice and information on services for those affected by domestic abuse  | <a href="https://setdab.org/">https://setdab.org/</a>   |
| <b>Getting Help in Essex</b>                                 | Find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic.  | <a href="https://www.essex-gethelp.uk/">https://www.essex-gethelp.uk/</a>   |

Your School Nurse is available to support you with the Health and Wellbeing needs of any child, young person or family you may have concerns about. Please contact your local team for further information:

|             |                    |
|-------------|--------------------|
| Mid Essex   | Tel: 0300 247 0014 |
| North Essex | Tel: 0300 247 0015 |
| South Essex | Tel: 0300 247 0013 |
| West Essex  | Tel: 0300 247 0122 |



## PSHE Education Support

PSHE Association [PSHE Association | Charity and membership body for PSHE education \(pshe-association.org.uk\)](https://www.pshe-association.org.uk)

Brook [Sexual Health & Wellbeing - Brook – Healthy lives for young people](https://www.brook.org.uk)

Sex Education Forum [Home | sexeducationforum.org.uk](https://sexeducationforum.org.uk)

Terrence Higgins Trust [Sexual health information and advice | Terrence Higgins Trust \(tht.org.uk\)](https://www.tht.org.uk)

### Emotional Regulation Support

Affinity Programme - a targeted early intervention project working across all of Essex, including the unitary authorities of Southend and Thurrock, for children and young people who are at risk of exclusion from education due to emotional dysregulation. [Affinity Programme – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://www.essexfamilywellbeing.co.uk)

Support children (and adults) to self-regulate and build their understanding of their own behaviour and emotions <https://keepyourcooltoolbox.com/>

Mindful Magic <https://www.mindfulmagic.info/schools>

### Emotional Wellbeing Support

Anna Freud – Mentally Healthy Schools  
<https://www.annafreud.org/insights/news/2020/09/framework-launched-to-support-schools-to-develop-whole-school-approach-to-mental-health/>

Young Minds <https://youngminds.org.uk/>

### SEND

PSHE Association – SEND Hub <https://www.pshe-association.org.uk/content/send-hub>

MENCAP <https://www.mencap.org.uk/advice-and-support/children-and-young-people/sen-support>

Multi-schools Council <https://www.multischoolscouncil.org.uk/>