

Healthy Schools Team Newsletter – Issue 13



Summer 2023



Welcome and Introduction

Here we are in Summer 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 the final term of this academic year, the Healthy Schools Engagement Workers are continuing to support schools through Profile visits to identify any particular changes to provision, challenges, and areas of good practice. Your Healthy Schools Engagement Worker will be in touch with your school when your next visit is due.

Training opportunities

Oral Health Training

We are delighted to be joined by the Oral Health Improvement Teams for Community Dental Services Essex for some virtual oral health training in June. They will be offering two dates for professionals working in Primary schools and two dates for professionals working in Secondary schools. An invitation has been sent to all schools and the flyer has been sent with this newsletter with more information and booking details.

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

vcl.essexpublichealthandhealthyschools@nhs.net

Puberty, Emotions and Feelings workshop – follow up survey

The Healthy Schools Team delivered two free virtual RSHE Education workshops this term for professionals working with KS2 and lower KS3 pupils, focussed on puberty, emotions and feelings. These were very well attended by schools across Essex. We would really appreciate feedback from all of those that were able to attend so that we can ensure future trainings are effective in meeting the needs of our school communities.

Please click this link for your feedback opportunity: [Healthy Schools RSHE Puberty and Emotions Training Feedback](#)

If you were not able to attend this training, please do email us and let us know what your training needs are around this area so that we can use it to inform the development of future workshops.

vcl.essexpublichealthandhealthyschools@nhs.net

Healthy Schools updates



Healthy Schools Sun Safety awareness week resources and poster competition

To celebrate Sun Awareness week which ran from the 3rd – 9th May 2023, the Healthy Schools Team created a resource for schools to use within the classroom or as part of an assembly to support the PSHE curriculum lessons. If you weren't able to use the resource or you didn't receive it, please see email for attachment.

As part of this campaign, we also gave schools the opportunity to enter our sun and water safety poster competition and we are delighted to announce that we have selected the winning masterpiece. This was created by a **Key Stage 1 pupil at Barnes Farm Infant School, Chelmsford.**

A big congratulations to Barnes Farm Infant School and well done to all children that took part, It was a tough job choosing the winning poster!

This poster will be displayed at all our Family Hubs over the Summer term to help raise awareness of how to keep safe in the sun.



Your feedback is important to us.....

As always value your thoughts and opinions and would love to hear about how you used the resource in your school and if it was useful. Please take a couple of minutes to share your thoughts using the link below, this will be a great help for us when developing future resources for schools.

[Sun Awareness Campaign Feedback](#)

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

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

We are delighted to announce that we will be holding a Healthy Schools Festival this September! – Date TBC. All schools across Essex will be invited to come along and take part in some fun activities, find out about local support services and enjoy a picnic lunch whilst celebrating the successes of schools that have undertaken healthy schools projects this academic year. Please keep an eye out for your invitation which will be coming out in the next couple of weeks.

Networking meetings

We have one final networking and ask the expert session taking place this year, which will be hosted virtually by the South Essex Healthy Schools Team. Come along for the opportunity to ask questions, share experiences, challenges, ideas, evidence and good practice around supporting health and wellbeing outcomes for children and young people. If you have not had a chance to fill in our survey monkey questionnaire, please do take a moment to do so here: <https://www.surveymonkey.co.uk/r/YJHNCW2>

Your responses are much appreciated and will allow us to plan for future forums in relation to most suitable venues, times and common themes / concerns that you would like support with. Your Healthy Schools Engagement Worker will email you nearer the time with booking details.

South Essex Primary Schools	Tuesday 13 th June 2023
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If you missed your local Networking meeting and would like to attend this one, please do book on via the email address below: vcl.essexpublichealthandhealthyschools@nhs.net

Please state the name of the person attending and school when booking your place.

Wider service updates



Family Healthy Lifestyles Service

The Family Healthy Lifestyle Team is a subsidiary of the Essex Wellbeing Service provided by HCRG Care Group.

We are able offer support for all school-aged children in Essex, and their families.

We provide a judgement-free service that is centred around the family's specific needs. This is a person-centred approach and can be tailored to provide the level of support required by individual families, rather than a one size fits all programme.

If children and young people are concerned about their weight, they can speak to their school nurse who will make a referral to the Family Healthy Lifestyles Team.

They will be allocated their own personal health coach who will have an initial conversation about their needs and work out a suitable intervention, tailored to their wants and needs, based on the behaviour change model we have to offer. We will work together with the child or young person and their parent/carer, if it is a younger child (up to KS3), but each will be assessed on an individual basis. The intervention will last up to 12 weeks, again depending on individual needs, and we will collect BMI measurements at the start and at week 12, these can be self-reported.

Our friendly, supportive Coaches will work with you to encourage lots of small changes that together can make a big difference. We work with families face to face or virtually, and can offer help and advice on topics such as:

- Portion sizes
- Food label reading
- Healthy shopping on a budget
- Physical activity advice and options
- Healthy coping strategies
- The importance of sleep and how to improve it
- Nutrition advice
- Mindfulness and relaxation
- Boosting self-esteem
- Cookery lessons
- Fussy eating advice
- Behaviour change

Not all of these sessions will suit everybody, which is why we have made our approach family-led. We will work with families to tailor the service that we provide, and the sessions we deliver to the needs of the family in order to create positive change, that is sustainable long-term.

If you want more support from the Family Healthy Lifestyles Service, please call us on 0300 303 9988 or email provide.essexwellbeing@nhs.net to talk to one of our team members.

Wider service updates



Promoting School readiness within our 'I Can do it' sessions

The Essex Child and Family Wellbeing Service Healthy Family Teams are running school readiness workshops at Family Hubs across Essex. There are a mixture of face to face and virtual sessions which focus on communication, physical development, promoting independence and supporting socialisation/transitions.

Active Clubs for 4–11-year-olds

These sessions are running in some of the Family Hubs in partnership with ACTIVITOTS. Each week children will practice a variety of sports and skills and play lots of team games to help keep them fit and active after school.

For more information about your local sessions please click the link below and select your local family hub to download the timetable:

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

Other updates



Ride London activity week

With Ride London fast approaching, Active Essex have created an activity week for schools to get involved with, including Design your own Jersey, The Daily Mile Get To The Know Essex map and Wheelie Wednesday. For more information click the link below: [School Engagement - Active Essex](#)

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 \(\[essex.gov.uk\]\(http://essex.gov.uk\)\)](#)



Essex Sexual Health Service have launched a new online system which makes it simpler for people across the county to access NHS sexual health services.

The new Personal Health Record system will allow those seeking STI testing, contraception and sexual health support to book appointments and request testing kits and condoms through a single online log-in.

More information about ESHS, the new Personal Health Record online system and the eC-Card app can be found at: www.eshs.org.uk



Report Remove, an online self-reporting tool for young people – Podcast

Report Remove is an online tool that under-18s can use to report sexual images or videos of themselves that have been shared online, to see if they can be removed from the internet. Developed by experts from Childline and the Internet Watch Foundation, the tool provides a child-centred and non-judgemental approach to image removal.

Listen to this podcast episode to learn more about why a tool like Report Remove is needed, how the tool works, and how you can signpost young people to the tool as part of their response to incidents of sharing nudes.

[Podcast: an introduction to Report Remove, an online self-reporting tool for young people | NSPCC Learning](#)



Barnardo's Education Community is a platform for education staff across England, Northern Ireland, Scotland, and Wales, providing a range of free resources, training, and support..

The **aim** of BEC is to improve the mental health of children and young people by providing staff working in education with the knowledge, understanding and tools to support them

BEC provides a range of resources, training, and support:

- for you and your staff
- for you in your work with children and young people
- for you to connect with colleagues across the UK
- including links to Barnardo's Mental Health and Wellbeing Support

[Support for Education Staff in UK - Barnardos Education Hub \(educators-barnardos.org.uk\)](https://educators-barnardos.org.uk)



Films for Teachers /Professionals

Nip in the Bud have prepared a number of films and factsheets to help teachers and school staff with children who may have a diagnosis, may be showing symptoms of a potential mental health condition or may be struggling as a result of the Covid 19 pandemic.

[Films for Teachers / Professionals | Nip in the Bud](#)

Understanding Eating Disorders

Around 1.25 million people in the UK suffer from eating disorders. These disorders can cause serious harm, both physically and emotionally, and they have the highest mortality rate of any mental illness. Early diagnosis, intervention and treatment is critical. To learn details on the different kinds of Eating Disorders, watch this 8-minute film and read the fact sheet. [Eating Disorders Videos for Teachers | Nip in the Bud](#)



Support hubs

Winston's Wish – the charity that supports bereaved children, young people, their families and the professionals who support them have created new hubs aimed directly at grieving young people, parents and carers, professionals and schools, packed with information, advice and resources. You'll also find clear descriptions of their on-demand services, bereavement support and counselling and how to access them.

[Bereavement support for children and families | Winston's Wish \(winstonswish.org\)](https://winstonswish.org)

Talking about anxiety in schools and colleges: free seminar

The next Anna Freud Schools in Mind seminar will explore the topic of anxiety with expert speakers from clinical and education backgrounds. The panel will discuss what anxiety is, how young people may experience it and when to seek specialist help.

Experts will share practical advice on supporting pupils who are experiencing anxiety at school or college.

[Talking about anxiety in schools and colleges | Training | Anna Freud Centre](#)

Summer term wellbeing calendar

To help you plan your mental wellbeing activity for the summer term, the Anna Freud Centre have published their latest Mentally Healthy Schools calendar of curriculum themes and occasions linked to mental health.

The calendar covers the entire term, with suggested themes and resources for dates including Stress Awareness Month, Mental Health Awareness Week, World Autism Awareness Day and the end of term.

[Mental health and wellbeing calendar: summer term 2023 : Mentally Healthy Schools](#)

Addressing Emotionally-based school avoidance

The Anna Freud Centre have developed a resource that looks at the topic of emotionally-based school avoidance (EBSA) and shares ideas to help staff address the issue.

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



National Smile Month is a charity campaign all about championing the benefits of having good oral health and promoting the value of a healthy smile.

Between 15 May and 15 June, the Oral Health Foundation will be raising awareness of important health issues and ready to put a smile on everybody's face. For more information and free resources, click the links below.

[Brush for better health | Oral Health Foundation \(dentalhealth.org\)](#)

[Resources - Community Dental Services](#)

The PSHE Association – Updates

New resources for members:

The PSHE Association have launched New lessons and CPD on Money & Wellbeing. This new lesson pack for KS2 will support pupils' understanding of economic wellbeing in their day-to-day lives and prepare them for adult life. [Money and wellbeing \(pshe-association.org.uk\)](https://pshe-association.org.uk)

New additions to the PSHE Association Drug and Alcohol lesson pack:

A new lesson for year 9 exploring the consequences of vaping (including the environmental cost) and the influences that might impact young people's behaviour in relation to vaping. [Vaping year 9 lesson pack \(pshe-association.org.uk\)](https://pshe-association.org.uk)

Two new lessons for KS5/post-16 on understanding the risks and consequences of substance use, and making informed decisions about alcohol, tobacco, and other drugs. [Drug and alcohol education lesson pack for KS5 / post-16 \(pshe-association.org.uk\)](https://pshe-association.org.uk)

Free resources that have been quality assured by the PSHE Association

Co-developed by psychology researchers at the University of Northampton and the University of Greenwich, **'Our Class'** will help you teach KS2 pupils about friendship.

The five lesson plans centre around the fictitious Bankwell Primary School. Each lesson is based on an illustrated story featuring a character from the school who has a friendship challenge.

The lessons cover increasingly complex friendship dynamics as pupils progress and there are learning activities throughout to help pupils reflect on the story and how the characters can resolve their friendship dilemmas. These include coping strategies for dealing with arguments and falling out, what 'being popular' means, and how 'new kids on the block' can fit in.

What's included?

- 5 new lesson plans
- Teacher guidance
- Accompanying resources, illustrations and videos

All five lessons are mapped directly to the statutory Relationships Education guidance, under the 'Caring Friendships' unit.

[What is 'Our Class'? | Our Class \(northampton.ac.uk\)](https://northampton.ac.uk)

New introductory lesson on 'balancing screen time' now available!

Five lessons from 'Digital Matters' — a free online safety learning platform developed by Internet Matters, featuring lessons aligned to the Education for a Connected World framework.

These resources support pupils in years 5 and 6 to learn how to stay safe online and where to get support when they need it. Through discussion, interactive quizzing and a digital choose-your-own-adventure story, pupils learn key safety concepts outlined in the statutory RSHE guidance.

Sign up to Digital Matters for free, and gain access to the five introductory lessons we've awarded our Quality Mark to, covering:

- **NEW!** Balancing screen time
- Cyberbullying
- Thinking Critically Online
- Protecting Personal Information Online
- Healthy Behaviours Online

Each downloadable lesson pack includes: lesson plan, lesson slides, teacher companion guide, cross-curricular links, offline worksheets, parent companion guide, baseline assessment

['Internet Matters: Digital Matters' \(pshe-association.org.uk\)](https://pshe-association.org.uk)



Violence and Vulnerability Unit's Knife harm campaign

The campaign wants to support parents/ carers to have difficult conversations with their children around the issue of knife harm. The campaign is based on research and evidence from conversations with young people and parents, plus research completed with external agencies ChildWise and QA research. The strategy and delivery of the campaign is also based on research into what channels parents frequent, how they like to receive information, who they trust etc.

Four short films using lived experience of young people who have been arrested for possession of a knife have been created and can be found on the website. The films have then been edited down into eight shorts that will run as paid for ads on social media, programmatic ads and the Google suite. Visit www.essexvvu.co.uk/knives to find information and resources to help you talk to your children about knife harm.

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) or contact us at tpp@essex.gov.uk

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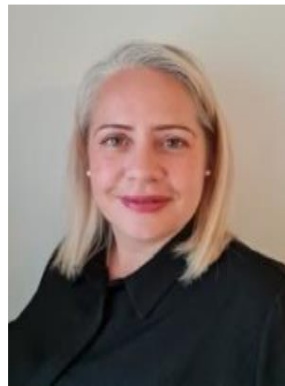
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Checkout our website for more information

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

Support Websites - Directories of support

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

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://www.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

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/>