

HEALTHY SCHOOLS SUNDERLAND

A HALF TERMLY NEWSLETTER FOR SCHOOLS

DECEMBER 2020 | TOGETHER FOR CHILDREN

WELCOME TO THE FIRST EDITION OF THE 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

The Sunderland Healthy Schools Award is in the final stages of development and will be launched in January 2021.

The award recognises the dedication of schools within the city to the health and wellbeing of their pupils, staff and local communities. Schools will be eligible for the award if they can evidence that they have attained or are working to attain citywide health and wellbeing Charter Marks (Anti-Bullying, Great Active, Food and Nutrition, Mental Health and the RSHE Charter Marks). Please visit the [Healthy Schools webpage](#) to find out more. To [register your schools' interest in the Sunderland Healthy Schools Award please click here](#).



Healthy Schools logo design competition

We don't have a logo for Sunderland Healthy Schools Award or our two new charters yet - could you help us?

We are running a competition for young people to design logos for our Sunderland Healthy Schools Award, as well as our Food and Nutrition Charter Mark and the Relationships, Sex and Health Education Charter Mark.

The competition will be open to primary and secondary school pupils in Sunderland and some great prizes will be given to the winners!

Keep an eye out for further information about the competition in the New Year.

Health and Happiness Project

The Health and Happiness Project is intrinsically linked to the Healthy Schools Award as it aims to bring health services together with children and young people to tackle health issues in the Sunderland. Ideally, we would like to develop engagement groups attended by pupils interested in health and wellbeing, but we understand that this may be difficult due to covid-19.

In the coming weeks, Gwen Seigel (TfC Prevention Support Officer) will work with schools and youth groups to explore the best ways of involving children and young people in the project.

To register your interest or ask any questions about the Health and Happiness Project please email Gwen at healthy.schools@togetherforchildren.org.uk.





ACTIVITY AND EXERCISE

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

GASSC was launched in September 2015 and this unique accreditation programme has proved an incredible success, with 91 schools achieving either the 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's free for schools to apply and to make the process easier schools can apply online with support available throughout.

For more information about GASSC visit www.sunderland.gov.uk/article/14780/Great-Active-Sunderland-Schools-Charter.

To submit evidence to become GASSC chartered please go to www.surveymonkey.co.uk/r/Y7SLV6P.



Virtual School Games Santa Dash

Friday 11 December 2020

Open to all primary and secondary across the city to get involved, young people (and school staff!) will run a minimum of 50 metres in your own school grounds, in festive gear! This is a collaborative effort to get our young people active and add some much needed festive cheer so our daily activity.

Health and Wellbeing Week

Monday 18 January 2021 ('Blue Monday')

Open to all secondary schools, there will be a programme of activities addressing both physical and emotional wellbeing. Accessible via Youtube to try and reach every child - visit www.yourschoolgames.com for more info.



The Daily Mile

Last month, Together for Children and Rise North East launched the #TheDailyMileSunderland competition.

Primary schools in Sunderland can win one of six prizes worth a combined total of £2,500, which can be spend on sports equipment.

Additional funding has also been secured from Sunderland CCG to continue the competition throughout 2021 with even bigger and better prizes to be won, including a top prize of £2,500 per each term!

To find out more visit www.wearerise.co.uk/news/thedailymilesunderland.

England Does The Daily Mile - can we get one million moving?

Friday 5th February - save the date in your diaries!

Throughout England, schools will be taking part in The Daily Mile and sharing their experiences with everyone as part of Place2Be's Children's Mental Health Awareness Week. Join in using the hashtags #EnglandDoesDailyMile #ChildrensMentalHealthWeek.

Further information will be sent out to Sunderland schools during December and January, but in the meantime, if you have any queries please contact gary.young@wearerise.co.uk.

Change4Life Sunderland

The Change4Life Sunderland Programme ensures parents and carers have the essential support and tools they need to make healthier choices for their families. The programme increases children, young peoples and families engagement in physical activity to reduce sedentary behaviour through an accessible and supportive programme. The programme is tailored to a range of needs, including delivery within all schools across the city, community events, sessions and Change4Life programmes.

Useful links:

- www.sunderland.gov.uk/article/12536/Change4Life-Sunderland
- www.facebook.com/Change4LifeSunderland
- www.sunderland.gov.uk/article/16581/It-s-time-to-Step-Up-



Active AIM

Active AIM, developed and delivered by Active Families North East, is an exciting and innovative six-week programme that aims to inform families about healthy eating and motivate them to become more active together, in a fun and exciting way.

Using a mix of interactive presentations, easy to follow fitness workouts and fun cooking sessions complete with recipes and food parcels, the programme can be delivered online or in small (safe and socially distanced) groups. Perfect for families and small school groups, the programme has successfully worked in partnership with the Coalfields Area Committee, The Foundation of Light (GOGA) and The Rainbow Centre Washington.

We have the staff, skills and ability to tailor this programme to meet the needs of any audience and have some great evidence to demonstrate the impact of our work. If you would like to discuss a potential programme, please email activefamiliesne@gmail.com.

ANTI-BULLYING CHARTER MARK

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

The Anti Bullying Charter mark is currently being updated and will be available to view online in the New Year. In the meantime, if you have any queries with regards to your Charter Mark, or if you would like to achieve a new award, please do not hesitate to contact wendy.coghlan@togetherforchildren.org.uk



ANTI-BULLYING CHARTER MARK

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 maintain 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 updates will follow in the New Year, but 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.

MENTAL HEALTH CHARTER MARK

The Mental Health Charter Mark (MHCM) makes up the Mental Health and Emotional Wellbeing element of the Healthy Schools Award.

The emotional well-being of children and young people is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with issues in adult life. For this reason we encourage schools and other education providers to implement our Mental Health Charter Mark.



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

Mindfulness Training for Primary School

TfC and Sunderland CCG are in the final stages of commissioning a service to deliver FREE mindfulness training to primary school staff in Sunderland. Similar training can cost over £500 per staff member.

The training will be delivered between spring 2021 and autumn 2021 half term. Booking details will be communicated to schools once the service provider has been selected but primary schools are encouraged to register their interest as soon as possible by contacting Jamie Scott (Prevention Project Manager) at jamie.scott@togetherforchildren.org.uk

Covid-19 Mental Health and Wellbeing Training for Schools

Together for Children will be delivering this central government funded training session which focuses on supporting children, young people and staff with wellbeing and mental health during covid-19.

Training will be delivered between January and March 2021 and gives practical, hands on ideas that can be used to support the school community and we will have the pleasure in having guest speaker Sharon Summers (Child and Adolescent Psychotherapist) in the sessions. To find out more and book onto sessions please visit www.togetherforchildren.org.uk/covid-19-mental-health-and-wellbeing-training-schools.

Community CAMHS training

Our Community CAMHS service is offering a range of training via Microsoft Teams:

- ICAMH – Introduction to child and adolescent mental health (4 sessions)
- Grief and Loss Training
- Anxiety Training
- FRIENDS Resilience training
- Introduction to CBT training.

Community CAMHS will be distributing additional information about this training (times, dates etc) in the near future. In the meantime please direct any requests or questions to camhs.training@stft.nhs.uk



Sunderland Culture

Reading, drawing, singing or playing music can have a remarkable ability to help us feel happier and healthier. Through expressing our feelings, connecting with others, building new skills or simply just taking our mind off things for a while, being involved in creative activity can have powerful and lasting effects on health and wellbeing.

Sunderland Culture are based at the National Glass Centre and develop a range of activities to encourage children, young people and adults to find creative interests that are fun but also support health and wellbeing. Find out more at www.sunderlandculture.org.uk/mental-health-wellbeing/.

Kooth

Kooth.com is a free online advice, support and counselling service for young people in Sunderland from 10-18 years or up to 25 years for care experienced young people.

It provides a safe, anonymous and non-stigmatised way for young people to receive advice and support online about a wide range of issues. The service is staffed until 10pm, 365 days a year and offers 1:1 support with trained staff as well as peer support via moderated forums and information.

Find out more at www.kooth.com.



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.

Youth Drug and Alcohol Support

Our Youth Drug and Alcohol Project 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.

Visit our website www.togetherforchildren.org.uk/children-and-young-people/drug-and-alcohol-support to find out more.

ADDITIONAL HEALTH RELATED INFORMATION USEFUL TO SCHOOLS

School Nursing Service

Do any of your pupils have questions, concerns or worries about physical, emotional or sexual health? Contact a School Nurse for information, advice and support via:

Virtual drop in - running every weekday 3pm-5pm for secondary school aged young people. More info at: www.nhs.uk/sunderland-school-nurse-drop-in.

Telephone - 0300 031 552

Also visit our Facebook page 'Growing Healthy 0-19 Sunderland' for up to date information about various health related topics and events at www.facebook.com/GrowingHealthySunderland/.

Coming soon... look out for C-Card provision in school for young people aged 13+.

Foundation of Light School Conference

The Foundation of Light will be holding a school conference to highlight the ways in which we can offer support to schools within the areas of the PE and Sport Premium. If you would like access to the video link please email danielle.chapman@foundationoflight.co.uk

The conference will be pre-recorded and a video link will be sent during week commencing Monday 7 December. All schools that sign up to the conference will be offered a funded 2-hour delivery slot.

Find out more at www.foundationoflight.co.uk/schools/primary/.

Health and Wellbeing in the Workplace

The workplace directly influences the physical, mental, economic and social well-being of workers and, in turn, their families and the wider community. Sunderland City Council's Healthy Workplace Service can provide tailored support to businesses offering a flexible approach to employee health and wellbeing. Good employment that promotes the health of employees can reduce sickness absence, improve morale, increase productivity and performance.

Start your workplace wellbeing journey today - learn more at www.livelifewell.org.uk/workplace-health/.

Well Schools

The Well Schools movement is a national scheme putting wellbeing at the heart of education through a new innovative platform for schools to share ideas, resources and solutions related to wellbeing in schools.

A Well School makes a promise to staff and students to hold themselves to account against three key pillars on which a Well school is built: Well Led, Well Prepared, Well Equipped. The three pillars will together build a positive culture and climate of wellbeing, allowing the whole school community to fulfil their potential. The Well school movement has been created by schools and will always be driven by schools creating the change our passionate educators want for young people and their schools.

The movement was started by 33 Founding Schools and an Education Board made up of current practitioners. Join today at www.well-school.org.

Please note that Well Schools is not affiliated to the Sunderland Healthy Schools Award, but the platform contains resources that may support your Healthy Schools Award application.