

Welcome to the Healthy Schools Autumn Newsletter

Autumn really does appear to have set in with the Summer holidays now a distant memory and Half Term coming into focus. With routines established once more, this newsletter is brought to you to remind you of the programmes, initiatives and resources provided by the Healthy Schools partner network to support the health and wellbeing of both staff, students as well as the wider school community.

As always, it is hoped that this will prove to be a useful reference in addition to the Healthy Schools website:

[Home - Healthy Schools \(healthyschoolscp.org.uk\)](http://healthyschoolscp.org.uk)

Please remember to raise a query at any time via the mail box: healthyschools@healthyyou.org.uk and every effort will be made to source the relevant information and to signpost to the most appropriate partner organisation for support. Additionally, feedback is always welcomed to help further develop current provision as well as to shape future service delivery.

Best wishes for the weeks ahead and everything that they will bring.

The features within this newsletter have been organised by theme, these are:

Health & WellBeing Awards

Keeping Safe

Mental Health & Well-Being

RSHE

Healthy Eating

Physical Activity

Healthy Schools Cambridgeshire and Peterborough Accreditation



There is so much inspirational work that is being carried out to encourage the students to make healthier choices and this seems to gather momentum each term with more and more schools opting to pursue the Healthy Schools accreditation journey. To date 84 schools have taken the initial health check comprising of 30 Yes/No questions to support a self-assessment. Access can be gained by clicking this link [Initial Health Check For Schools](#) or scanning the QR code



Once complete, schools will be provided with the opportunity to pursue a range of funded programmes and access consultancy to help embed a sustainable and impactful health and well-being agenda.

The award has been streamlined thanks to feedback from participating schools and provision of evidence is simply via bullet pointed statements which all staff members can contribute to ensuring a whole school approach is achieved. This has been the case at Brington Church of England Primary School and Eastfield Infant and Nursery School – the most recent schools to have been awarded Healthy Schools status within the space of 6 months due to outstanding commitment and staff collaboration. Congratulations to both schools.



Centre 33 provides Young Carers Champion Training for Headteachers and Governors

Centre 33 is providing a series of free briefings for Headteachers and Governors about the Young Carers programme. The next briefings are taking place on the 6th November and 6th December. These can be booked via Eventbrite:

[Centre 33 Events - 9 Upcoming Activities and Tickets | Eventbrite](#) More dates will be released from January - May 2025 which we will be updated on Eventbrite in due course.

For further information or to sign up to having a Young Carers Champion this academic year, contact: youngcarerstraining@centre33.org.uk



Cambridgeshire & Peterborough CYP Community Asthma Team invite schools to become Asthma Friendly

Asthma is the most common long-term medical condition affecting 1 in 11 children and young people and the Community Asthma Team are continuing to provide support to schools to ensure they fulfil the 4 key asks. These being:

1. To have an asthma plan in place.
2. To attend a regular asthma review
3. To oversee the proper use of the inhalers
4. To know how air pollution can affect those CYP with asthma.

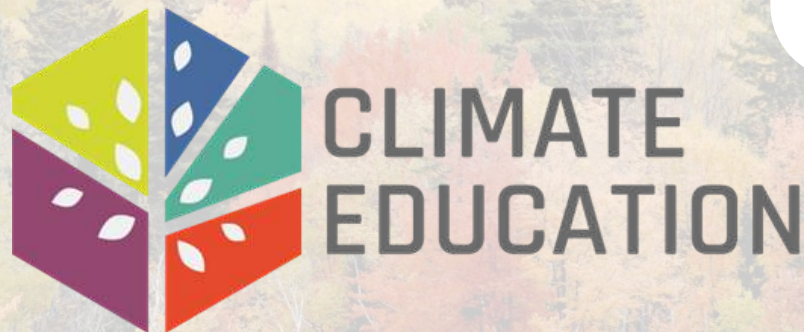
Some resources can be accessed here:

- [Lesson plans for teachers - Transformation Partners in Health and Care](#)
- [Signs-and-sympoms-of-asthma-poster.pdf](#) (transformationpartners.nhs.uk)

To get involved in the local Asthma Friendly Schools programme visit: [Asthma Friendly Schools - Healthy Schools \(healthyschoolscp.org.uk\)](http://Asthma Friendly Schools - Healthy Schools)

Any questions, email: ccs.cypasthma@nhs.net
Or call: 07912473821

PECT encourages schools to get started on their sustainability journeys with Climate Education – a flexible and easy to use platform



Brought to you by local environment charity PECT, Climate Education is the one-stop hub for schools, bringing sustainability into education. Created in consultation with teachers and educators it has been specifically developed as a whole-school approach, bringing together facilities managers, senior leadership, teachers, students and governors.

It works across five key themes: Zero Waste & Sustainable Living, Carbon & Climate Change, Our Natural Environment, Sustainable Travel, and Local & Sustainable Food, so it is the perfect way to bring the work of sustainability and Healthy Schools together. It also supports the aspirations of the Department for Education's Sustainability & Climate Change Strategy whilst linking closely with the Sustainable Development Goals (SDGs), ensuring we all make a difference for the future.

Climate Education offers a wide range of support to all schools no matter where they are on their journey and the interactive action plan ensures that everyone is included and up to date with everything that is happening without having to trawl through emails. The member dashboard also includes –

- Lesson Plans
- Funding
- National Links
- Policy Guidance & Updates

Check out the website – www.climateeducation.co.uk or get in touch at hello@climateeducation.co.uk to find out more.

[Introduction To Climate Action in Education](#)

Healthy Belonging – A bespoke PSHE curriculum enrichment for Year 6 pupils in Cambridgeshire and Peterborough



The Healthy Belonging Module has been designed in response to enquiries from many schools about a resource to support primary teachers to address the risk of county lines and knife crime in an age-appropriate way.

The module has been commissioned by Cambridge City Council, on behalf of the Community Safety Partnership, and the Office of Police and Crime Commissioner and has been developed by the PSHE Service in collaboration with Cambridge City Council, Cambridgeshire County Council's Partnership Strategic Lead and Cambridgeshire and Peterborough Safeguarding Board, Healthy Schools and Rewise Learning.

It comprises of three ready to deliver presentations, each with a Teacher Guide to support the PSHE curriculum for Year 6 pupils.

The focus of each part of the module is as follows:

Part 1: Identifying characteristics of healthy friendships

Part 2: Identifying coercive behaviours often linked to county lines

Part 3: Identifying behaviours and resisting pressure to carry a knife.

All the lesson activities and resources adhere to good practice PSHE principles which encourage the exploration of characters and themes through discussion and animation.

The recommendation is for the three sessions to be delivered consecutively to further the teaching on Healthy Relationships.

To find out more and gain access to the resources visit:

[Healthy Belonging – A module for Primary Schools - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)



East Cambridgeshire District Council and the PSHE Service provide a toolkit to help raise awareness of gaming and gambling related harm

East Cambridgeshire District Council in conjunction with The Cambridgeshire PSHE Service have produced both a primary and secondary module as part of the wider Eyes and Ears programme to support schools in addressing the link between gaming and gambling behaviour.

The modules comprise of a presentation with embedded video clips, teacher guide as well as activity resources and are designed to be delivered as part of the wider RSHE programme.

To access these free and downloadable resources, visit: [Community Eyes and Ears - Healthy Schools \(healthyschoolscp.org.uk\)](https://www.healthyschoolscp.org.uk).

GamCare delivers fully funded gambling awareness workshops for young people aged between 11 and 19



In support of the local Eyes and Ears offer, GamCare is the leading provider of information, advice and support for anyone affected by gambling related harm. GamCare offers Free one-hour interactive awareness workshops for young people aged 11-19 (which are ideal for lessons, assemblies and youth-focused sessions) as well as Free training sessions for professionals working with young people and for parents.

Find out more here: [Young People's Support Service - GamCare](https://www.gamcare.org.uk) or contact the local Education and Training lead: rod.smith@gamcare.org.uk

The BigDeal website [Home - BigDeal](#) is part of GamCare, and supports children and teenagers, from 11 years up to help them get the facts about gambling and find out how it can become harmful. It is aimed to help young people who are worried about their own gambling, or someone else's. It includes information about things young people might not realise are gambling, like 'loot boxes' and 'social gaming'. In addition to talking to someone on the phone, the website has a [live online chat service](#) , open 24 hours a day. BigDeal has a [Parents & Professionals Hub](#) which is where parents and professionals – such as teachers and youth workers – can find out more about gambling.

Cambridgeshire Fire and Rescue Service provide a reminder of the importance of Halloween and Bonfire Night safety



An informative and interactive resource pack covering Halloween and Bonfire night safety has been uploaded to StayWise. This is a free online library packed full of educational resources and activities from the UK's leading emergency services and safety-focused organisations making it easy to find trusted materials that provide learning opportunities to help keep children safe.



There are lesson plans and presentations for both primary and secondary teachers to use. Click this link: <https://staywise.co.uk/redirect/fire-cambridgeshire>

Locally the Cambridgeshire Fire and Rescue Service deliver safety messages in schools. In KS1 the children are introduced to Jet the Dragon (see the video link for a Halloween Safety story: https://youtu.be/vmsJS6_HzBU), in KS2 the students can access Safety Zone – a series of interactive workshops - and for KS3 and KS4 students there is Firebreak -an early intervention programme - for targeted students. This can be previewed through the 3 minute video: <https://youtu.be/aLCHyZx8V9o> and any questions can be emailed to FireBreakinfo@cambsfire.gov.uk

For all general enquiries contact:
paul.clarke@cambsfire.gov.uk or
odette.tattersall@cambsfire.gov.uk



The East Anglian Air Ambulance provides basic life support training

East Anglian Air Ambulance has funding to provide free CPR and AED training in schools, to staff and pupils (from Yr 5/6). Each session is approximately an hour long but it can be delivered flexibly to fit around school timetables and pupil needs. Sessions can also take place throughout the day so whole year groups can be trained as required.

The session covers: the EAAA lifesaving service, the first aid acronym DRSABC and the medical difference between heart attack and cardiac arrest.

There is a particular focus on how to deliver effective CPR and to use a community defib.

All equipment is supplied to enable pupils to have a hands-on experience.

Book a session [here](#) For more information, email: communitytraining@eaaa.org.uk

Cambridgeshire and Peterborough ICS encourage young people to play a role in infection prevention and control



In association with the World AMR (Antimicrobial Resistance) Awareness Week taking place between 18th – 24th November, the local ICS team is keen to raise awareness of the e-Bug resources for schools. These are free and are provided by the UK Health Security Agency to support children and young people to play their role in infection prevention and control. Take a look at the range of resources available here: [Home\(e-bug.eu\)](http://Home(e-bug.eu)).



YMCA Trinity and Fullscope collaborate to deliver “Understanding Self Harm” workshop

YMCA Trinity, in conjunction with Fullscope, is proud to offer a FREE 2-hour workshop titled 'Understanding Self Harm,' designed to give invaluable insights into the experiences of young people dealing with self-harm.

This workshop offers a unique chance to hear directly from young people about what they wish you knew regarding self-harm, drawing on the powerful and award-winning co-produced video, 'Ask Me How I Am.' Their voices provide critical perspectives that can help professionals and educators better support young people in their journey to mental wellbeing.

Workshop highlights:

- Understand the lived experiences of young people struggling with self-harm
- Gain practical insights that will improve the ability to offer support
- Learn directly from young people, as they share their thoughts, feelings, and what they wish adults understood

This workshop is ideal for anyone who works with or supports young people, including educators, mental health professionals and youth workers. It is fully funded by NHS Cambridgeshire & Peterborough ICB and is available in person for groups of 10 – 20 people.

For more information please click on the link: [Understanding Self-Harm](#)

To book this workshop or to enquire about attending even if the minimum numbers required cannot be met, please email:

mentalhealthtraining@ymcatrinity.org.uk

Aspire at Romsey Mill - Youth Clubs for young people with an autism diagnosis (South Peterborough)



Aspire at Romsey Mill is providing youth clubs for young people with an autism diagnosis in mainstream schools. The aim is to help reduce social isolation and improve the mental well-being of those who attend. Activities will include: video games, board games, arts and crafts and Lego. The team is currently taking referrals for children /young people who have a formal diagnosis of autism and are on roll in a mainstream school in years 5, 6, 7, 8 or 9 (year 4's can join the waiting list ahead of the next academic year.) It is also the intention to extend the age range of the youth club provision in the coming months to years 10 and above so all help to spread the word is most appreciated.

For enquires, email: admin@romseymill.org

For more information visit: www.romseymill.org/aspire



**Cambridgeshire and
Peterborough**
NHS Foundation Trust

NHS Cambridgeshire & Peterborough provides HEAR 85258 – the free to use mental health text service

Please be reminded about the local mental health text messaging service HEAR 85258, which is funded by NHS Cambridgeshire & Peterborough in partnership with the national service SHOUT. The free to use text service provides real-time support to people who are struggling with their mental health across the area.

When texting the word HEAR to 85258, the person will be connected to a mental health clinician who will offer them calm in a time or place of crisis. During the confidential and anonymous conversation, the texter will be supported while working on a plan of action and signposted to local and national mental health services.

Texting HEAR to 85258 is free, discreet and it runs 24/7. It won't appear on a mobile bill and requires no app, password, or registration. It's available for anybody who lives, works, or studies in Cambridgeshire and Peterborough.



[Text HEAR to 85258 | CPICS Website](#)

EBSA (Emotional Based School Avoidance) programme provided by Nessie for Cambridgeshire and Peterborough Schools



Nessie is a not-for-profit, evidence-based, experienced service, funded across Cambridgeshire and Peterborough to provide parent/carer support and to assist schools with Emotional Based School Avoidance.

All schools can access via the website, webinars, supervision, therapy, parent support and training: [Home - Nessie \(nessieined.com\)](http://nessieined.com).

There are, however, different levels of EBSA support but all schools can access the universal package which includes:

- Training, resources and access to the digital hub
- Consultation and support for parents/carers and schools
- CYP peer support in settings and online
- Participatory groups for CYP and parents

Whilst all the targeted primary places have been allocated for the funded pilot programme for the Autumn term, **Secondary schools** are invited to apply from November, for the targeted programme commencing in the Spring Term.

Use these links to book universal EBSA training, supervision, webinars and events as well as to apply for targeted Secondary support.

[Cambridgeshire Professionals - Nessie \(nessieined.com\)](http://nessieined.com).

[Peterborough Professionals - Nessie \(nessieined.com\)](http://nessieined.com)

For general enquiries e-mail: info@nessieined.com



Cambridgeshire and Peterborough Integrated Care System (ICS) Partners relaunch the Keep Your Head website



KeepYourHead

Take a look at the Keep Your Head website which was relaunched on Thursday 10th October: www.Keep-Your-Head.com

The website has a refreshed look and offers tailored and age-appropriate information for children and young people, adults, professionals and schools on a wide range of topics including mental health, anxiety, stress, depression, alcohol and drugs, bullying, eating disorders, addiction, autism and ADHD.

As with any new website, there are still some areas of development that are required and the content will continue to be reviewed and updated over the coming months. Feedback is, therefore, most welcome including suggestions as to how the website can be further improved. Please email to keepyourhead@sunnetwork.org.uk

NHS CCS and Pinpoint present a pathway for young people with situational mutism



A framework providing easy to follow and clear guidance on how to support a child or young person with situational mutism has been created by health and education professionals within Cambridgeshire and Peterborough. It can be found here:

[Supporting Young People With Situational \(Selective\) Mutism - Healthy Schools \(healthyschoolscp.org.uk\)](http://healthyschoolscp.org.uk)

The aim is to raise awareness of the condition; a diagnosis is not needed for the adults around the child or young person to access the support recommended in the framework.

Awesome Oral Health - Resources to download to help healthy smiles



Following the success of the Awesome Smile Station resources last year, this programme has been funded again by Cambridgeshire County Council to offer a whole school approach to Oral Health promotion. All primary schools throughout Cambridgeshire are encouraged to download the resources throughout the first half of the Autumn term and then set a date to have fun with a circuit of activity stations to encourage all pupils from Reception to Upper KS2 to get excited about caring for their smiles. All resources and instructions for the activities are provided by Awesome Oral Health. Accredited by the British Society of Dental Hygiene and Therapy (BSDHT) and approved locally by the Cambridgeshire PSHE Service, the digital downloadable resources (including mini videos) can be accessed for free [here](#) until Friday 25th October.



The Cambridgeshire and Peterborough Healthy Child Programme Team launch Getting Ready For Change (GR4C)

Watch the promotional video:

<https://vimeo.com/811243750/e8e4305382>

Find more information here:

[Children & Young People's Health Services](#)

(cambspborocyphs.nhs.uk)

Email: ccs.cpft.hcp@nhs.net with any questions

The Getting Ready for Change (GR4C) project is delivered by the NHS Cambridgeshire and Peterborough Healthy Child programme and aims to support children, young people and their families through key transition stages, or recognised times of change and child development.

The ask is for schools to direct the students who have just started in Year 7 and 10 to the online questionnaire as this was delayed going out to the Year 6 and 9 students last academic year.

The survey for the Year 7 students to complete is here: <https://portal.cambspborocyphs.nhs.uk/GRfC/Year6>

The survey for the Year 10 students to complete is here: <https://portal.cambspborocyphs.nhs.uk/GRfC/Year9>

Each survey comprises of 12 questions to encourage the young people to think about their health and wellbeing as they move to a new stage of education and how to get ready for this change. A summary of the responses will be provided directly to the young people themselves with some helpful information, links to online resources and details for further support as required.

The LifeSavers programme is a free financial education initiative available for state-funded primary schools. Delivered by the Just Finance Foundation, LifeSavers has been created to help children manage money wisely now and in the future through the provision of teacher training, resources and lesson plans.

What's available?

- 5 Big Questions about money – whole school resources, lesson activities and assembly plans to promote meaningful conversations about money.
- Milo's money – a beautifully illustrated storybook complete with Milo the Dino soft toy. Supplementary resources available for EYFS and KS1.
- Moneybox productions – interactive classroom resources that fit within drama and English as well as PSHE, citizenship and maths. Designed for pupils in KS2.

To get involved in the LifeSavers programme or find out more information:

Email: Paul Street, LifeSavers Financial Education Lead for schools across the East of England paul.street@jff.org.uk Visit: LifeSavers Financial Education from The Just Finance Foundation - Healthy Schools (healthyschoolscp.org.uk).

The Cambridgeshire PSHE Service invites all primary schools to participate in the Health Related Behaviour Survey this Autumn.



The Health Related Behaviour Survey is a highly regarded, national survey of children's and young people's attitudes and behaviours towards a wide range of health and wellbeing related topics. It is managed by the Schools Health Education Unit and facilitated locally by the PSHE Service.

Primary Schools that subscribe to the PSHE Service are annually offered participation in the survey. Non subscribing schools across both Cambridgeshire and Peterborough, however, can complete the survey subject to a one-off fee of £75. For inclusion in the Autumn 2024 window and to find out more email: pshe@cambridgeshire.gov.uk

All schools are encouraged to partake in the survey to help them identify and understand the health needs of their students and in return they receive a detailed, personalised report to support the planning and provision of Health Education in their setting.



Catch Your Breath – A funded school based smoking and vaping programme

The local Catch Your Breath programme, informed by the views of young people and evaluated by school staff, is designed to encourage a co-ordinated, whole school approach at both primary and secondary level to positively discourage smoking and vaping behaviour amongst children and young people.

The offer to Secondary Schools comprises of:

- Prevention assemblies; these cover the harms of tobacco and e-liquids, the ingredients in both products, the effects nicotine has on the developing brain, the manipulative marketing strategies of the tobacco/vape companies and the key smoking and vaping regulations in the UK.
- Behaviour Change sessions; these encourage students to think about their smoking/vaping-related behaviour and to explore reasons for quitting as well as strategies for breaking the addiction cycle.
- Mentor Training; this half day session is designed to empower and equip selected Y9 students to lead a vaping assembly to KS3 students as well as to the Y6 students as part of the transition process.

•A bank of teaching materials as well as a slide deck of key messages for visual display units; these can be downloaded from the [Catch Your Breath webpage](#) which also includes a resource section for parents/carers.

The offer to Primary Schools comprises of:

- A two-hour workshop delivered by the Healthy Schools Team to Y6 students which encourages them to consider the benefits of remaining smoke and vape free.
- A vaping assembly for KS2 students to explore the key myths and misconceptions around vaping.
- A pupil workbook to support the session and to take home to share with parents/carers.
- A teacher pack providing follow up lesson plans and activities to prompt further thought on the following themes: The notion of being “Cool” – “What is Cool?”, The Addiction Cycle – How nicotine affects the body, Peer Pressure – How to say “No” and Age Restricted Products.

To make an enquiry, contact: healthyschools@healthyyou.org.uk

Talk Relationships supports all UK Secondary Schools to confidently deliver inclusive sex and relationships education

NSPCC

The NSPCC Schools Service provides a range of free safeguarding programmes for both primary and secondary students which includes Talk Relationships (KS3 and KS4) This programme includes:

- e learning courses to support teaching staff to feel confident when delivering sex and relationships education and responding to abusive behaviours
- a series of 14 lesson plans created by sex and relationships education experts from the PSHE Association and the NSPCC
- 6 specialist lesson plans for young people with SEND
- a dedicated helpline to provide advice and guidance on delivering sex education

More information can be found here: [Talk Relationships: resources to deliver sex and relationships education | NSPCC Learning](#)

For any queries, contact: Cat Taylor (catherine.taylor@nspcc.org.uk) and Natalie Timotheou (natalie.timotheou@nspcc.org.uk) the local NSPCC School Co-ordinators

In addition to the support and resources for schools, the NSPCC have a series of **online safety sessions for parents and carers** which are taking place between November '24 and February'25 and cover topics such as cyber bullying, social media, sharing images and gaming.

These sessions can be booked here: [Online Safety Sessions for Parents and Carers | Eventbrite](#) or via this QR code:





Researchers at the University of Cambridge Introduce School Health Pulse

Developed by researchers at the University of Cambridge, School Health Pulse is a platform designed to help teachers save time, access the latest research and increase parent engagement on child health. The resources include one-page evidence briefs, report writing aids and school newsletter tools. Check it out here: [School Health Pulse](#) or take a closer look with the opportunity to ask questions: [Book a demo today – School Health Pulse](#)

Alternatively email: Mairead Ryan:
hello@schoolhealthpulse.com

Fit N Healthy - connecting food and fitness through a variety of fun, interactive and inclusive activities for Year 6 students.



Fit N Healthy is a fully funded 2 hour workshop targeted at Y6 students combining key healthy eating messages with physical activity. It is delivered directly by the combined Food Smart and Healthy You team.

Throughout the session, comprising of 4 activities, the students are tasked with exploring the foods that are needed for fuel, the brain and fitness and completing a series of fun, engaging and inclusive fitness missions.

The idea is to provide something different to the nutrition teaching that is part of the required curriculum but also complements the Health Education standards.

Contact education@pect.org.uk for more information or to make a booking. Please note that delivery to schools that are pursuing the Healthy Schools accreditation will take priority when necessary.



Get active with the School Games events 2024 – 2025



The Cambridge and Peterborough School Games are part of the national School Games programme which aims to inspire children and young people to be physically active. The events are free for all schools to take part in and focus on those pupils who would benefit the most from being more physically active. The emphasis is on providing inclusive physical activity events for fun whilst instilling the national School Games values of passion, self-belief, respect, honesty, determination and teamwork.

There are a host of universal events being held in the forthcoming academic year. These are as follows

Countywide Events For All	
Run For Fun Week	21 st - 25 th October '24
Santa Dash	6 th December '24
Virtual Dance	7 th January – 28 th March '25
Healthy You Festival	13 th - 17 th January '25
Skipping Week	28 th April – 2 nd May '25
National School Sport Week	17 th June – 23 rd June '25

To find out more about the range of events and opportunities available and how to get more involved with the School Games, simply contact one of the organisers below :

South Cambridgeshire: Claire McDonnell CMcDonnell@combertonvc.org

Cambridge: Ian, Andy and Jen adminsprimary@ColeridgeCC.org.uk

Huntingdonshire: Doug Finlayson rfinlayson@hbk.acesmat.uk

Peterborough: Max Brindley mbrindley@jhs.pkat.co.uk

Witchford/East Cambridgeshire and Fenland: Helen Scotto Di Marrazzo:

SGO@WVC.TELA.org.uk



Grafham Water Centre – A reminder to schools

Grafham Water Centre (GWC), based on Grafham Water Reservoir in the village of Perry, Huntingdonshire, has over 50 years' experience in delivering educational adventurous outdoor activities for primary and secondary schools, colleges and universities. The offer includes:

- Residential trips, fully catered – 160 indoor beds, camping fields and seasonal bell tent offer with capacity for 80. Including option of theming the experience to related curriculum content. Catering for all dietary requirements
- Day visits for schools, youth groups, adult groups of up to 300 onsite at one time
- Sailing, Climbing and Paddlesports GCSE courses
- Duke of Edinburgh Award including self-programme opportunities
- 1:1 support and alternative provision
- National governing body awards in water and land-based activities
- People Development offer including leadership and team building days, conferencing and event facilities



Find out more:

www.grafham-water-centre.co.uk

01480 379500

grafham.water@cambridgeshire.gov.uk



The Physical Education Advisory Service appeals for greater awareness of the need to keep young people safe around water

To ensure that all young people have the opportunity to understand the principles of safety in and around water and know how to assess risk, a series of workshops and resources will be available for teachers through the PE Advisory Service in the Spring Term. These will include:

- Online or face to face Water Safety workshop
- Online e-learning assessment tool for KS 2 children
- Practical workshop “Bringing water safety to life in your lessons.”

To register an interest or ask any questions, contact: PE.Adviser@cambridgeshire.gov.uk

A full list of courses and workshops can be found here: [Cambridgeshire Physical Education Courses and Workshops \(camblearntogether.co.uk\)](http://CambridgeshirePhysicalEducationCoursesandWorkshops.camblearntogether.co.uk)

Other useful links include:

[Curriculum Swimming and Water Safety Resource Pack](#)

[Health-Social-Care-Professional-Advice-Piece.pdf \(ncmd.info\)](#)

[Splash Safety at Your Pad - Water Safety at Home \(rlss.org.uk\)](#)

It is widely acknowledged that the physical activity levels of young people are in decline and measures to address this are continuing to be flagged as a priority by Sport England. Completion of the Active Lives survey may therefore help to track student activity, identify gaps in provision as well as provide supporting evidence for Ofsted of the insight gained and action to be taken. Although 40 local schools are selected to take part each term, schools can choose to opt in and complete the survey to receive the following benefits: a confidential, bespoke report, sports or wellbeing equipment selected to the value of £100 as well as a healthy schools rating which can contribute to gaining healthy schools local status.

Find out more [here](#) or watch this [short video](#) (less than 3 minutes).

To enquire about getting involved, contact: [David Welch](#) or [Kate Hicks](#).

The Road To Health Group invite primary schools to pilot the Mirror Me App to enhance nutrition teaching and learning



Schools are invited to take part, at no cost, in the pilot of the Mirror Me App which has been devised by the [Road To Health Group](#) and approved by the Cambridgeshire and Peterborough Public Health Directorate.

- Mirror Me is an immersive health and wellbeing educational video platform designed to inspire primary pupils and their families to be fit, healthy and active in body and mind.
- The App incorporates PSHE Key Stage 2 learning objectives and supports the Health Education Curriculum.
- Through the game the students engage with a virtual pet which becomes a reflection of their habits and lifestyle to support their own personal educational journey.

Find out more:

[Introducing Mirror Me – An immersive health and wellbeing educational video game platform - Healthy Schools \(healthyschoolscp.org.uk\)](#)

Register for an introductory overview by emailing:

vicky.hoover@roadtohealthgroup.com

lucy.Tallick@roadtohealthgroup.com



Department
of Health &
Social Care

Healthy Steps – Free healthy eating resources to download

The Department of Health and Social Care has created a range of resources for primary schools, including a whole-school assembly, featuring fun quizzes and Healthy Steps quests covering 5 A Day, planned cooking, sugar intake and snacking. Take a look here: [Healthy eating - School Zone | School Zone | Campaign Resource Centre \(dhsc.gov.uk\)](#)

There is also a dedicated Healthy Steps programme for families to follow via weekly emails providing easy and practical ways for the whole family to eat better and move more. Details can be found here: [Healthy Steps - Step this way. \(betterhealth-healthierfamilies.co.uk\)](#)

For more School Zone teaching resources for both primary and secondary schools that cover a range of topics including nutrition, physical activity and mental wellbeing. Visit: [School Zone | Campaigns | Campaign Resource Centre \(dhsc.gov.uk\)](#)



Healthy You provides free and fun lifestyle courses for (4 – 12 year olds and their families) and teens (12 – 17 year olds)

To help 4 – 17-year-olds create healthier habits, Healthy You provides a range of support which includes:

- In-person and online family-focused sessions, packed with practical advice and lots of fun activities to get everyone moving.
- Expert tips on nutritious snacks, quick and easy meals to cook together and how to get more active as a family.
- Opportunities for 12 – 17 year olds to explore health and wellbeing topics of their own choosing and to get involved with local events and projects.
- An online Academy to learn about healthier habits at an individual pace!

Find out more about the family and teen programmes available as well as specialist 1:1 support: [Healthy You | Child Weight Management \(maximusuk.co.uk\)](#) and signpost accordingly.

Healthy You and Food Smart encourage primary schools to recruit a Healthy You Crew



The Healthy You Crew is a free resource combining a number of healthy eating/nutrition tasks to be undertaken by “Healthy Eating Ambassadors”. The aim is for each participating primary school to recruit about 6 Crew members – ideally from Y5/6 – to lead on the tasks and to share their learning across the school to help spread the positive messages about healthy living.

An information and activity book is provided to guide the students’ activity across 5 themes, these being: Eat The Rainbow, Portion Sizes, Healthy lunch boxes/Snacks, Food For Teeth and Food Waste.

Certificates and lapel badges are awarded on the completion of the activities, including one of the students’ own choice.

Contact: education@pect.org.uk for more details and to obtain the resources

The NHS Health Check logo consists of the words 'NHS HEALTH CHECK' in white, bold, sans-serif capital letters on a blue rectangular background. The logo is positioned on the left side of a red banner.

**NHS
HEALTH
CHECK**

And finally...please be reminded that the health of all school staff is extremely important

The NHS Health Check can be conducted on school sites across Cambridgeshire and Peterborough to all eligible school staff aged between 40 and 74. An NHS Health Check is a free service delivered by Healthy You to help lower the risk of serious health conditions. It provides a quick and easy lifestyle evaluation as well as signposted support to help lower the risk of high blood pressure, Type 2 diabetes, heart disease, high cholesterol and a stroke.

Mini Health MOTs can also be undertaken for those members of the school team who are not eligible for the full NHS Health Check; this includes, height, weight, BMI, blood pressure and a lifestyle screening.

Visit: [NHS Health Checks - Healthy You](#) or to organise a school booking contact: jenniferseymour@healthyyou.org.uk or lesleygodfrey@healthyyou.org.uk