

Barnet Schools Wellbeing Programme Learning Network Meetings

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Today

- Programme overview & background
- Support available now
 - Anna Brennan-Craddock , Health Education Partnership
 - Stacey Williams, Deborah Hutton Campaign
- Support due to be commissioned
- Questions

Barnet Schools Wellbeing Programme

- The programme will provide free, evidence based health and wellbeing support to all Barnet schools
- Topics include: **healthy eating, emotional wellbeing, physical activity & age appropriate support for sexual health, alcohol, drug and smoking prevention**
- Since April we have engaged with stakeholders, reviewed current literature and national guidance for each part of the programme.
- Approved by Barnet Council's Health and Wellbeing Board

Support for Schools

Health Education Partnership

Support	Primary	Secondary
Physical Activity	Available now	Further engagement with schools required
Emotional Wellbeing	Available now	Further engagement with schools required
Healthy Eating	Available now	Further engagement with schools required
Smoking prevention	Available now	Available now
Sex, Relationship Education (SRE)	Available Jan 2014	Available Jan 2014
Drug and Alcohol prevention		Available Jan 2014

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Barnet Schools Wellbeing Programme

Support for
Primary Schools



Support Available

Health Education Partnership can provide free, evidence based health and wellbeing support in the following areas:

- Emotional Health and Wellbeing (EHWB)
- Healthy Eating and Nutrition (HE)
- Physical Activity (PA)
- Healthy Schools London Awards (HSL)

Support consists of:

- Schemes of work
- Training
- Consultancy support



Support So Far

SCHOOL	EHWB	HE	PA	HSL
Bell Lane	✓	✓	✓	✓
Brookland Infants	✓	✓		
Childs Hill	✓	✓		✓
Northside	✓			
Osidge	✓	✓		
Queens Well		✓		✓
St Agnes				✓
St Andrews	✓	✓	✓	✓
St Vincent's		✓		
Underhill Infants		✓		
Wessex Gardens	✓	✓		✓

Examples: Bell Lane Primary

Support for all strands

Healthy Eating

- Curriculum Support
- Improving packed lunches
- Working with parents

Physical Activity

- Physical literacy and engagement (4-6 year olds)
- INSET training for staff:
practical ideas for extending physical play

Emotional Health and Wellbeing

- Central training: Introduction to EHWB Scheme of work

Healthy Schools Awards: Bronze

- Registration
- Parent consultation
- Guidance on completing Bronze Review Tool



Examples: Underhill Infants

Focus on healthy eating

Action Plan prioritising health eating:

- Packed lunch audit and report
- Develop and implement packed lunch policy
- Develop and implement whole school food policy
- Pupil school lunch / packed lunch survey
- Parent packed lunch session
- Classroom activities



Examples: Wessex Gardens

Focus on HSL

- Register with HSL website
- Support and guidance completing Healthy Schools London Bronze Review Tool
- Specialist advice available
- Example of completed review tools



cut **films**

tell it | change it

Who are we?

- The **Deborah Hutton Campaign** is a peer-to-peer youth smoking prevention charity
- Our short film project, **Cut Films**, educates young people about smoking and tobacco in a creative way
- We are running a **Barnet Cut Films Competition** aimed at young people under 25.

What can we offer you?

- We are offering **film workshops** with a professional filmmaking youth worker to educate students on tobacco & teach them filmmaking techniques (storyboarding, camera & editing)
- We are offering **assemblies** to schools about anti-smoking and the competition
- We are offering **teacher training** as part of Barnet's Wellbeing Programme. The sessions are titled "Educating Young People on the Effects of Smoking: Utilising Games, Technology and Film in your Lessons"
- We are offering **youth panels** where students work on the Barnet Cut Films campaign. There is a chance for Arts Awards accreditation for them.
- We can provide a **DVD of support material** to schools so you can facilitate film workshops

<http://www.cutfilms.org/Barnet>

Operation Smokestorm

- Interactive smoking prevention resource
- Brand new style of learning resource which targets this problem by creating a lifesaving shift in teens' attitudes towards smoking and the tobacco industry
- An interactive resource that promotes truly effective learning by delivering a mix of personal reasoning, problem solving and group collaboration activities
- What's required of teachers? Very little! During each session all facts are delivered via an online fusion of short films and interactive group games. Teachers simply need to follow the guidance notes provided and click the mouse when prompted

www.operationssmokestorm.com

Sexual Health- Primary Schools (SRE) Support

A comprehensive SRE resource package

- Schemes of work (understanding relationships, managing feelings, importance of maintaining good health)
- Recommendation of resources (in line with current guidelines)

Consultancy support to teaching staff

- Bespoke support to meet individual need of schools (using SRE resource package)
- Flexible- dictated by schools

Training to build capacity within schools

- Training for teaching, non-teaching staff and volunteers to ensure that they have the knowledge & skills to deliver SRE effectively.
- The training will include support to help parents or carers develop their SRE skills

Sexual Health- Secondary Schools Clinic in a Box & SRE

- Clinic in a box- Improved knowledge and access to clinical and other services for advice information & support
 - Reducing risk of unplanned pregnancies especially among at-risk young people
 - Promoting knowledge about contraception and how to use it safely and effectively
 - Raising awareness about sexually transmitted infections and their diagnosis and treatment
 - Increase access to condom distribution scheme for young people
- Will be provided to some schools by specialist nurses (based on location, inclination and SRE programme)

Drugs and Alcohol Prevention

Aim: A service for alcohol and substance misuse prevention in primary and secondary schools including

- **Training for staff (including PSHE delivery staff)**
- **Development of resources and lesson plans**
- **Supported by a coordinator**

Outcomes

- Empower children to make better decisions when confronted with alcohol and drugs
- Improve children and young peoples knowledge of drug and alcohol misuse
- Provider confirmed Jan 2014
- Contact Laura Waller

Other Work

- School Nursing and Health Visitors review
- Obesity Pathway
- Physical activity and healthy eating support for Secondary Schools
- Emotional Wellbeing support to secondary schools

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