

It is hard to believe that it is September once more with the promise of a whole new school year ahead with goals to achieve and a range of priorities to address. There is always so much to do and everyone needs all the support they can get.

The partners of the Healthy Schools Service are on hand to provide the assistance, advice and support when it is required, and this newsletter therefore provides a summary of a selection of offers and resources that are available (the majority free of charge) to schools across both Cambridgeshire and Peterborough. A host of further resources, weblinks, interventions and campaigns are featured on the website: [Home - Healthy Schools \(healthyschoolscp.org.uk\)](https://www.healthyschoolscp.org.uk) to help schools address the health, safety and wellbeing needs of their students.

Any queries are welcomed here: [healthyschools@healthyyou.org.uk](mailto:healthyschools@healthyyou.org.uk)

Hope the following provides a useful reference and best wishes for the Autumn Term.

## Invite to achieve 'Asthma Friendly' School Status



The Children & Young People's Community Asthma Team is inviting both primary and secondary schools across Cambridgeshire and Peterborough to achieve 'Asthma Friendly School' status. This is part of the strategy to improve the outcomes and management of all children with asthma. 'Asthma Friendly School' status will be awarded annually and free of charge to schools.

To find out more click [here](#)

Part of this project relates to identifying children whose asthma is not well controlled. Interventions at an early stage will help to improve the management of children with asthma.

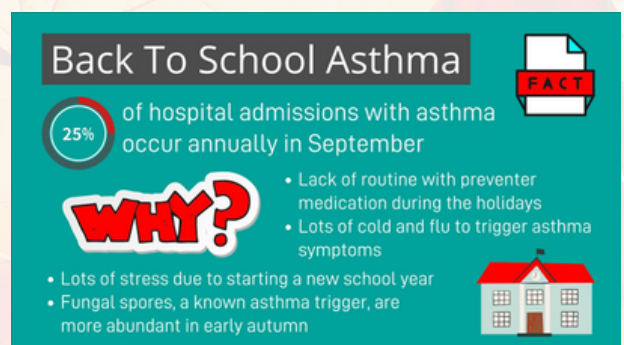
To get started on the journey to Asthma Friendly School status, please complete this form:

[Asthma Friendly Schools Programme - Cambridgeshire & Peterborough \(google.com\)](#)

For any queries; email : [ccs.cypastma@nhs.net](mailto:ccs.cypastma@nhs.net) or call: 07912473821

Further more the CYP Community Asthma Team would like everyone to be aware of #Ask About Asthma week ( 11th – 17th September) as this is the week where nationally there is a rise in asthma attacks following the return to schools after the summer holiday. Find out more: [#AskAboutAsthma 2023 - Transformation Partners in Health and Care](#)

A useful resource for young people living with asthma is : [Home - Moving on Asthma](#). Other websites to be aware of include: [Asthma + Lung UK \(asthmaandlung.org.uk\)](#) and [Home - Beat Asthma](#)




**Back To School Asthma** **FACT**

25% of hospital admissions with asthma occur annually in September

**WHY?**

- Lack of routine with preventer medication during the holidays
- Lots of cold and flu to trigger asthma symptoms
- Lots of stress due to starting a new school year
- Fungal spores, a known asthma trigger, are more abundant in early autumn



## Is Support In Place For Young Carers At Your School?

Centre 33 supports both primary and secondary schools across Cambridgeshire and Peterborough to raise awareness of Young Carers through the appointment of a Young Carers Champion.

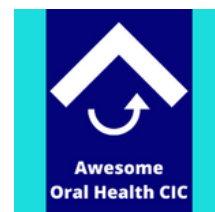
**Primary Schools** can check [here](#) to see if they are listed as having a Young Carers Champion and can email [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk) for more information and visit: [Young Carers Up to Age 11 – Centre 33](#)

**Secondary Schools** can check [here](#) and visit: [Young Carers Aged 11 to 16 – Centre 33](#)

Once a school representative has registered with Centre 33 and attended the free training, they will be able to access the lesson plans, assemblies, additional staff training, flyers and other useful information.

For further details contact [youngcarerstraining@centre33.org.uk](mailto:youngcarerstraining@centre33.org.uk) or visit: [Centre 33 - Healthy Schools \(healthyschoolscp.org.uk\)](#)

## Awesome Oral Health – September Smile Stations



We've created this digital resource pack to give you all you need to confidently run an exciting hands-on oral health event and get your whole school smiling!

To access the videos, lesson plans and supplementary materials, simply register and complete the short pre-event survey.

But first, take a minute to watch how engaged the children are after taking part in the activities.

**Register New User**

First Name\*

Last Name\*

**Awesome Smiles September Stations** is a new event funded by Cambridgeshire County Council to offer a whole school approach to Oral Health promotion, with **free** access to a resource pack. All primary schools throughout Cambridgeshire and Peterborough are encouraged to **set a date in September** and have fun with a circuit of activity stations to encourage all pupils from reception to 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)**, the digital downloadable resources (including mini videos) can be accessed [here](#).



## CCS NHS Trust Oral Health Webinar For Cambridgeshire and Peterborough Primary Teachers

With NHS dentist places being in very short supply, there has never been a more critical time to ensure that the correct oral health messages are being delivered through the curriculum in primary schools.

To coincide with the September Smile Stations, a free 1 hour CPD webinar, has been created by Cambridgeshire Community Services Oral Health Team, to support teaching staff by upskilling and improving confidence in delivering Oral Health Promotion in the classroom. This includes key oral health messages and basic trauma management along with ideas and suggestions on how best to integrate these into lesson planning to ensure national curriculum requirements are met. The presentation will be followed up with a simple toolkit to inform lesson delivery.

The webinar takes place online on **Tuesday 26th September 2023 (15:45 –16:45)**

To book a place, please click this [link](#)

## Alcohol Education Trust – Teaching Resources Available Free of Charge



A range of evidence-based resources are available to download or order as hard copies from the Alcohol Education Trust. These include the following:

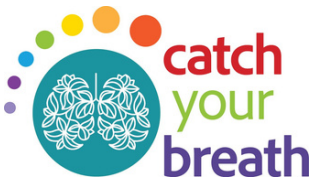
- Talk About Alcohol Teacher Workbook is based around 6 key lessons to be delivered in Years 8 and 9. The resource includes additional lesson plans, games and activities organised by topic and year group. With PowerPoints embedded into the teacher guidance, it can be downloaded via [Download Teacher Workbook - Alcohol Education Trust](#) For ease of planning and for referral a printed copy can be ordered from [kate@alcoholeducationtrust.org](mailto:kate@alcoholeducationtrust.org)
- ‘Alcohol and You’ guide for young people includes top tips and advice on staying safe around alcohol. [alcohol\\_and\\_you.pdf \(alcoholeducationtrust.org\)](#) Hard copies can be ordered from [kate@alcoholeducationtrust.org](mailto:kate@alcoholeducationtrust.org)
- Six fully planned lessons including accompanying PowerPoints. These lessons help ensure high-quality, effective alcohol education lessons with minimal planning requirements. Download via [Download Lesson PLans | Alcohol Education Trust](#)

For more information visit: [Teacher Area - Alcohol Education Trust](#) where all resources are organised by topic and year group.

Other useful weblinks include:

- [www.talkaboutalcohol.com](http://www.talkaboutalcohol.com) this is a pupil-facing online learning zone including fun and engaging activities and games such as an online nightclub. The site allows pupils to learn to make safe choices around alcohol in a very pupil-friendly way.
- [Life Stuff \(life-stuff.org\)](http://Life Stuff (life-stuff.org)) this is an advice and information hub for 16+ and includes topics such as alcohol, drugs, mental health and finances.





## Catch Your Breath and Better Health - Resources To Address Vaping In Schools

With a rise in the number of children vaping, Better Health, Every Mind Matters have created teaching resources aimed at helping key stage 3 children understand the impact that vaping has on their physical and mental wellbeing. Written by teachers and featuring films co-created with young people, they encourage discussion about nicotine, what vaping is and the impact it has on both young people and the environment. The flexible resources can be used individually during form time or together as a full lesson plan. They are available to download for free [here](#).

Local support is also available to both primary and secondary schools across Cambridgeshire and Peterborough through the Catch Your Breath programme.

Find out more about the range of prevention workshops as well as targeted interventions that are available free of charge here: [Catch Your Breath – the smoking and vaping programme for schools - Healthy Schools \(healthyschoolscp.org.uk\)](#)

For all enquiries mail: [healthyschools@healthyyou.org.uk](mailto:healthyschools@healthyyou.org.uk)

## Gam Care – Educational Workshops

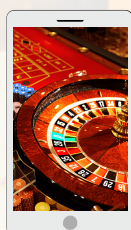


With more than 350,000 children aged 11 – 16 gambling each week in the UK, support is available to schools through Gam Care to help address this issue. The Young People's Gambling Harm Prevention Programme offers fully funded gambling awareness workshops for young people aged between 11 and 19. The programme also offers free CPD accredited training to professionals working with young people. Furthermore, YGAM offer a train the trainer model to schools and organisations that are looking at embedding gambling awareness sessions into their curriculum.

For more information contact [hello@bigdeal.org.uk](mailto:hello@bigdeal.org.uk) or visit:

[Gambling and Gaming - Healthy Schools \(healthyschoolscp.org.uk\)](#)

<https://bigdeal.org.uk/parents-professionals-hub>



# Mental Health and Relationships Programme

## Event 1: Healthy Friendships Theme Set Introduction

As part of the fully-funded, year-long Mental Health and Relationships Programme, the PSHE Service would like to invite primary schools in Cambridgeshire and Peterborough who have NOT signed up for the Cambridgeshire Primary Personal Development Programme, to attend this meeting. You will be introduced to a series of high-quality Units of Work (YR to Y6) on Healthy Friendships and Anti-bullying for use in PSHE lessons. You will also receive a model Anti-bullying Policy and guidance on whole school approaches.

There are two events: one online (26th Sept) and one on in person (27th September- ICA Peterborough PE2 8DL)

Sign up for these events and access resources using [this form](#)

For more information contact [PSHE Service](#) or visit: [Mental Health and Relationships Programme - Healthy Schools \(healthyschoolscp.org.uk\)](#)

## Free 30 Minute Consultation With The Local EHWP Team



Just a quick reminder that the Cambridgeshire and Peterborough Emotional Health and Wellbeing Practitioner (EHWP) Team offer professionals who have a non-urgent concern about a child or young person's emotional wellbeing a **free 30-minute consultation** via phone or Microsoft Teams with one of the Practitioners.

This provides a safe space to think with the Practitioner about what the concerns are, what might be happening for the child, what is already in place to support them, what the unknowns are and what the child's voice is. At the end of the conversation ideas for next steps are suggested and helpful resources are sent by email.

To make this process as smooth as possible, please click [Booking System](#) to register and book a consultation.

**Please note that these consultations are available to all schools that are not supported directly by a Mental Health Support Team (MHST) and are for professionals only (not parents and families)**



## YOUUNITED has a new digital referral form



### YOUUNITED Referral Form

For referrals made by Professionals It is recommended that GPs use the CCG e Referral System to make their referral (the information requested is the same) YOUUNITED for emotional and mental health referrals for children and young people up to 17 year olds (or 18 yrs if they have a suspected eating disorder or learning disability) This form should be completed while logged into a secure work computer which only you have access to IMPORTANT: If the young person is at immediate risk please contact the First Response Service (FRS) 111 option 2 IMPORTANT: For requests for a neurodevelopmental assessment please refer to the YOUUNITED website and follow referral information <https://www.cpft.nhs.uk/search/service/youunitd-195>

All schools need to be aware that referrals can be made digitally via the website: [YOUUNITED | CPFT NHS Trust](https://www.cpft.nhs.uk/search/service/youunitd-195) and the service has been co-designed by the children and young people themselves. Simply by following the links on the website, access can be provided to a range of resources, useful apps and weblinks by age and level of need.

## Keep Your Head Survey – Help Required To Improve Mental Health Support

Cambridgeshire & Peterborough Adults & C&YP Mental Health  
**KeepYourHead**

Cambridgeshire & Peterborough's flagship mental health information and support website ([Keep-Your-Head.com](https://www.keepyourhead.com)) has been providing reliable mental health support since 2016. The website needs bringing up-to-date to ensure it is user friendly and provides the latest information on local services and support available.

To help shape the website refresh, please complete this [short survey](#) ideally before Sunday 17th September.



Children & Young People



Adults



Professionals



Schools



## Artscaping – Free Resources To Support The Establishment Of Art-In-Nature Opportunities In School

Artscaping is an established arts-in-nature programme run by arts and well-being charity Cambridge Curiosity and Imagination (CCI). It supports learning, mental health and wellbeing and focuses on how all children can flourish. Recent research with primary schools across the county has demonstrated how schools can establish teams of Community Artscapers to run their own nurture groups. The impact of Artscaping can be viewed here:

<https://www.cambridgecandi.org.uk/resource/eco-capabilities-2021>

Two new free resources that share the learning and research to date are now available on the CCI website. There is a fully illustrated Guide to Artscaping, and a thirty-minute introductory webinar including interviews with children, artists, staff, headteachers and researchers.

The Artscaping Guide and webinar can be accessed here:

<https://www.cambridgecandi.org.uk/our-work/schools/amplifying-artscapers>

For more information about CCI and Artscaping, visit the CCI website:

[www.cambridgecandi.org.uk/](http://www.cambridgecandi.org.uk/) or contact Ruth Sapsed:  
[ruth@cambridgecandi.org.uk](mailto:ruth@cambridgecandi.org.uk)

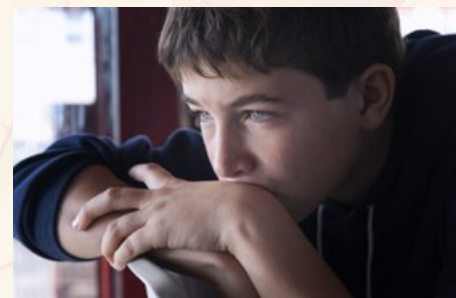


## New Pathway For Young People With Situational Mutism



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 \(healthyschoolscp.org.uk\)](https://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.



## Body Project Training Provided by PEDs

Personalised Eating Disorder Support is a local charity that is offering FREE eating disorder training as well as resources to school in Cambridgeshire and Peterborough. The training lasts approximately one hour and provides an overview of eating disorders, symptoms, case studies and signposting to relevant services. A range of toolkits, lesson plans and resources to support schools in teaching about the relationship between mood and food aimed at KS3 has also been developed. These can be accessed via the Healthy Schools Website:

- [PEDS Eating Disorders – KS3 Resources - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)
- [PEDS Food and Mood - KS3 Resources - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)

Relatively new to the portfolio is The Body Project which is an evidence-based eating disorder prevention and body acceptance programme originally designed for delivery with young adult women and adolescent girls aged 13 and over. It is a group, cognitive dissonance-based intervention, typically delivered over 4 sessions to 8-12 participants who self-identify as having body image concerns.

For further details on the programme offer please contact: [claire.hodgson11@nhs.net](mailto:claire.hodgson11@nhs.net) and [daniel.fonseca-oconnor@nhs.net](mailto:daniel.fonseca-oconnor@nhs.net) or visit: [PEDS - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)

## YMCA First Aid Courses



The YMCA Trinity Group now provide a comprehensive range of First Aid courses tailored specifically for school staff as well as the students, this includes First Aid at Work, Student First Aid, Mini Medics and Paediatric courses.

Find out more here: [First Aid Courses from YMCA Trinity Group - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.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](mailto:communitytraining@eaaa.org.uk)

## NSPCC Safety Net “Speak Up” Poster Competition For Schools – Winners

The NSPCC logo, consisting of the letters 'NSPCC' in white on a green square background.

The winner of the competition, targeted at Year 5 – 8 students, to design a poster to encourage conversations about online safety, was **Bewick Bridge Community Primary**.

52 entries were received from schools across Cambridgeshire and Peterborough and prizes were awarded to three schools overall with second and third place being awarded to Sutton Primary School and Ely College respectively. Prizes included free online safety workshops, gift vouchers worth up to £25 for the individual student designs and teacher training workshops.

Due to the success of the competition, another one will follow for the Spring Term 2024 to accord with the ongoing Kids Safety Net Campaign:

[NSPCC Kids Safety Net Campaign 2023 - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)

In addition to Bewick Bridge, winning entries were received from **Sutton Primary School** and **Ely College**. They can be viewed here: [Kids-Safety-Net-Poster-Competition-Winners.pptx \(live.com\)](#)

The NSPCC Schools Service provides a range of free safeguarding programmes for both primary and secondary students which includes:

- [PANTS \(Early Years, KS1 and KS2\)](#) This consists of a series of lesson plans, presentations and classroom activities to help teach the PANTS rules.
- [Speak Out Stay Safe \(KS 2\)](#) This consists of virtual assemblies and follow up lesson plans for delivery by school staff as well as face to face workshops delivered by NSPCC volunteers for pupils in Years 5 and 6.
- [Talk Relationships \(KS3 and KS4\)](#) This 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 as well as a dedicated helpline to provide advice and guidance on delivering sex education.

More information can be provided by Cat Taylor and Natalie Timotheou the local NSPCC School Co-ordinators; contact them here: [NSPCC – Programmes And Resources For Schools - Healthy Schools \(healthyschoolscp.org.uk\)](#)

## Staywise – Saving Lives Through Education



StayWise 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. The aim of StayWise is to facilitate a more effective, consistent and curriculum linked way of imparting vital life skills to today's young people and preparing a safety conscious environment for the generations of tomorrow.

To access the Educator Area and register for a range of resources and activities via the Cambridgeshire Fire and Rescue Service, scan this code:



Further to this the Cambridgeshire Fire and Rescue Service deliver [Firebreak](#) – an intensive intervention programme that provides a positive, alternative learning environment for KS3 and 4 students who may be struggling to achieve within the traditional education framework. Take a look at this video to see what's involved:

<https://youtu.be/aLCHyZx8V9o>

### The Daily Mile – Supporting Young People To Achieve 60 Daily Active Minutes

Living Sport is holding two online ‘Introduction to The Daily Mile’ webinars on the 2nd & 9th October 5-6pm, to give schools the opportunity to find out more about what it is, and how they can sign up. Joining Living Sport will be Joanne Howling - ‘Healthy Schools Coordinator’, and Sam Payne – ‘Programme Manager for The Daily Mile’. These webinars are for schools that aren’t currently signed up to The Daily Mile, or who would like to find out more information on this project.

Some topics the webinars will cover include, ‘Back to School Resources’, ‘Links to keeping The Daily Mile interesting’, ‘Why the Daily Mile is needed’, and ‘Healthy Schools award’ scheme.

If you would like to sign up to one of these dates, or arrange another day/time, please contact [kieran.spitzer@livingsport.co.uk](mailto:kieran.spitzer@livingsport.co.uk) or visit <https://livingsport.co.uk/>

### Living Sport and CCC PE Advisory Service – PE and School Sport Conference



### Physical Education & School Sport Conference; 14th February 2024 09:30 – 16:30

Building a Bridge From Both Sides is the theme for this conference; this is the first one since 2019 and will be taking place at Burgess Hall, St Ives. The focus will be on the legacy that well taught Physical Education can create for young people and how it can be an effective tool to increase confidence and reduce anxiety especially during the transition phase. The conference is being co-ordinated by Cambridgeshire PE Advisory Service and Living Sport and will include a mix of practical and theoretical workshops that can be selected to address both professional and school needs.

For more information visit: [Cambridgeshire & Peterborough PE Conference 2024 - Learn Together \(camblearntogether.co.uk\)](https://camblearntogether.co.uk)

Contact:

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[David.Welch@livingsport.co.uk](mailto:David.Welch@livingsport.co.uk)

Vio & Rio are local fitness enthusiasts from Cambridgeshire whose mission is to make fitness fun to get more children moving. They offer schools a variety of options to make exercise enjoyable for everyone.

Every Monday, schools can access their Youtube channel for a series of weekly fitness adventures:

<https://www.youtube.com/@TanziiTV>

Find out more here: [tanzii.tv](http://tanzii.tv) or contact: [info@tanzii.tv](mailto:info@tanzii.tv)



## Food Smart – A Fresh Look At Providing Nutrition Support For Schools



The Food Smart Accreditation has been supporting schools to provide opportunities for the children and young people to make healthy eating choices through the provision of school food as well as consistent nutrition teaching for the past 5yrs. This support will be changing over the coming term as the Healthy Schools Award is refreshed with a package of consultancy to provide programme offers applicable to the needs of both the school and students. The Food Smart resources, workshops and staff training (delivered by [PECT](#)) will continue to be provided free of charge to all schools pursuing the Healthy Schools Award along with specific guidance and support to enable schools to achieve the refreshed nutrition standards. All schools currently working through either of these accreditation pathways will be contacted directly before the October Half Term break so that an agreeable transition plan can be achieved.

In the meantime, congratulations are in order for both Bar Hill Primary and Somersham Primary School – the most recent schools to have achieved the [Healthy Schools Award](#) and recognised the benefits that the process has had for both staff and students.

