



Healthy Schools



NHS in Kent



KENT Healthy Schools Newsletter

Summer 2008

The success of Kent Healthy Schools continues...

As we start the new term, the programme can announce a fantastic achievement with over 76% or 448 of Kent schools now holding Healthy Schools Status and the rest working towards it. This knocks the 2010 national targets for six as we have surpassed them well over a year ahead of time. Congratulations to everyone who has supported the programme and helped put the Healthy Schools ethos at the heart of how schools work.

"This is an outstanding achievement for the Kent Programme exceeding the regional and national targets – congratulations to the team and partners from the national team for all their hard work and commitment."

Rachel Bailey - South East Regional and National Healthy Schools Co-ordinator

Healthy Schools is now well placed to meet the challenges ahead and for supporting the work of the new Local Children's Services Partnerships as they consider how best to tackle local priorities. The programme is working closely with partners on a wide variety of innovative projects, from a partnership with Lloyds the Chemist helping young people to quit smoking, and working with Extended Schools and the School Sport Partnerships on Healthy Weight initiatives.

There was also an impressive milestone for Maidstone 1 who became only the 2nd cluster, after Thanet 1, to have all 28 of their schools with achieved status. Cabinet Member for Children, Families and Education Chris Wells said:

"Last year I said that it wouldn't be long before the other areas in Kent would catch Thanet 1 cluster and announce 100% Healthy School status. Now Maidstone 1 cluster has joined them and I congratulate both the Maidstone schools and the Kent Healthy Schools Programme on their achievement."

There are important national developments with the announcement in July that the programme will be expanded into Further Education Colleges. Alongside this, Kent will be launching a Healthy Early Years Pilot in the autumn to look at how we can adapt the schools programme to meet the needs of a range of settings

including maintained, private, voluntary & independent providers. By embedding the Healthy Schools approach across these three sectors we can help to ensure children, young people and their families receive consistent information and their health and well-being is supported from cradle through to college.

Watch this Space - Schools who have had Healthy Schools Status for over two years will now be thinking about revalidation at the end of their third year. The national team are reviewing the current process to make sure they are up to date with the latest national targets and priorities, and revalidation has been put on hold until September 2009. The national website has up to date information and the Kent Team will write to you when we have more news. However, we don't envisage any major changes so it's important schools continue to review their work against the current criteria and look for new ways to keep moving forward.

And finally, we would also like to say 'au revoir' and a big thank you to team members Alison Burge, who returns to New Zealand, Sarah Palmer, who is off on maternity leave and Gemma Mansfield, who starts a Masters in Dietetics in September. We would also like to welcome Alison Lucas, who joins East Kent supporting the Dover and Deal partnership, and Jody Stock has joined the West Kent Team and will be working with Dartford and Gravesham.



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STOP PRESS!

It's all change for the Kent Healthy Schools Newsletter in the next edition! Extended Services and Healthy Schools will be joining together to create a brand new Extended Services newsletter.

You will still get the same great news about Healthy Schools, but also hear about developments in Kent in relation to Extended Services and the work of Parent Support Advisers/Family Liaison Officers. For more information please email Lindsey Torode at lindsey.torode@kent.gov.uk.



Healthy Eating

Handing it to schools on a plate: The British Food Fortnight from the 20th September to the 5th October 2008.



Running from 20th September to 5th October 2008 and now in its seventh year, British Food Fortnight is an established date on the school calendar. Hundreds of schools use the event as an opportunity to teach young people about food: about the diverse and delicious range of food available, the benefits of healthy eating, and about the pleasures of eating quality, fresh, seasonal and regionally distinct produce.



In an exciting new collaboration, the Department of Health has teamed up with British Food Fortnight to promote the importance of its 5 A DAY Just Eat More (fruit & veg) message to schools and parents through the event's activities. As a result there is a particular focus this year on involving parents in the activities.

This year's event coincides with a growing emphasis on food and cookery within the curriculum, and the national food celebrations are a fun way to mark the launch of cookery activities in schools.

There are also competitions to be involved with. The 'Cook for Life' Challenge, sponsored by Kenwood, gives schools the opportunity to win Kenwood cooking equipment. Sixty-nine schools were kitted out with full class sets of equipment last year. Prizes are awarded to the top six schools in each region that incorporate cookery in their curriculum activities in the most imaginative and innovative way. Prizes include a Multi-pro food processor, handheld electric mixers, tea-towels and aprons.

For more information please visit www.britishfoodfortnight.co.uk.

Physical Activity:

Boccia: A sport for everyone: It's the re-discovered physical activity taking Kent schools by storm!



Spelt B-O-C-C-I-A - but pronounced 'Botcha', it's thought the game originated in Greece with competitors tossing large stones at a stone target. When it came to the UK, Boccia was solely designed as a sport for those with severe cerebral palsy. It has now developed into a game played by many sections of the community - and from a purely recreational level up to the intensely competitive Paralympics.

It is very popular in physical education programs for schools, as it helps to develop hand-eye co-ordination, improves pupil concentration in lessons and teaches the competitors how to work as a team. The aim of the game is to propel a set of coloured balls and position them closer to a white 'marker' ball than those of your opponent. The game can be played either individually (one v one using 6 balls each), in pairs (two v two using 3 balls each), or as a team activity (three v three using 2 balls each).

In Kent, the sport is becoming increasingly popular for disabled and able-bodied children. During the winter terms of 2007/08, 19 schools across Kent played each other in local leagues, to select winners for this new competition. The five area winners then all came to Mote Park Leisure Centre in Maidstone on Wednesday 30th April 2008, to play for a County Champion.

This was the first year of running the league and the plan is to expand and develop it further for 2008/09.



For more information about Boccia please visit the cerebral palsy sport website www.cpsport.org or contact Charlie Hextall at info@cpsport.org.

Emotional Health and Wellbeing

The Life Skills Company: Passionate about developing the skills and qualities to “bring out the best in people”.



“As role models for pupils and students, it’s imperative that we all strive to demonstrate the highest levels of emotional intelligence,” says Steve Coppin, Director of The Life Skills Company. Gandhi once put it this way *“Be the change you want to see in the world”*.



The Life Skills Company has been lucky enough to work with thousands of people in Kent, helping to enhance emotional intelligence. Steve Coppin and his Co-Director Meg Hutchinson run a variety of interactive and fun workshops, which bring emotional intelligence to a useable level. Emotional intelligence describes an ability, capacity, or skill to perceive, assess, and manage the emotions of one’s self, of others, and of groups.

“One of the ways we keep on our toes” says Meg, *“is by working regularly with pupils and students.”* One of The Life Skills Company’s workshops *“You Can Succeed”* is particularly popular with schools. *“It’s great at helping motivate students who are not fulfilling their full potential.”* This workshop has been used many times by secondary schools for D/C grade GCSE borderline students – there’s no magic wand – but it helps!

The *“Getting The Best Out Of Me And Others”* workshop was recently delivered at the Family Liaison Officers Annual conference. The workshop focuses on helping people to understand more about themselves and others, their strengths and weaknesses, and generally how we work together. Feedback from the FLO’s highlighted the usefulness of the workshop, and the positive impact it has made on their day to day interactions with parents, pupils and staff.

The Life Skills Company are happy to tailor workshops to meet the needs of individual schools, for more details please log on to:

www.thelifeskillscompany.com or contact Steve or Meg at: enquiries@thelifeskillscompany.com.

Personal, Social and Health Education

A review of the ‘Growing Up and Keeping Safe KS2 Resource’ by Allan Foster (PHSE adviser for the Advisory Service Kent).



This interactive CD-ROM is a rare resource that will appeal to children and teachers alike. It is a helpful and well-researched guidance pamphlet, which highlights the wide range of teaching and learning opportunities provided, but also the key principles of best practice in PSHE education. The CD-ROM also features a comprehensive range of topics and teaching ideas to support Every Child Matters outcomes.

The materials are so easy to use that teachers and parents should have confidence that their children will be at ease navigating the different areas as part of opportunities for independent learning. Teachers will also appreciate the easy-to-follow structure and simple user guide, as they search areas, plan activities, and examine the range and variety of alternative possibilities.

This CD-ROM also provides a well structured range of topics and lesson approaches that will ensure that it will be a popular and well used addition to any Key Stage 2 resource library. There are vast quantities of materials currently available to schools, from which teachers are often at a loss as to how to obtain full value. This CD-ROM does not create that problem.

If you have found this review useful and have purchased the Growing Up and Keeping Safe KS2 Resource, we would like to hear from you.

You can email Louise Orpin at lo@abbeymews.com or call 01622 752160.

For any other information about this resource please log onto the website www.sensecds.com.



Allan Foster - PHSE adviser for the Advisory Service Kent

Healthy Eating, Physical Activity and Emotional Health and Wellbeing – The National Children’s Bureau Health Challenge

Small steps lead to BIG changes: The Health Challenge celebration event on the 7th May at the University of Greenwich Conference Centre, Kings Hill.

As one of the 'Towards 2010' Healthy Eating Pilots, KCC has been working with the National Children’s Bureau (NCB) on the Health Challenge pilot. The aim of the pilot was to improve the health and well-being of schools in Kent, and then roll out the scheme nationally. The six schools selected to take part were:

- St James the Great Primary and Nursery School
- Green Park Community Primary School
- Lawn Primary School
- Minster College
- The Marlowe Academy
- New Line Learning Academy

To thank the schools for participating in the pilot and to congratulate them on their achievements, KCC and the NCB held a celebratory event at the University of Greenwich Conference Centre in Kings Hill. All six schools were presented with a framed certificate, and were formally congratulated by KCC Cabinet Member Chris Wells, NCB Assistant Director Jo Butcher and Paralympic gold medal winner Giles Long MBE.

Chris Wells, Cabinet Member for Children, Families and Educational Standards spoke about the project and said:

“Schools have been very creative and undertook a range of whole school, class and individual challenges. The Health Challenge programme is being evaluated at the moment, the results of which will be available later this year. However, feedback from schools so far indicates that it’s already made a difference.”

The DVD featuring the experiences of the six schools is being finalised and the project will be launched nationally in Spring 2009 by the NCB. The highlight of this event will be the six Kent schools showcasing their challenges.



The staff and pupils at the three primary and three secondary schools were each asked to choose one challenge they would like to focus on, to help motivate them and improve their health and well-being. The challenge areas were healthy eating, physical activity and “feeling good about myself”, which mirror the Healthy Schools themes. It was hoped that each of the challenges would also highlight improvements to the pupils’ abilities to work as team and not give up, as well as help schools obtain Healthy Schools status. The challenge ran for 4 weeks in the third school term of the year.

During the pilot, all the pupils were asked to keep a journal of the activities they were taking part in and their progress. The pupils’ also completed questionnaires before and after their challenge, to record their thoughts on the challenge and their attitudes to the challenge areas. Staff were given an information booklet on how to run the Health Challenge in their school.

Schools participating in the Health Challenge also got to star in a DVD. A film crew visited each school during the height of the health challenge and filmed a range of exciting activities undertaken by pupils from 4-17 years of age. These included pupils from St James the Great walking the equivalent from Lands End to John O’Groats through lots of mud, to sixth formers at the Marlowe Academy running lunchtime activities for younger pupils, such as dance classes and a rowing challenge.



East Kent Local News: Healthy Eating



Breakfast a la Carter: The Swale Community Chef Project was launched by Paul Carter, the Leader of Kent County Council, on the 8th May 2008.

The Community Chef Project is being piloted in Swale and Dartford & Gravesham, as part of Kent County Council's 'Towards 2010' programme. Its aim is to increase cooking confidence and promote dietary changes among the community.

The Swale Community Chef Project was the first to launch, and took place on Thursday 8th May 2008 at the Sheppey Healthy Living Centre. The newly appointed Community Chef, Mike Spackman, took part in an 'omlette challenge' with Paul Carter, after making breakfast with pupils at Rose Street Primary School. The pupils thoroughly enjoyed the early morning making personalised chef hats, fruit granolas, fruit smoothies, and some were even brave enough to try the two omelettes!

Throughout the rest of the day, Mike held another two cookery workshops with various members of the Sheppey community.

At the end of the launch and the beginning of the Chef's one-year placement, Mike poignantly remarked, *"This is a dream come true. A little girl at Rushenden Community House said to me that she loved the paella I had cooked. That's all I need to hear."*

The second chef project was launched at the Dartford festival on 19th July 2008. Chef Meryl O'Shea will be working across Dartford & Gravesham running family cookery courses in schools, children's centres and community groups.



Personal, Social and Health Education



"WHY DON'T U": Shepway District Council hosted their first "Why Don't U" Event on the 28th June at The Leas, for children, young people and their families to come along and try various activities which would help enhance their personal, social and health education.

The theme for the day was:

- Community safety
- Education and parenting/PSHE learning
- Arts and Leisure
- Sports activities

Various organisations provided information and advice on the day, including the Community Safety Unit, Intouch Home Safety, Lifeline, KCC Cycle Safety, Extended Schools and Young Carers support. The Kent Fire and Rescue Service also shocked audiences with a safety demonstration showing the fire hazard of leaving a chip pan unattended.

Children and young people were also encouraged to take part in a number of activities provided by the Motocross Challenge Project, Health Promotion, the youth bus and Concept 2 rowing challenge.

The Arts and Leisure section organised various activities at the Amphitheatre and afternoon entertainment at the bandstand, including a drama performance relating to drug and alcohol abuse through the KCC Drugs Education Officer.

For more information about the event please contact Michele McManus at: michele.mcmanus@shepway.gov.uk.



West Kent Local News: Healthy Eating

Pumpkins, gardening and play time activities: Just some of the impressive healthy projects Hunton CEP School are currently working on.



Since gaining Healthy School status, Hunton CEP School have gone from strength to strength in their projects and pupil awareness. Although they have had a gardening club for many years, the main kitchen garden has now doubled in size and the 'Rocket Roots' gardening club now produces a wide range of organically grown fruit and vegetables. Last year the club grew enough salad and produce for a picnic for parents, pupils, governors and staff on the school's open evening!



In October 2007, the school achieved first prize in the Yalding Organic Gardens competition for their organically grown pumpkins. This has led them to host their own pumpkin growing competition, to which seventy-four Kent schools have to date registered. All this makes the pupils aware of how crops can be successfully grown organically, and the 'Rocket Roots' cookery club provides them with the opportunity to try new foods.

There has also been a huge improvement to the school's outdoor play area and play time activities. There is now a large range of equipment provided at playtimes, and the older pupils are trained to organise and play games with the younger pupils. This year, Hunton CEP School decided that new additions to the adventure trail resources would encourage more children to use it and take more physical exercise. A sponsored skipping activity and fruit smoothie selling has resulted in the children raising enough money to purchase two new pieces of equipment.

For more information please contact Sarah Moy at: sarah.moy@kent.gov.uk

Physical Activity:

An example of the activities taking place in a Healthy School: Harrietsham Church of England Primary School.



The pupils of Harrietsham Church of England Primary School have been practising various multi-skilled physical activities through their after-school clubs and during lunch-time for over four years and are still going strong! The most popular activities include hurdles, steps, speedbounce, skipping, juggling, standing long jump, and throwing the vortex howler. They are also about to embark on a new initiative: The Mile a Week Club. The children will begin to build up their 'mile' in 250m stages.

The hard work and practice has paid off as the school has just added to its trophy cupboard by winning four cups in the inter-intra league competition (between 30 and 40 schools) KS1 pupils won the standing long jump competition for the second year running, and KS2 pupils won the throwing the vortex howler and standing long jump competitions this year.

Julie Silk, the Headteacher and Healthy Schools Co-ordinator of Harrietsham CEP School, said *"More and more children are wanting to participate in the physical activities: there is a mixture of competitiveness between the children and a determination in others to simply beat their own last scores. Whatever the reasons for participating, it will be extremely beneficial for the children's health and well being."*

The school hopes to continue all its healthy activities for many more years to come and encourage other schools to provide after-school and lunchtime sports clubs and activities.



Personal, Social and Health Education



Sevenoaks and Swanley Cluster TreeJumpers:

The Healthy Schools Pupil Participation Day – 22nd May 2008.

Two cluster council members from each school attended the Pupil Participation Day held at the TreeJumpers activity centre in Longfield.

The event began with a discussion around the four areas of Healthy Schools: Personal, Social and Health Education (PSHE), Healthy Eating, Physical Activity, and Emotional Health and Wellbeing, including bullying. Pupils were asked for their ideas in each of the four areas.

In order to demonstrate team building skills, pupils were put into three groups and were given an opportunity to participate in three different physical and mental activities, including: Jacob's Ladder, stacking, and low rope balance course. A healthy cooked lunch was provided to all children and attending staff. At the end of the day, all pupils were presented with a certificate and medal of achievement.

Each school has now been given an aspect of the Healthy Schools Programme on which to focus their evidence. The next stage is for schools to provide this evidence (photos, video, artwork etc) to Diana Marsden at 'Hands on Support' who will collate this and create a cluster DVD to show the 'Best Practice of Healthy Schools'.

For more information please contact Diana Marsden at diana.marsden@klz.org.uk



Emotional Health and Wellbeing



Healthy Schools focus for School Council Conference is a great success; report from the Head Girl at Dartford Grammar School for Girls.

We first took the plunge to hold a School Council Conference a year ago, when we were fortunate enough to win a trip to the Harelott conference centre in France for 28 students, and as an outcome the school has made tremendous progress in our rewards and sanctions systems. This year, over 70 students, representing views of each tutor group, participated in a day conference held on the school site on 6th February 2008. Guest speaker, Liz McAvan (Healthy Schools Co-ordinator for West Kent) opened the conference to set the scene for a series of workshops based on three key areas:



- The food we eat during the school day and the environment in which we eat it.
- The physical activities we are involved in and how we might increase this on a regular basis.
- PSHE. Do students feel safe and supported? Who do you turn to if there is a problem?

The day proved incredibly productive, with some complex issues raised and key improvements made. An electronic voting system showed the conference was an overwhelming success. The Student Leadership Team has now given feedback to the whole school in an extended assembly. Their next steps include carrying out some online questionnaires, and setting up small working groups to push forward some of the key ideas in their short, medium and long term action plans and school policies currently under review.



Healthy Schools

Children and Young People's Page

We would like to thank the pupils of Minterne Community Junior School for sending in a lovely selection of poems regarding their "Walk on Wednesdays!" healthy activity scheme.

Poems by Pupils of Minterne Community Junior School

Unfortunately, we do not have space to include them all but below are two of our favourites:

Walk on Wednesdays!

Singing birds flying high,
on the way to school
feel the summer breeze.
Walk, skip or run. It is
a great way to have fun!

I feel freedom wrapping itself
around me, the fresh air empties
my mind.

The peaceful surroundings
are a joy to see, that's why
I walk on Wednesdays!

Walk on Wednesdays!

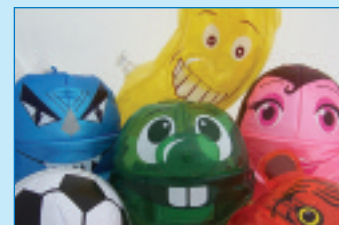
Birds fill the air with
a beautiful song,
the cool summer breeze
blows past me.

As I walk to school on
Wednesday, fewer cars are
on the road, kids can join
us and be healthier.

Our environment will be safer,
so let's walk on Wednesday
and save our world, and make
them walk to school!

Word Search Winners...

In our last newsletter we ran a wordsearch competition to win a 'Fruity Face' inflatable fruit case. Our congratulations go to Stocks Green Primary School who walked away with all four 'fruity faces' prizes. The winning pupils were Bronwyn Cheeseman (aged 9), James Cope (aged 8), Lucy Capon (aged 9) and Francesca Fennell (aged 8).



Kent Healthy Schools Needs YOU!

As the autumn edition will be the first joint newsletter with Extended Services, we would like to hear about the activities/events you attended over the summer, or about the Extended Services that are running at your school. Articles should be no more than 250 words, pictures are great too, but JPEGs only please.

To send your articles and photos by email please send them to healthy.schools@kent.gov.uk. If you would like to send us something by post, please use this address:

Kent Healthy Schools Newsletter
Room 1.55 Sessions House
County Hall
Maidstone ME14 1XQ

We look forward
to hearing from you!



A student insight into the Kent Healthy Schools Programme:

James Parker, the current GAP year student, talks about his experiences with the Team.

For the last 5 months I have been working with the Kent Healthy Schools Team as part of my GAP year to gain some work experience before heading to University in October. My placement with the Healthy Schools Team has been organised by The Kent County Council Gap Year Programme, which helps students to find paid work in Kent for 6-15 months during their GAP year.

I have had a very varied job role within the team, engaging in lots of different projects and activities. These have included editing the Kent Healthy Schools newsletter, organising Celebration Events, undertaking project-based research and completing computer-based work using software such as Microsoft Word and Excel. This experience has taught me a lot of new things, which I hope I will be able to use in the future.

Undertaking work experience can have many benefits, including helping you in making career choices and acquiring new skills, which will go

towards improving your CV and may even help you to network future opportunities.

I am really looking forward to the rest of my time with the Kent Healthy Schools Programme. It has been a brilliant experience and I definitely would recommend this to anyone looking for work in their GAP year, regardless of your future career path. I would also like to give a big thank you to the KCC Gap Year Programme who worked so hard to find me this placement and all the support they have given me.

For more information about the KCC Gap Year Programme, please contact gapyear@kent.gov.uk.