

# Kent Extended Services

Newsletter

Winter 2008/09



## Welcome

As the structure of children's services change and with the development of Local Children's Service Partnerships (LCSPs), we recognise that 'working together' is key to achieving better outcomes for all young people and their communities. This newsletter will reflect how various organisations and services work in close partnership to support schools in providing extended services.

We want to recognise the exceptional work that is going on, as well as share good practice and keep you informed of developments. There is so much being written about extended services we want to ensure that this newsletter tells you what you need to know.

**Marisa White,**  
Head of Extended Services



Children, Families & Education Directorate

## What's in this issue?

- An introduction to the new Healthy Schools Practitioners, Family Liaison Officers & Extended Schools Co-ordinators.
- Information about the launch of the PSHE Education Strategy for Kent
- Extracts from the Beverley Hughes speech made at the 5th November conference about extended schools.
- More information on the Kent Children's Trust Strategy for Supporting Parents.
- An update on schools achieving the Canterbury Christ Church Quality in Extended Schools Award.
- Information about the new DCSF document, 'Publicising Your Extended Services'.
- Good news stories and information on successful projects that are helping Kent schools and their partners meet the Extended Services core offer.



## Contact details

### Editor

Linsey Torode

Tel: 01622 694991

Email:

extended.services@kent.gov.uk



### Healthy Schools

East Kent

Jennifer Holland

Tel: 01304 828738

Email:

jennifer.holland

@ekentmht.nhs.uk



In partnership



### West Kent

Liz McAvan

Tel: 01622 723823

Email: elizabeth.mcavan@nhs.net

### Playing for Success

Christian Kelly

Tel: 01474 533796

Email:

christian.kelly@kent.gov.uk



### Kent Children's University

Guy Bartlett

Tel: 01622 626790

Email:

guy.bartlett@kent.gov.uk



### Study Support

Emma Jenkins

Tel: 01622 626780

Email: emma.jenkins@kent.gov.uk

### FLOs&PSAs

Wendy Mann

Tel: 01622 696900

Email: wendy.mann

@kent.gov.uk



### Parenting Support

Jo Hook

Tel: 07919 493301

Email: joanna.hook@kent.gov.uk

For a list of local Extended Schools Development Managers please visit: [www.kent.gov.uk/kentextendedservices](http://www.kent.gov.uk/kentextendedservices)

## News and updates

### Beverley Hughes puts Extended Schools at the heart of the Children's Plan

On the 5th November 2008 Beverley Hughes, Minister of State for Children, Young People and Families, spoke at the National Celebration Event for Extended Schools in London. In her speech she described extended services as a "system where every school is at the heart of its community". She spoke about a "21st century education system", where schools offering access to extended services were "cutting edge schools for the modern age". Garry Ratcliffe from Oakfield Community Primary School attended the conference and was keen to feedback on his experience of the day:

"Attending the National Conference, "Building on Success," at the Royal Lancaster Hotel at the beginning of November was an enlightening, inspiring and thought provoking experience.

As well as several key speakers, including Beverley Hughes, the day provided the unique opportunity to share experiences with other head teachers from across the whole of the UK. It was reassuring to hear of the challenges facing others, as well as their success stories too.

A very positive day, demonstrating the absolute essential need for the continuation and development of Extended Services across the UK."

To read more of the Beverley Hughes speech, visit [www.dcsf.gov.uk/speeches](http://www.dcsf.gov.uk/speeches)

### New DCSF document: Publicising your extended services

In November 2008, The DCSF launched a communication toolkit for schools, local authorities and partners as a reference to help them market their extended services. This toolkit gives a range of tips and ideas for publicity, with examples of what other schools and partnerships are doing.

To download a copy visit [www.teachernet.gov.uk/publications](http://www.teachernet.gov.uk/publications) or call 0845 60 222 60 (Ref: 00906-2008DOM-EN).



## PSHE Education Strategy for Kent is launched 2008-2012

Kent's achievement of reaching the national Healthy Schools 2010 Target well over a year ahead was recognised in the summer by the Department of Health and Department for Children, Schools and Families.

Schools and communities involved in the Healthy Schools Programme continue to extend and build on the innovative work they are doing.

Partnership is at the heart of the programme and many agencies are involved in supporting and developing work across the four core themes of PSHE, Emotional Health and Well Being, Physical Activity and Healthy Eating.

In November, Graham Badman launched the Personal, Social, Health and Economic (PSHE) Education Strategy for Kent (2008-2012) which acknowledges the contribution Healthy Schools can make.

This compliments the Governments announcement that PSHE will become a compulsory part of the curriculum from key stage 1-4. The Kent Strategy can be found at:

[http://www.kenttrustweb.org.uk/UserFiles/CW/File/Policy/Key\\_Policies/PSHE\\_Strategy.pdf](http://www.kenttrustweb.org.uk/UserFiles/CW/File/Policy/Key_Policies/PSHE_Strategy.pdf)

In addition, a series of PSHE Fact Sheets are available on key areas including Sex and Relationships Education, and safety Education including bullying and Emotional Health and Well-Being. These can be accessed at: <http://www.kenttrustweb.org.uk/Policy/keypolicy.cfm>

## Changes within Extended Services Team

Carol Healy, Programme Manager for Healthy Schools has recently been appointed the new Local Children's Service Partnership Manager for Sevenoaks South. Carol has thoroughly enjoyed her three years with the programme and would like to thank the teams in East and West Kent for their fantastic support and commitment to this work.

The Extended Services Team would like to thank Carol for all her hard work and support over the last three years and wish her all the best in her new role.

**New Staff - The Healthy Schools team would like to welcome the following new staff:**

- Jodie Stock, Health Promotion Senior Practitioner (Dartford)  
Tel: 01622 723831 Email: [jodie.stock@wkpct.nhs.uk](mailto:jodie.stock@wkpct.nhs.uk)
- Jane Kennedy, Health Promotion Senior Practitioner (Maidstone)  
Tel: 01622 723831 Email: [jane.kennedy@wkpct.nhs](mailto:jane.kennedy@wkpct.nhs)
- Crystal Stean, Health Promotion Senior Practitioner (Ashford)  
Tel: 01304 828756 Email: [crystal.stean@eastcoastkent.nhs.uk](mailto:crystal.stean@eastcoastkent.nhs.uk)

**New Senior FLOs join Kent's Parent Support Network**

- Sue King - Based at Cheriton Primary School Folkestone, Shepway.
- Val Shea - Based at St Stephens Primary School, Tonbridge.
- Ann Woodberry - Based at Lunsford Park Primary, Brookfield Infant and Junior Schools Larkfield, Malling.

For more information about your local Senior FLO, please contact Wendy Mann.

**Extended Schools: New Extended Schools Co-ordinators - Extra Capacity for Schools**

To support the expansion and development of the Extended Services programme in Kent, LCSPs are in the process of appointing Extended Schools Co-ordinators.

A good number of co-ordinators are already well-established in partnerships and they will support the new officers. The Extended Services team would like to welcome the following new co-ordinators.

**Hayley Ince** - Dover

[hayley.ince@kent.gov.uk](mailto:hayley.ince@kent.gov.uk)

**Helen Devlin** - Maidstone 1

[helen.devlin@kent.gov.uk](mailto:helen.devlin@kent.gov.uk)

**Kerry Collins** - Dover

[collins.deal@virgin.net](mailto:collins.deal@virgin.net)

**Matthew Mallett** - Maidstone 2

[matthew.mallett@kent.gov.uk](mailto:matthew.mallett@kent.gov.uk)

**Miquela Elsworth** - Gravesham

[miquela.elsworth@kent.gov.uk](mailto:miquela.elsworth@kent.gov.uk)

**Richard Cowell** - Cranbrook & Paddock Wood

[richard.cowell@kent.gov.uk](mailto:richard.cowell@kent.gov.uk)

**Trudy Donachie** - Dartford West

[trudy.donachie@kent.gov.uk](mailto:trudy.donachie@kent.gov.uk)

**Katrien Buckens** - Dartford East

[katrien.buckens@kent.gov.uk](mailto:katrien.buckens@kent.gov.uk)

**Sam Stevens** - Shepway 1

[samantha.stevens3@kent.gov.uk](mailto:samantha.stevens3@kent.gov.uk)



## New staff biographies

### Jodie Stock, Health Promotion Senior Practitioner (Dartford)

I hold a BSc (hons) in Nutritional Therapy and I am a qualified YMCA fitness instructor. I've previously worked at Enfield Primary Care Trust in the Public Health Directorate and for the London Borough of Barnet on a Sport Science Programme delivered in Primary Schools in the Borough.

I have always had a keen interest in childhood nutrition and it is vital this is taught at an early age as this is the time when they will learn lifelong habits. Healthy Schools encourages Schools to enhance their nutritional intake over the school day, so this was something that I was really interested in being involved with. It is essential that children receive a consistent message whether at home or at School. This not only applies to healthy eating but also to PSHE, physical activity and emotional health and wellbeing.

### Crystal Stean, Health Promotion Senior Practitioner (Ashford)

I gained a Sports Science and PGCE as a mature student, and subsequently taught Sport Science. Since leaving teaching, I have been involved in public health and health promotion within Occupational Health. I have just won the 'Best Newcomer of the Year' award for the 'Stop Smoking Day campaign' whereby we successfully targeted 1400 children in anti smoking drama workshops.

This role will bring together my teaching and coaching experiences and I am pleased to be involved in the Kent Healthy Schools Programme.

## Kent Children's Trust Strategy for supporting parents

KCC's Extended Services team was commissioned by the Kent Children's Trust to produce the Kent Children's Trust Strategy for Supporting Parents, through extensive consultation with parents and partners.

This new strategy will make sure that all services working with children, families, parents and carers

work in partnership to help parents be the best that they can and want to be. At the same time we want to make sure that all services offer good quality support to parents when they need it and in places that parents can get to.

### Kent Children's Trust Charter for Parents

In addition to the strategy, KCC has developed a Kent Children's Trust Charter for Parents. This charter outlines parents' rights and what support and treatment they should expect from services in Kent.

To download a copy visit [www.kenttrustweb.org.uk/Community/com\\_sch\\_ext\\_parenting.cfm](http://www.kenttrustweb.org.uk/Community/com_sch_ext_parenting.cfm)

Alternatively you can request a hard copy by e-mailing: [lindsey.torode@kent.gov.uk](mailto:lindsey.torode@kent.gov.uk) or calling 01622 694991.



Where every child matters



# Good news!

## Well done to Dover's four consortia of schools

On Thursday 25th September, Dover Extended Services celebrated its four consortia of schools becoming the first district to gain the Quality in Extended Services 'emerged' status.

A variety of young people, parents, teachers and community members spoke about the positive impact that the additional services, provision and facilities, now available through schools, are having on learning and community engagement.

Marisa White, Head of Extended Services and Mr Mark Dance, Cabinet Member for CFE, presented each school with a certificate accredited through Canterbury Christ Church University. Mr Graham Stabbs, Headteacher at Warden House School in Deal outlined the unique framework developed in Dover to support joint working between schools in meeting the needs of children, parents and the wider community.

The evening demonstrated the giant strides made in Dover developing breakfast clubs, after school clubs, parental support, community access to schools, affordable and flexible childcare and more generally in bringing together schools and their communities.

The extended services team greatly appreciates the commitment and enthusiasm shown by all partners involved with Dover Extended Services, who are integral to its ongoing success and delivery of outcomes.

For more information please contact James Brown, Extended Schools Development Manager for Dover, Deal & Sandwich. [James.brown@kent.gov.uk](mailto:James.brown@kent.gov.uk) – 07717 852896.



Mr Mark Dance presents the award to a representative from one of the four schools

## Other schools are collecting their QES Awards

Since the Dover schools achieved the QES 'emerged' status, a partnership of four schools in Margate are also celebrating their success at achieving the award in recognition of their quality provision of extended services.

Quartet in the Community, consists of Garlinge Primary School, Salmestone Primary School, Holy Trinity and St. John's CE Primary School and Hartsdown Technology College. They firmly believe that by working together the schools can effectively reach more families and offer a wider range of activities and opportunities to the community. By engaging young people in activities outside of the classroom research has shown this can help raise their motivation, self esteem and ultimately their attainment. Nicola Wood, Quartet Co-ordinator said "it has been a very worthwhile process working towards QES which has helped the Quartet schools to document their excellent work and achievements. Parents have told us we have made a difference and that they value the work we do. It is fantastic to achieve this Award and to be the first group of schools in Thanet to do so."

For more information, please contact Nicola Wood, Quartet in the Community Co-ordinator Tel: 07845 979024.

## Want to know more about QES?

The Quality in Extended Schools (QES) recognition scheme is a framework for self-evaluating and quality assuring Extended Services provision in and around schools. It puts particular emphasis on a planned and measured response and links back to learning and to achievement. The Scheme is supported by Canterbury Christ Church University and Kent County Council.

For more information, please contact Martin Turner, Study Support Manager. Tel: 01622 626780 or email: [martin.turner@kent.gov.uk](mailto:martin.turner@kent.gov.uk)

## Celebrity chef attends schools 'healthy salad day'



Children at Callis Grange Nursery and Infant School learn how to make tasty salads

On Wednesday 12th November 2008, Callis Grange Nursery and Infant School, in partnership with Thanet College and Asda, held a Healthy Salad Day. TV Chef, Frank Thompson from 'Frank on Food', talked to the children about healthy food choices with interactive demonstrations. Throughout the day teachers based lessons and activities on Healthy Eating and the Balance of Good Health, while nurses gave practical workshops. For more information please contact Kate Collins - Health Promotion Practitioner Specialist-Thanet and Dover Tel: 01304 828739 E-mail: [kate.collins@eastcoastkent.nhs.uk](mailto:kate.collins@eastcoastkent.nhs.uk)

## Parents ask for help to 'banish homework battles'

During Parents Week, the Swanley LCSP organised a workshop for parents who said they wanted to help their children with their homework but didn't know how due to the modern methods used to teach subjects like maths. The 'Banish Homework Battles' workshop was delivered by Kent Adult Education and covered different learning styles and their relevance to learning. Parents on the course were very positive about the 2 hour interactive session which provided them with plenty of opportunity for discussion and study skills booklets to take home. Some parents even requested further information about other courses which would help them improve their own numeracy and literacy skills so they could be better placed to support their children.

For more information, please contact Jackie Marks, Extended Schools Development Manager for Sevenoaks and Swanley. [Jackie.marks@kent.gov.uk](mailto:Jackie.marks@kent.gov.uk)

## Summer fun in Folkestone



Children in Folkestone have great fun with arts and crafts

This summer children from the church schools in Folkestone took part in a week of free activities at Christ Church CEP School to help maintain standards, prevent the 'summer dip' and provide a safe environment for children of parents who might not be able to afford organised activities in their area.

Children chose from a range of sports, crafts, dance, drama and healthy eating activities, enabling them to meet and work with children from other schools, work in teams and take responsibility for themselves and their actions.

For more information, please contact Rosemary Richter at Christ Church CEP School on 01303 253645.



# ICT skills for local foster carers

On the 6th and 12th November the Kent Spitfires Study Centre hosted a two-day ICT for Carers course. Tutors, supported by mentors, welcomed 8 local foster carers to the centre who learnt general computer skills, using the internet, email, CD-ROMs and Microsoft Word. They were also told about other courses that are available to them on an individual basis. While some of the participants lacked confidence to begin with, they all learnt a variety of new things that will hopefully help them in their carer roles.

For more information please contact Ben Taylor, Kent Spitfires Study Centre Manager. [ben.taylor2@kent.gov.uk](mailto:ben.taylor2@kent.gov.uk) - 01227 473619



The ICT suite at Kent Spitfires Study Centre

## A secondary school trains staff to use 'circle time'

On 2nd September 2008, Wrotham School hosted a 'Circle Time' training session for teachers. This provides time for listening, developing attention span, promoting oral communication, and learning new concepts and skills. Angela Rushworth who organised the session had been inspired by a previous demonstration and was surprised to learn that 'Circle Time' was relevant to secondary school students and not just primary schools.

Next Year, Wrotham School is operating a vertical tutoring system and it's hoped that all staff will be confident to incorporate 'Circle Time' in the mixed age groups.

For more information, please contact Angela Rushworth at Wrotham School on tel: 01732 884207 or email: [arushworth@wrotham.kent.sch.uk](mailto:arushworth@wrotham.kent.sch.uk)

## Dartford families learn together

A Family Learning Fun Day was organised by Kent Children's University (KCU) in partnership with the Extended Schools Development Manager and Dartford Technology College on Saturday 11th October 2008. The 8 workshops offered ranged from Cookery to Theatrical Make Up and Tai Chi to Kite Making. The children enjoyed an exciting and stimulating session whilst the adults were able to spend quality time with them. At the end of the day each workshop gave a brief presentation to the assembled families and each family were presented with a certificate to accredit their work.

Over 150 people took part and found the day creative and enjoyable. Funding has now been acquired to run another session in the spring time.

For more information contact Kent Children's University please contact 01622 626790 or via email, [kcu@kent.gov.uk](mailto:kcu@kent.gov.uk)



Families play with clay

## Children starting their new school get a confidence boost

In preparation for the start of the new school year, 20 local school children had the opportunity to attend an activities 'Welcome Week' at Tunbridge Wells High School between 26th – 29th of August, as part of the Spark Transition Project. They had the opportunity to meet peers and form friendships before the start of term to gain confidence and help make the transition a positive experience. They took part in activities to help with issues encountered at this difficult transition phase. The week was finished with a presentation for parents to celebrate their children's achievements.

For more information, please contact Stephanie Salter, Parent Support Adviser. [stephanie.salter@kent.gov.uk](mailto:stephanie.salter@kent.gov.uk).

## What is the Spark Project



Members of the SPARK group

This is a joint initiative between Education, Social Services (CFE) and other agencies. It aims to identify Year 6 children in the Tunbridge Wells, Paddock Wood and Cranbrook areas, who are considered at risk of experiencing difficulties when making the transition into secondary school. Parents are then offered support that will help them, in turn, support their child in making a successful transition and help them build a positive working relationship with the school.

## Halloween Holiday fun for families

This event, held at the Quartet allotment in Garlinge on Thursday 30th October attracted 25 children and adults from the Quartet schools in Margate. Families joined in the fun by carving pumpkins and making spooky scarecrows. Plans are now underway for a Christmas event to make decorations and decorate a tree.

For more information, please contact Nicola Wood, Quartet in the Community Co-ordinator Tel: 07845 979024.



Families enjoy some spooky fun at the Quartet allotment



# Projects

## What are FLOs and PSAs?

FLO stands for Family Liaison Officer. They have been well established in Kent for a number of years now, mainly deployed in schools serving areas of deprivation.

PSA stands for Parent Support Adviser. They have joined FLOs as part of Kent's growing parent support network ensuring families are provided with information and advice, supported through transition stages, have good relations and effective dialogue with their school and feel confident engaging with their child's learning.

## Schools in East Kent support each other to boost physical activity

As part of a series of themed network meetings, the East Kent Healthy Schools Team ran a physical activity meeting in July. It promoted a variety of different issues around strengthening physical activity provision for primary and secondary schools.

There were opportunities for school representatives to talk to a variety of different professionals involved in promoting physical activity within a school or community setting, including Health Promotion Specialists in Physical Activity and Walking for Health, along with School Sports Partnership, Extended Services, Community Vista and Move 'n' Smooth.

For more information please contact Kate Collins Tel: 01304 828739 E-mail: [kate.collins@eastcoastkent.nhs.uk](mailto:kate.collins@eastcoastkent.nhs.uk)

## Students get more say as school councils expand in Thanet

In September 2006, both Thanet clusters identified the need to give children and young people an opportunity to influence how local plans are shaped, and to have a voice in identifying priorities for change in their district.

The Thanet Cluster Council started in November 2006 and all year 5 pupils in Thanet were asked to complete a questionnaire about how their school councils were working and what issues concerned them. Results from these questionnaires helped to identify the themes for the first Thanet Cluster Council meeting in February 2007. The issues raised by young people proved to be generic across the area of Thanet. Now meeting 4 times a year, the Thanet Cluster Council will work with the district council to put actions into practice. Attendance is very high with nearly all primary schools in Thanet signed up to and participating in the Cluster Council.

For more information, please contact Elizabeth Dean - Extended Schools Development Manager Thanet.  
Email: [elizabeth.dean@kent.gov.uk](mailto:elizabeth.dean@kent.gov.uk). Tel: 01227 284560



Members of the Thanet Cluster Council

## Parents in Maidstone form Parents 'R' Us

Parents in Maidstone have formed their own parent support group called Parents 'R' Us after a successful Managing Children's Behaviour course. At the end of the 6 week course, the parents had bonded well and decided that they would like to continue to meet on a regular basis. The Parent Support Advisers work in partnership with other local services and agencies to facilitate the group and either lead on the topics or invite guest speakers where appropriate.



Families enjoy a trip to the Hop Farm

Topics and activities that have been covered include, bullying, sex and relationships, arts and crafts, bedwetting, day trips and salsa classes.

For more information please contact the Maidstone Parent Support Advisers, Tracy Shell (07825380137) or Julia Humphreys (07825380136).

## Maidstone schools are working together to meet the core offer

The Extended Schools Development Manager and the two Extended Schools Co-ordinators in Maidstone have organised schools into working groups who now meet on a termly basis, to ensure schools are working in partnership.

The schools involved:

- Have the opportunity of working together towards gaining Quality in Extended Schools recognition.
- Meet with providers who may be able to support them in delivering extended services.
- Are supported in establishing integrated and sustainable extended services in their schools and wider communities as a platform for local, economic, social and educational development.

- Have the opportunity to share good practice and inform each other of new developments.

The 64 schools have been divided into six working groups based upon past working relationships, geographical locations, and for the primary groups, on which partnership they belong to. Headteachers nominated a person from their school, who were responsible for Extended Services, to act as representatives to attend the

meetings and give feedback.

The groups were formed at the start of this academic year (September 2008) and are already seeing the benefits of group working and sharing of best practice and ideas.

For more information please contact Helen Devlin or Matthew Mallett – Extended Schools Co-ordinators for Maidstone. Email: [helen.devlin@kent.gov.uk](mailto:helen.devlin@kent.gov.uk) or [matthew.mallett@kent.gov.uk](mailto:matthew.mallett@kent.gov.uk)

## Young people in Kent are taking part in week 53 to celebrate their study support activities

Schools and other settings across Kent are taking part during April 2008 – April 2009.

There is no prescribed format for when, where or how the week is held, settings are encouraged to be as creative as possible. Due to this freedom, settings have been innovative in their delivery of Week 53, in conjunction with the National Year of Reading.

Here is just a flavour of some of the activities taking place:

- Madginford Infant School is celebrating Study Support, through community cooking, reading and writing recipe books, showcasing their existing provision;
- All four Playing for Success Centres will be delivering sessions using the inspiration and motivation of sport. Real Sports Stars will be presenting the awards

- Angley School held a Family Learning weekend which utilised staff from Tunbridge Wells Library to assist in families tracing their Family Trees
- Kent Children's University will be hosting creative sessions, entitled "Ready, Steady, Read!" for Key Stage 2 children and their families. Producing a poem or piece of prose in four hours.

Week 53 gives settings the opportunity to celebrate and promote Study Support provision. This can be achieved through publicity, inviting families and communities to join in the activities, offering taster sessions, encouraging Governors to become more involved and a whole host of other



Children have fun at Dickens World as part of Week 53 celebrations

opportunities. It also helps develop and nurture links with the wider community while enriching the experiences of the children and young people of Kent.

For more information, email Emma Jenkins (Study Support Co-ordinator) at [emma.jenkins@kent.gov.uk](mailto:emma.jenkins@kent.gov.uk)

More information, regarding Week 53 both nationally and within Kent, can be found on the ContinYou website ([www.continyou.org](http://www.continyou.org))



# Year 7 'drop in' at Tunbridge Wells High School supports transition

The 'drop-in' takes place every Monday lunch time throughout the school year. It is held in the school library and offers the new pupils an opportunity to:

- use the library facilities including the computers;
- play board games including: Chess, Draughts, Scrabble, Monopoly
- participate in a wide range of craft activities
- meet for a chat with friends or make new friends
- have a special place for Year 7s only
- have a safe place to discuss any concerns or worries they may have with the 'drop-in' staff.

The number of young people attending has steadily grown and there is now approximately 27 - 30 young people attending on a regular basis, building positive relationships with the FLO and PSA, who they now feel comfortable enough with to talk to about any concerns and worries they may have.

For more information, please contact Stephanie Salter, the PSA for Tunbridge Wells. Tel: 07825 380113 or email [Stephanie.salter@kent.gov.uk](mailto:Stephanie.salter@kent.gov.uk).

## Maintaining healthy weight

Local healthy schools are now able to benefit from a range of activities and projects developed to support the Healthy Weight Strategy. Healthy Schools teams are challenged to reduce overweight and obesity to 2000 levels, whilst creating care pathways for at risk groups. Following the current weighing and measuring exercise for year R and yr 6 children, parents will receive written notification of their child's weight, with advice on local resources that families can access. In preparation, relevant healthy eating and physical activity based projects have been commissioned in high risk areas.

### 'Don't Sit Get Fit'

This project works with children aged 5-14 in schools, youth clubs and other community settings. It is now available as a universal offer to schools employing a nutritionist and two physical activity leaders who can offer a general programme of healthy eating and activity to suit the school curriculum and, more particularly, liaise with other health and educational partners to identify groups who would benefit from the extra support of a specialist community based programme.

### 'GO FOR IT'

For children and families in the Maidstone area, where one fifth of children and young people are overweight. It is a course for parents and pupils to help raise awareness of the underlying issues of obesity and build confidence and personal strategies to change harmful activity and eating habits.

NHS West Kent is also investing in the national programme MEND (Mind, Exercise, Nutrition and Do It). We are able to access a local MEND programme at Aylesford Sports College, sponsored by Sainsbury's and in association with national MEND and the Youth Sport Trust. This operates termly, is open to the 7-13 age group and provides a free, fun 10 week health and fitness programme to support healthy lifestyles for children and their families.

For more information:

'Don't Sit Get Fit' operate out of the The GR@NDE Healthy Living Centre in Gravesend and St Edmunds Living Well, Temple Hill Dartford, or contact [maya.hodson@nhs.net](mailto:maya.hodson@nhs.net)

Contact Jill Maynard on 01622 749564 for the next course of 'GO FOR IT'.

To find out about MEND call 0207 231 7225 or visit [mendprogramme.org](http://mendprogramme.org) for your local contact.

## Thank you

Many thanks to all those that contributed articles to this edition of the Extended Services newsletter. If you would like to comment on this newsletter or send us future articles, please contact the editor (details on the front page). The deadline for receiving articles for the next edition is 23rd February 2009.

## Watch out for...

### Kent Children's University Family Learning Events

Schools around the county have been invited to contribute to the Kent Children's University (KCU) popular Family Learning programme early in 2009. Yalding CEP, Lenham Primary and Holy Trinity CEP (Gravesend) rose to the challenge and will be offering their local communities the chance to attend workshops including cookery, ICT and arts & crafts on the 7th February 2009.

## Useful websites

### Extended Services

[www.teachernet.gov.uk/extendedschools](http://www.teachernet.gov.uk/extendedschools)  
[www.dcsf.gov.uk](http://www.dcsf.gov.uk)  
[www.tda.gov.uk/remodelling/extendedschools](http://www.tda.gov.uk/remodelling/extendedschools)  
[www.everychildmatters.gov.uk/ete/extendedschools](http://www.everychildmatters.gov.uk/ete/extendedschools)

### Kent Extended Services:

[www.kent.gov.uk/kentextendedservices](http://www.kent.gov.uk/kentextendedservices)  
[www.kenttrustweb.org.uk](http://www.kenttrustweb.org.uk)

### Healthy Schools:

[www.kenthealthyschools.org.uk](http://www.kenthealthyschools.org.uk)  
[www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)

### Parenting:

[www.familyandparenting.org](http://www.familyandparenting.org)  
[www.everychildmatters.gov.uk/parents/parentknowhow](http://www.everychildmatters.gov.uk/parents/parentknowhow)  
[www.parentscentre.gov.uk](http://www.parentscentre.gov.uk)

### Playing for Success Centres:

[www.ks-studycentre.co.uk](http://www.ks-studycentre.co.uk)  
[www.playingforsuccessonline.org.uk](http://www.playingforsuccessonline.org.uk)

### Study Support

[www.standards.dfes.gov.uk/studysupport](http://www.standards.dfes.gov.uk/studysupport)  
[www.teachernet.gov.uk/teachingandlearning/studysupport](http://www.teachernet.gov.uk/teachingandlearning/studysupport)

### Kent Children's University

[www.kent.gov.uk/education-and-learning/adult-and-community/kent-childrens-university](http://www.kent.gov.uk/education-and-learning/adult-and-community/kent-childrens-university)



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