

## What is Health ?

This is a very short question, however it does not always have a short answer. We sometimes only realise the importance of our health when we don't have it.

The new coalition government's white papers for health and education contain an expectation of schools to keep the health and wellbeing of every child high on their list of priorities, as well as the many other priorities they have to address.

In Dudley we have a lot of good practice already going on in our schools, as to how schools can keep the health and wellbeing of all children, and in some cases their families, on the agenda and with high profile.

All Dudley schools have achieved healthy school status and have a plaque on the wall to show for all their hard work. We aim to build on this good work to continue to achieve health improvement for children in the borough.

Obesity prevention, emotional health & wellbeing, relationship and sex education and smoking and alcohol reduction are the main priorities for the Dudley Public Health's Healthy Schools Programme, they can advise and signpost schools to support for other aspects of the health agenda too.

During 2011, all schools will be offered the opportunity to engage in various activities with the healthy school programme ranging from awareness raising of health issues to embarking on long term programmes to improve the health of their school population. The Director of Public Health, Valerie Little, is passionate about and tasked with improving the health of the Dudley population, so has therefore maintained her support for schools and partnership working, to help raise awareness with the children in all of our schools about the importance of a healthy lifestyle

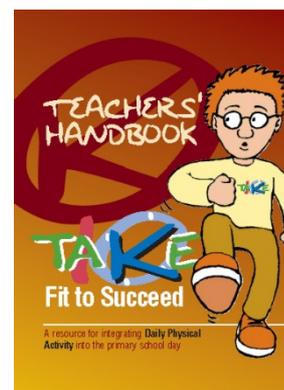
The following are examples of some of the activities and opportunities already taking place in the borough or being planned for your schools.

### Overview of Healthy Schools Obesity Prevention Programmes

**Take 10 Fit to Succeed:** A resource for integrating Daily Physical Activity into the primary school day

The boxed set provides a host of carefully selected 10-minute physical activity ideas, arranged in Key Stages, in six activity themes, to stimulate effective learning in the classroom and motivate children to become active young people.

The activities are ideal breaks between lessons or as a wake up session first thing in the morning or afternoon after lunch. Getting pupils to do 10 minutes physical activity a day in addition to normal PE lessons will make a significant



contribution to a school's '3 hour offer' and most importantly to children's health.

Primary schools were given the opportunity to purchase a Take 10 resource at a significantly reduced rate, subsidized by Dudley Healthy School Public Health Programme (DHSPHP). Those schools that took up the offer were asked to complete a Service Level Agreement, which outlined the school following commitments:

#### Stage One

- Identify a member of staff to lead on the coordination of the programme
- Choose a pilot class in key stage 1 or key stage 2
- Timetable a programme of daily Take10 activities
- Pilot the programme for one term or at least 10 weeks
- Deliver the programme as per the manual
- Provide appropriate data to Dudley Healthy Schools Programme

#### Stage Two

- Increase delivery to a further 2 classes

### **Fit4Life Family Club**

Fit4Life is a fun 6 week after school physical activity programme for families with children aged 3 - 11. Each week families will take part in different activities, such as sport, dance, walking, multi-skills, orienteering and will also make use of their local healthy hub. Participating families will have the opportunity to loan out an equipment bag and folder to provide them resources and ideas to promote physical activity at home, both indoor and outdoor. The programme is funded by Healthy Schools and will be delivered by Effective Play.

Initially the programme will only be available to primary schools that fall within a 1.25km radius of a healthy town hub and will be offered to them free of charge if they work with Healthy Schools in developing a Whole School Improvement Obesity Prevention Plan (WSIOPP)

#### Programme Structure:

	Topic
Session 1	Indoor activities (school site)
Session 2	Indoor activities (school site)
Session 3	Outdoor activities (school site)
Session 4	Outdoor activities (school site)
Session 5	a. Introduction to local hub / activity ranger (hub)
Session 6	b. Introduction to local hub / activity ranger (hub)

#### Sessions 5 and 6

- Meet group at school and assist facilitator with health walk to local hub (using pedometers)
- Introduction to local hub facilities e.g. study room, toilets, outdoor gym etc
- Promotion of activity timetable
- Activities utilizing park facilities, led by ranger, supported by facilitator

### **Active Dudley**

Active Dudley is a programme that was developed in 2005 in order to engage children from 2-5 years and their families to be more physically active. The project received funding from the Big Lottery. Until this financial year this programme has been managed by Mo Hooper from PE and School Sport. Since April 2010, Jane Roberts from Early Years service and DHSPPH have taken over the training and co-ordination of the programme.

The programme is based around a bag of equipment comprising of both musical instruments and physical activity equipment. The children and families\* participate in a fun session of activity within the Early Years setting and are shown different activities to do which can be replicated at home. Each child is then loaned the bag to take home.

\* Some settings are running sessions with children only

Active Dudley provides the physical activity element of Jumping Beans.

The main emphasis of this years work has been to collate data on the programme and to establish who continues to run the programme effectively. It has also been piloted within one school as an after school provision for foundation stage and KS1 as this age group is one for whom physical activity afterschool provision is limited.



#### **Cyber coach**

Cyber Coach is an interactive media system for schools, youth clubs and leisure centres. It allows the young and old to enjoy hundreds of hours of enjoyable exercise.

The system acts as a Virtual Dance Instructor and allows users to choose from a wide selection of work-outs, tuition and dance classes, including cheerleading, bollywood dancing, Royal Marine training, salsa, aerobics and yoga, many of which have been linked to the PE curriculum. Each session can be tailored to different abilities and ages and features some of the best instructors in the World.

DHSPPH have purchased one of these systems for secondary schools to loan out on a rotational basis every half term.

Primary schools also have the opportunity to take up a 30 day free trial for CyberSMART which is a system specifically designed for primary schools, which is streamed via the internet directly through to interactive whiteboards in the classroom. For those schools that prove that they are committed to utilizing the system for 20 hour per month they will have funding supported by DHSPPH and the School Sports Partnerships.

Both systems have been specifically developed to assist schools in achieving their 3 hour sports/physical activity offer.

### **CyberSmart**

Cyber Coach Smart has been developed specifically to assist primary schools in achieving their 3 hour sports/physical activity offer.

Hundreds of exercise and dance routines are delivered by world class instructors and include disco, cheerleading, salsa, combat, tai chi, ballet, wake & shake and much more. The routines are streamed via the internet directly through to interactive white boards in classrooms and halls and are updated on a regular basis. This brand new internet based product allows exercise and dance to be available at any time of the day - e.g. before registration, wet play, breakfast club or after school club.

### **Fit4Life Day**

Dudley Healthy Schools Programme has worked with Pedmore Primary School to develop a focus day around healthy lifestyles. The teaching staff was given an overview and background to the problems of childhood obesity, the Change4Life campaign and the Healthy Towns programme in order to raise their knowledge and awareness.

DHSPHP and the teaching staff developed lesson plans for both KS1 and KS2 around the Change4Life messages. Each member of staff was given a specific lesson to deliver and the children rotated around the school in order to experience all lessons.

The lessons included: Eatwell plate, Food labeling, powers of marketing, cutting back on fat and sugar, importance of physical activity, reduction of screen time, making of fruit kebabs, developing a huge Eatwell collage.

All the children came dressed in their favorite sports clothes.

The children in KS2 had the opportunity to use the Cybercoach system and enjoyed different ways in being physically active. In KS1 the children participated in an Active Dudley session. All the children also took part in the Sport relief mile by running 8 laps of the school field.

DHSPHP provided each child in KS2 with their own 'Healthy Plan' whereby the children were able to set their own goals and record and set short term goals. DHSPHP also provided each child with leaflets and resources to take home in order to aid the transfer of the messages learnt to the home environment.

At the end of the day the children shared their experiences and their new found knowledge in a focus assembly. The school stated that this day was very useful and allowed the children, staff and parents alike to gain some invaluable knowledge in how to maintain a healthier lifestyle.



### **Jumping Beans**

Jumping Beans is both an obesity prevention and treatment programme open to all families with children aged 2-4 years. It was developed in September 2008 and has been successfully rolled out to Children Centres across Dudley.

Jumping Beans aims to provide parents with toddlers aged 2-4 years and their families with the necessary skills and knowledge to make healthy choices.

#### **Objectives:**

- 1) Work in partnership with Children Centres and Health Visitors.
- 2) Deliver Active Dudley sessions and provide knowledge, skills and confidence for carers to be more active with their children and reduce sedentary behaviour.
- 3) Share snack time together, exposing both children and their carers to different fruits and vegetables. This time also allows time to demonstrate the importance of:
  - Drinking water
  - Use of free flowing cups
  - Role modelling
  - Exposure of fruit and vegetable
  - Rewarding of healthy behaviours
  - Importance of sitting and eating together
- 4) Provide carers with the skills and knowledge through parent led workshops on:
  - Healthy eating and the Eatwell plate
  - Parenting skills and behaviour management
  - Food labelling
  - How to get active together
  - Fussy eating
  - Portion size
- 5) Provide carers with handouts and information to support each session.
- 6) Provide a suitable staffed crèche for the children to attend whilst carers are in workshops, which provide a range of activities.

We are currently exploring how best to move forwards into nursery settings with Jumping Beans and more information will be available shortly.

### **Jump on board**

A fun interactive programme that helps children aged five to 11 make changes that can benefit their health.

The sessions have been created for Dudley borough's schools and look at physical activity, healthy eating and positive lifestyle changes.

Led by our qualified park rangers, the free courses are held at the five healthy hubs which have been developed as part of Dudley's healthy towns programme.

All the modules are stand alone so schools can pick the ones they feel would best meet their needs. However, it is recommended that pupils complete at least four modules in order to ensure they benefit from the programme.

- Jump on board introduction
- What is physical activity?
- What is healthy eating?
- Measuring physical activity
- Measuring food intake
- Tool kit for goal setting and confidence building
- Trust and friendship
- What am I good at?
- Environment and barriers to a healthy lifestyle
- Support - people and places that help
- Designing and managing your own games
- Review of programme and personal goals

#### **Additional Benefits to the Programme**

- SEAL outcomes
- Supports OFSTED
- Linked to key stage 1 & 2 curriculum
- Every child matters
- Fully evaluated
- Supports transition to secondary school

### **Funded Family Based Get Cooking**

Healthy Schools are currently offering schools £120 to deliver 6 week family Get Cooking programme. Each session must be a minimum of 1 hour and is aimed at pupils aged 4-16 and their families. Submission of activity form and pre and post evaluation data is required for schools to receive the £120 funding. Funding can be spent on anything related to the course, for example ingredients, equipment and staff time.

The Food for Health Advisor will provide refresher training with each school facilitator and will provide the necessary resources needed by the club. The Food for Health Advisor will keep in regular contact with schools and will encourage them to share good practice with other schools via the food in schools newsletter.

#### **The focus of the sessions:**

- To increase awareness of healthy eating guidelines
- To improve practical cooking skills of families
- To increase enjoyment and participation in practical cooking

Each session, the group will be introduced to a *practical theme* and a *health topic*. The practical themes include:

- Seasonal fruit and vegetables
- Back to basics
- Healthy desserts
- Sit down dinners
- Healthy Fast Foods
- Out and about

Health topics include:

- 5 a day
- Eatwell Plate
- Sugar in the diet
- Salt in the diet
- Fat in the diet
- Fibre in the diet

Health resources and recipes will be issued to each family after each completed session

### **Whole School Improvement Plan For Obesity Prevention**

Healthy Schools have developed a Whole School Improvement Obesity Prevention Plan (WSIOPP) for primary schools to use as a planning tool within the context of tackling childhood obesity, complementing the Healthy Towns programme. The tool sets out minimum standards under specific headings within physical activity and healthy eating, adopting the whole school approach. Developing a WSIOPP will ensure a school responds to the issue of obesity at a local level and receives all relevant local support, programmes, resources and funding they are entitled to. Furthermore a WSIOPP will provide an invaluable foundation for those schools that identify obesity as a priority for the National Healthy Schools Enhancement programme.

In developing the tool local partners and stakeholders were widely consulted and their input was invaluable. Many felt that this framework brought all the services together which in turn will allow schools to make the necessary links between services.

Schools taking up this opportunity will be provided with **ongoing support, funding and resources** to implement their WSOPP and on completion will receive a certificated 'healthy town status'.

### **Sun Awareness Programme**

Healthy Schools have been given some funding to raise awareness of the importance of sun protection and how preventable skin cancer can be. Each primary phase school will be offered an amount of sun cream with an accompanying sun awareness programme for them to implement in school.



The school can purchase more sun cream if they wish to supplement this.

The programme is launched in school by an assembly usually, then sun cream points are set up in classrooms, therefore, during the sunny months, each child applies sun cream regularly before they go outside to play or do any outdoor activities.

The objective of the programme is to help children and their families understand the importance of protecting themselves in the sun and help to establish the habit of applying sun cream as a normal everyday occurrence.

For more information about this programme please contact Jill Edwards on 01384 321922.

## **Sex and Relationships Education (SRE)**

### **Talking Birds and Bees**

Throughout surveys, including the local Health Related Behaviours Survey, young people have continually stated that they want to learn about relationships and sex from their parents/carers. Despite this, many young people are still not receiving information in the home.

'Talking Birds and Bees', is a purpose written course designed to support, enable, empower and equip parents/carers to talk to and effectively communicate positive messages about relationships and sex to their children. It is delivered by an experienced worker from the Dudley Respect Yourself Campaign as part of the prevention agenda within the local Teenage Pregnancy Strategy. If your school has a group of interested parents please contact Kath Clarke 01384 321940

### **Secondary School Support**

#### **Dudley Schools SRE Toolkit**

A toolkit containing schemes of work for secondary schools is now available to support the delivery of SRE.

Designed in partnership with local young people and professionals, the Toolkit encompasses the elements of effective SRE, and considers young peoples' needs. It aims to provide local schools with a minimum standard for SRE, thus reducing the likelihood of patchy and inconsistent provision and providing staff with a focus for delivery.

It follows guidance from Ofsted of regular timetabled slots of no less than 40 minutes, which should be delivered by specialist teams of teachers, (or trained tutors) enhanced by contributions from external agencies. Since its launch in September 2010, 13 schools are using the toolkit which is offered with staff training and support from Healthy schools.

#### **Theatre in Education (TIE)**

Subsidised sessions of 'Trust Me' are now being offered to schools to enhance SRE programmes. Delivered by Loudmouth Education and Training, the sessions explore the issues of relationships, contraception, sexually transmitted infections and unplanned pregnancy in a non threatening, fun and exciting way. Sessions are suitable for year 9 or year 10 pupils.

#### **Arts Project**

Dudley schools are to be given the opportunity to work with Urban Voice in the summer term using various genres of art to explore topics such as relationships, self esteem, body image, alcohol and appropriate behaviours. There is the potential for the use of film, music, visual arts, photography and creative arts to bring SRE teaching and learning to life. The resulting art work will be available for all schools to use to support the SRE toolkit.

### **Primary School Support**

#### **SRE Resource**

A nationally acclaimed resource from the Christopher Winter Project has been provided for all Primary phase schools to provide ideas and clarity in the delivery of SRE. It provides schemes of work for both key stages (age appropriate) and is linked to the 'Living and Growing' DVD which is available on Teachers TV.

#### **Theatre in Education**

'My Mate Fancies You' is again touring the borough offering pupils the opportunity to explore growing and changing/puberty and transition. This highly entertaining theatre from Loudmouth Education and Training has been positively evaluated in previous years and is now touring. Your school has details and some sessions for year 6 pupils may still be available at a subsidised rate.

Further information about any of these projects can be obtained from Kath Clarke  
01384321940 [kath.clarke@dudley.nhs.uk](mailto:kath.clarke@dudley.nhs.uk)

### **Emotional Health and Wellbeing (EHWB)**



*It's good to be you*

The Education White Paper issued November 2010 cites the governments recognition of the importance of EHWB as an important part of the development of children and young people and its direct impact on learning

*"Recognise that schools have always had good pastoral systems and understand well the connections between pupils' physical and mental health, their safety, and their educational achievement and that they are well placed to make sure additional support is offered to those who need it..."*

#### **The Importance of Teaching: Schools White Paper: 2010**

#### **Reasons why schools should promote EHWB**

The first benefit of promoting EHWB is that it helps to ensure happier and more motivated pupils and staff who get more out of school life.

There are additional benefits. Research shows that effective programmes to promote EHWB make a direct contribution to school improvement in three key areas:

- 1 Teaching and learning**
- 2 Behaviour and attendance**
- 3 Staff recruitment and retention**

In Dudley there is a multi agency commitment to supporting the Emotional Health and Wellbeing of our whole school communities by developing effective whole school (universal) approaches and innovative targeted interventions.

There are a number of different training events and programmes either under development or already available to support EHWB including;

- The Massage in Schools Programme (primary)
- Support notice boards (secondary)
- Parent/carer involvement pilot (primary)
- Staff training including; Supporting Bereaved Children and Young People, Anti- Bullying awareness raising, Identifying and Supporting Young Carers, & Mental Health awareness raising

Dudley's EHWB programme is known as "**It's Good to be You**" the agreed title following consultation through the Emotional Health and Well Being theme group, Targeted Mental Health in Schools Strategy Group and a number of schools.

For further information please contact  
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01384 321929

If you would like to know more about anything you have read or have any other examples of good practice you would like to share with us, please contact;  
Jill Edwards, Healthy School Programme Manager on 01384 321922.



Dudley Healthy Schools Public Health Programme  
Committed to healthier living and learning