

HEALTHY SCHOOLS SUNDERLAND

A HALF TERMLY NEWSLETTER FOR SCHOOLS

SPRING 2023 | TOGETHER FOR CHILDREN

WELCOME TO THE SPRING 2023 EDITION OF OUR HEALTHY SCHOOLS NEWSLETTER

You'll find that it is filled with interesting information, helpful hints and tips, events and news relating to the health and wellbeing of children and young people, school staff and your wider communities.

As the newsletter has been developed to compliment the Sunderland Healthy Schools Award, it has been set out with seven themes primarily relating to the award and the adjoined charters:

- Sunderland Healthy Schools Award updates and information
- Anti-Bullying and Online Safety
- Exercise and Activity
- Food and Nutrition
- Mental Health and Emotional Wellbeing
- Relationships, Sex and Health Education and Risk-Taking Behaviour
- Additional health related information useful to schools

We want this newsletter to be valuable to you, so please submit your feedback and suggestions for future content to healthy.schools@togetherforchildren.org.uk

SUNDERLAND HEALTHY SCHOOLS AWARD UPDATES AND INFORMATION

Healthy Schools Award

The Sunderland Healthy Schools Award recognises the dedication of schools within the city to the health and wellbeing of their pupils, staff and local communities.

Schools are eligible for the award when they can evidence that they have attained, or are working towards attaining, the citywide health and wellbeing Charter Marks.

Visit www.togetherforchildren.org.uk/professionals/sunderland-healthy-school-award to find out more and apply.

ANTI-BULLYING AND ONLINE SAFETY

The Anti-Bullying Charter Mark makes up the Anti-Bullying and Online Safety element of the Healthy Schools Award.

The Prevention and Resilience Anti-bullying officers can offer advice and support in gaining or renewing your Anti-Bullying Charter Mark. The Anti-Bullying Charter Mark and supporting documents have been updated and can be found at:

<https://www.togetherforchildren.org.uk/anti-bullying-charter-mark>

We want our schools here in Sunderland to take the challenge and get the anti-bullying charter mark for their school this year if you don't already have it.

The Anti-Bullying Charter Mark is an important tool to help support pupils within the school setting. We have two Anti-Bullying Workers in Together for Children who are available to support schools with this process.

Our workers can also deliver class workshops on issues around peer pressure and friendships, which includes topics such as respecting others, banter v bullying and what to do if I feel bullied in school.

St Joseph's Primary School have made an amazing display to show awareness:



EXERCISE AND ACTIVITY

The Great Active Sunderland School Charter supports schools to help improve their pupil's health and wellbeing

Since the launch of this unique accreditation programme in 2015 – 2016, the Great Active Sunderland School Charter has been an incredible success, with 104 schools achieving either the Engagement, Bronze, Silver or Gold standard.

The Charter is FREE for schools to apply and to make the process easier schools can apply online: <https://www.surveymonkey.co.uk/r/9B27M27>

In addition to further assist schools a set of frequently asked questions have been produced along with a set of example answers. Comprehensive support is available throughout the process

The Charter is also part of Together for Children's Healthy Schools Award.

GOLD
active
Sunderland
School 2020-21

SILVER
active
Sunderland
School 2020-21

BRONZE
active
Sunderland
School 2020-21

ENGAGEMENT
active
Sunderland
School 2020-21

More information on the Great Active Charter can be found at:
<https://www.sunderland.gov.uk/article/14780/Great-Active-Sunderland-Schools-Charter>



● ●
Gillas Lane Primary Academy and Nursery have achieved the Gold Great Active Sunderland Schools Charter in recognition of their contribution to high quality PE and ensuring all children are physically active.
● ●

FOOD AND NUTRITION

The Food and Nutrition Charter Mark is one of the five Health and Wellbeing related charters that contribute to the Sunderland Healthy Schools Award. It aims to support educational settings to introduce and promote healthier behaviours that enable pupils and individuals within the wider school community to maintain a healthy weight and recognise that contribution towards health and wellbeing.

Ready to apply for the Bronze level? Further information is available at Food and Nutrition Charter Mark - Together for Children.

If you would like to discuss the Food and Nutrition Charter Mark or access the current accreditation form, please contact karen.lightfoot-gencli@sunderland.gov.uk or Change4LifeTeam@sunderland.gov.uk. There is a small pot of funding available for a project to support with meeting the criteria.

Fatfield Academy are the latest primary school to achieve their Bronze. Well done!



Food Active Bulletin:
GULP Special Edition
March 2023

FOOD
ACTIVE
 JUNE BULLETIN

MENTAL HEALTH AND EMOTIONAL WELLBEING

The Mental Health Charter Mark (MHCM) makes up the Mental Health and Emotional Wellbeing element of the Healthy Schools Award.

To find out more about the Mental Health Charter Mark please visit <https://www.togetherforchildren.org.uk/mental-health-charter-mark>



In April we will be holding our third annual awards ceremony to celebrate the amazing achievement of our schools! Well done to all the following schools due to receive an award!

Bronze: Dubmire Primary Academy, St Benet's RC Primary School, Barnwell Academy, New Silksworth Academy, South Hylton Primary Academy, Hetton Lyons Primary School, Washington Academy, St Anthony's Girls' Catholic Academy

Silver: Farringdon Academy, The Link School, Plains Farm Academy, St Aiden's Catholic Academy, Willow Wood Community Primary School, Ryhope Junior School, Fatfield Academy

Gold: Sandhill View Academy

Did you know we have a [Facebook page](#)?

If any mental health leads would like us to share any wellbeing and health related information (or share any Facebook posts), just send an email through to mentalhealthcharter@schools.sunderland.gov.uk



Hylton Red House Nursery School recently celebrated Children's Mental Health Week! The children had fun looking at a different theme each day, all linked to the 5 ways to wellbeing: Movement Monday, Turn Taking Tuesday, Wellbeing Wednesday, Thoughtful Thursday and First Time Friday!

Don't forget, **Stress Awareness Month** is coming up in April! If you would like to share any lovely things your school does for this to share on Facebook or the next newsletter, please email us!

STRESS AWARENESS MONTH
THE STRESS MANAGEMENT SOCIETY

HOW TO STRESS LESS



LOOK AFTER YOUR SOCIAL WELLBEING

- Connect with people – check in with your support network; are they ok, are you ok? Pick up the phone and find out!
- Ask for help if you need it – it's OK not to be OK.
- Perform a random act of kindness – it's nice to be nice.



MAKE TIME FOR SELF-CARE

- Learn a new breathing technique; box breathing, the 7/11, baby breath – find one that works for you and add it to your toolbox.
- Be kind to yourself, take time out for self-care and exercise – it's like the oxygen mask on the plane; put yours on first and you'll be in a better position to help others.



EXPRESS GRATITUDE

- Write a gratitude letter. What are you grateful for? What did you take for granted and really appreciate? Even just writing down 3 positive experiences that have happened to you every day.
- Write down your strengths: what are some of the things people have said about you that have made you feel good, strong and elated?



GET ENOUGH SLEEP

- Get your sleep hygiene sorted: have a bath, wind down, minimise screen time, talk about how you feel, eat good food regularly.
- Digital Detox – Could you make your bedroom a 'tech-free zone'? Make sure before bed to do something that doesn't involve a screen to allow you to disconnect from the 'always on' world we're currently living in.



EAT HEALTHY

- Reduce your sugar consumption to avoid energy crashes.
- Stimulants like nicotine and caffeine should be avoided
- Keep hydrated. Drink plenty of water throughout the day, and avoid that vicious cycle; thirsty because you're stressed and stressed because you're thirsty.



PRIORITISE AND ORGANISE

- Be strict with your boundaries; work is work and life is life – make sure to schedule time for doing things for yourself.
- Prioritise your most important tasks and projects earlier in the day.
- Delegate the things you do not have to do yourself.





Stress Management Society
from distress to de-stress



International Wellbeing Insights
People, Culture & Wellbeing

www.stress.org.uk / info@stress.org.uk

RELATIONSHIPS, SEX AND HEALTH EDUCATION AND RISK-TAKING BEHAVIOUR

The Relationships, Sex and Health Education (RSHE) Charter Mark makes up the Relationships, Sex and Health Education and Risk-Taking Behaviour element of the Healthy Schools Award.

The Sunderland Relationship, Sex and Health Education Charter Mark has been developed by a local multi-agency group of public health practitioners, health professionals and education professionals. The Charter has been developed to support and enhances school's delivery of Relationship Education and Relationship and Sex Education and Health Education in line with the national statutory guidance.

The charter also considers other elements of health not included in other citywide health charters such as Risk-Taking Behaviour (e.g. drug and alcohol misuse). In addition, the charter recognises the dedication of schools within the city in contributing towards the health and wellbeing of their pupils, staff and local communities.

Schools who would benefit from support to establish the Relationship, Sex and Health Education Charter Mark can access this from Sunderland Public Health. Please contact Ryan Houghton, Public Health Practitioner, at ryan.houghton@sunderland.gov.uk if you have any queries or requests for support.

ADDITIONAL HEALTH RELATED INFORMATION

Research and analysis

State of the nation 2022: children and young people's wellbeing

A report on the wellbeing of children and young people over the academic year 2021 to 2022.
State of the nation 2022: children and young people's wellbeing - GOV.UK (www.gov.uk)

Better Health – Healthier Families

Change4Life has now become part of Better Health and has a brand new look. But don't worry, you will still get everything you got before – from delicious recipes to fun ways to move more, and plenty of other ways and advice to help keep your family healthy and happy.
About and contact - Healthier Families - NHS (www.nhs.uk)

Start for Life

Trusted NHS advice during pregnancy, birth and parenthood. Start for Life is the essential guide for having a healthy, happy baby.
Start for Life (www.nhs.uk)

Cost of Living Support Hub

There is a range of support available both nationally and locally.
Cost of living support hub - Sunderland City Council

The Bread and Butter Thing

Offering weekly groceries at a fraction of high street prices, there are three new hubs in Hendon, Washington and Silksworth, to join Austin House in Southwick, with a further hub to open in the Coalfield area of Sunderland later in the Spring. All are being supported by Sunderland City Council and delivered in partnership with The Bread and Butter Thing. Additionally, there is a TBBT hub at Pennywell Neighbourhood Centre, supported by Gentoo and Karbon Homes.
Three more affordable food hubs open in Sunderland – The Bread and Butter Thing

School Zone

Explore these flexible teaching resources for primary school classes and be inspired by the mental wellbeing resources for secondary schools and Year 6.
PHE School Zone

Change 4 Life

Via healthy lifestyle sessions and targeted interventions, Change4 Life Sunderland aim to encourage, support and deliver key healthy lifestyles messages to children (aged 0-18) and their families

The programme is tailored to a range of needs, including delivery within all schools across the city, community events, and delivery of Change4Lifefamily and teen programmes.

Change4 Life Sunderland's offer is FREE to all schools across the city and includes:

- Healthy Lifestyle Programme for primary, secondary and SEND schools.
- Links with C4L Clubs, parent's evenings, sports days, health days/weeks.
- These take place by arrangement with individual schools.

The Healthy Lifestyle Primary programme can include:

- Whole school or year group assemblies.
- Classroom based health education sessions (for targeted year groups or full school).
- 6 week In-School Family Programme.
- 6 week After School Family Programme.
- Both face to face and online delivery.
- Roots and Shoots sustainable gardening programme
- Mindfulness sessions
- Young Health Champions training



Health-Related Behaviour Survey

We are excited to announce the Health-Related Behaviour Survey (HRBS) is available to your school for free in the 2022/23 academic year!

In 2021 we had over 5,726 young people participating in the survey from 28 primary and 18 secondary schools in Sunderland.

By participating in the HRBS, you'll not only improve the health and wellbeing of your students, but also provide evidence of your school's effectiveness to OFSTED. Please ensure you read the attached information for more details prior to signing up.

To sign up, please follow the link to complete the form –
<https://forms.office.com/e/4TuysVdxGH>

Key tasks, dates, and deadlines	
Fully read attached letter and understand school commitment and participation requirements. Schools will need to confirm and complete participation form via the Microsoft teams forms link provided in advance of deadline.	Deadline: Friday 31st March 2023, 1pm
SHEU to send surveys out to schools for completion	Summer Term WC/ Monday 17th April 2023
Schools to have completed surveys in advance of deadline	Deadline: Friday 30th June 2023, 1pm
Schools to have returned all paper and online forms back to SHEU	Deadline: Wednesday 5th July 2023

If you have any questions, please do email (Jennifer.Green@sunderland.gov.uk) with any questions or concerns.