

Haringey Healthy Schools Newsletter



Wednesday 6 February 2019

Welcome to the latest Healthy Schools newsletter



Key contact details:

Meinir Jones, Public Health Commissioner for Children and Young People (Borough lead for Healthy Schools)

healthy.schools@haringey.gov.uk
www.haringey.gov.uk/healthyschools

Network meeting dates for your diary:

2pm – 4pm Wednesday 22 May 2019, location TBC

Healthy Schools Network – Introducing an Active Mile into schools

An Active Mile is a simple concept which encourages children to run or jog for 15 minutes (approximately a mile) during the school day, and has been shown to increase fitness levels, enhance concentration levels in lessons and improve emotional wellbeing. Schools across Haringey are being encouraged through the Healthy Schools Programme to launch their own Active Mile.

The Spring Healthy Schools network held on Wednesday 5 February focused on introducing an Active Mile into primary schools. Schools from across the borough attended to hear from St Martin of Porres, Ferry Lane and Bounds Green Schools, who are already successfully implementing an Active Mile. Our guest speakers also included Dr Eli Sefi, a Paediatric Consultant, Tottenham Hotspur Foundation, and the Active Communities and Leisure team from Haringey Council.

Haringey Healthy Schools is producing resources to support this initiative, and schools are also encouraged to use this opportunity to achieve the Silver and Gold Healthy Schools awards.

For further information, please contact healthy.schools@haringey.gov.uk

Silver Healthy Schools award workshop

Has your school achieved a Silver Healthy Schools award yet? A workshop will be taking place on Thursday 28 March to support Healthy School leads to plan a successful application, and will provide an opportunity to share ideas with other schools working towards the same goal. Schools must have already achieved the Bronze award before attending

Date and time: 9:30am – 11am, Thursday 28 March 2019

Location: River Park House, Wood Green, N22 8HQ

To book a place, or for further queries, please contact Meinir Jones (Public Health Commissioner) healthy.schools@haringey.gov.uk.

Asthma survey – please share

The National Asthma and COPD Audit Programme (NACAP) has launched an online patient survey for young people aged 13 – 25 who live with asthma, as well as their parents and carers. This survey will be used to find out which areas of asthma care young people and families feel could be improved, as well as collection of examples of good asthma care from the patient and carer perspective.

Please could secondary schools share the survey with young people who live with asthma, and their parents and carers.

The survey can be found through the following link, and is due to close on 25 March 2019: <https://www.surveymonkey.co.uk/r/738WV8Z>



Information on Relationships and Sex Education (RSE) and local sexual health services for Haringey Secondary Schools

As part of Public Health Haringey's support for schools to prepare for [statutory RSE](#), all secondary school PSHE leads were recently sent a package of information and guidance on RSE and local sexual health services in Haringey which are delivered by our provider CNWL.

To provide further support, CNWL is planning to visit each secondary school in Haringey to talk to staff directly about the sexual health services they offer for young people. Please contact anna.martinez@haringey.gov.uk to arrange an opportunity for CNWL to visit your school.

For any queries regarding RSE, please contact healthy.schools@haringey.gov.uk

Young people's advocate

As part of the national pathfinder programme around improving health responses to domestic abuse (Haringey and Enfield are one of 8 sites across the country), North Middlesex University Hospital will have an advocate to support young people aged 13 – 25. The service will also link with the existing service for gang and knife crime based within the hospital. For further information, please contact: fiona.dwyer@haringey.gov.uk.

Congratulations to The Octagon, who recently achieved the Bronze Healthy Schools award.



Are you planning to celebrate International Women's Day?

[International Women's Day](#) is taking place on Friday 8 March 2019, and the theme for this year is 'better the balance, better the world'. Event packs can be downloaded from the [website](#).

As part of this campaign, Haringey Council is also celebrating Women's History Month for the whole of March. If you are planning to celebrate, please therefore contact Fiona Dwyer, Strategic Lead for Violence Against Women and Girls to share your event: fiona.dwyer@haringey.gov.uk.

Upcoming campaigns

- **Children's Mental Health Week 4 – 10 February 2019**
- **International Day of Zero Tolerance for Female Genital Mutilation 6 February 2019**
- **Time to Talk Day 7 February 2019**
- **Eating Disorders Awareness Week 25 February – 3 March 2019**
- **International Women's Day – 8 March 2019**
- **Red Nose Day – 15 March 2019**
- **National Child Sexual Exploitation Awareness Day – 18 March 2019**
- **World Oral Health Day – 20 March 2019**
- **International Day of Happiness – 20 March 2019**
- **World Water Day – 22 March 2019**

For a full list of health-related campaigns, please visit the [Haringey Healthy Schools campaign calendar](#).