

Haringey Healthy Schools Newsletter



Thursday 14 March 2019

Upcoming network:

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

Welcome to the latest Healthy Schools newsletter

Emotional wellbeing and mental health

Numerous public sector organisations and charities are pledging to improve mental health and wellbeing support for children and young people. To help schools in Haringey navigate the variety of free training on offer, Public Health has outlined the series of upcoming training to help schools plan and identify appropriate members of staff to attend:

- **Youth Mental Health First Aid (MHFA)** – The Mayor of London has launched a programme to ensure that by 2021 every school in London has at least one Youth [Mental Health First Aider](#). This two-day course will be delivered by trained staff from Haringey Council and Whittington Health NHS Trust in June 2019 (dates to be confirmed), and will be suitable for primary and secondary schools working with 8-18 year olds. To register your interest, please email healthy.schools@haringey.gov.uk.
- **Suicide Prevention Training** – The Mayor of London is also working in partnership with the national charity [PAPYRUS](#), to offer a suicide awareness and prevention courses to schools. The training will take place 9am – 12pm on Thursday 21 March at Alexandra Park School. To book, please email paul.osbiston@papyrus-uk.org.
- **Spotting the Signs (eating disorders)** – The national charity, [BEAT](#) is currently offering a new training programme for secondary schools and school health services on spotting the signs of eating disorders and how to support young people affected. A number of courses are available in London, and can be booked [here](#).

Haringey Public Health recommends that schools identify two or three members of staff to build capacity in identifying the needs of children and staff early, provide support, and signpost or refer where appropriate. Crucially, this will offer opportunities for trained staff to support each other, and will increase school resilience for supporting the needs of children, young people and staff.

Putting the training into practice

Haringey's strategic approach to supporting the mental health and emotional wellbeing of children and young people, can support schools to implement the learning from these courses:

- ✓ The [Anchor Project](#) provides education settings with information, advice and support to strengthen whole-school wellbeing and resilience.
- ✓ The [Educational Psychology Service](#) provides high quality psychological support to children, young people and their families to improve their education and wellbeing outcomes.
- ✓ The [Healthy Schools Programme](#) aims to support a whole-school ethos around health and wellbeing, through reflecting on current practices and establishing a joined-up approach with support services and partners.

Online content relating to suicide and self-harm

In the last year there have been several concerns about online social media content, challenges and games, which relate to suicide and self-harm. This poses a particular risk for children and young people, as this type of content may become viral. The attached [guidance](#) provides information for professionals working with children and young people on how to promote online safety within this context, and how to address any concerns.

Relationships and Sex Education (RSE)

Government guidance on Relationships and Sex Education (RSE)

The Department for Education recently published the final [draft guidance](#) for schools on statutory Relationships Education (primary), RSE (secondary), and Health Education (primary and secondary).

From September 2020, it will be mandatory for all schools to teach these subjects.

Haringey Public Health will be supporting schools to prepare for this in line with the new guidance. If you have any queries in the meantime, please contact healthy.schools@haringey.gov.uk.

Harmful practices – support for schools

Haringey's Harmful Practices Working Group aims to improve the local response to harmful practices, which include Female Genital Mutilation (FGM), forced marriage and crimes committed in the name of 'honour'. This is a timely topic following the government guidance on RSE, which includes a requirement to teach about harmful practices.

The group is seeking to identify what support school staff need on these issues through the following [survey](#). Please complete by Friday 22 March, and for further queries contact Bridie Blower (Violence Against Women and Girls Coordinator) bridie.blower@haringey.gov.uk.

Face Front Inclusive Theatre productions in Haringey schools

Once again this year, [Face Front Inclusive Theatre](#) successfully toured schools in Haringey to perform the [Whisper Me Happy Ever After](#) production in primary schools, and the [Sex FM](#) production in secondary schools.

This opportunity is subsidised by Haringey Public Health, as part of the Healthy Schools programme, to raise awareness and educate children and young people about healthy relationships through forum theatre. This is particularly important in view of the introduction of statutory Relationships and Sex Education from September 2020.

Both productions reached a total of 2,542 children and young people across Haringey. Thank you to all schools who took part.

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

9:30am – 11am, Thursday 28 March 2019
River Park House, Wood Green, N22 8HQ

To book a place, or for further queries, please email healthy.schools@haringey.gov.uk.

Recently published resources for schools:

New [English and Maths lesson plans](#) from Change4Life to help your pupils learn how to make healthier swaps to stop the Sugar Cube Invaders taking over Sugar Smart World!

E-learning on [children's oral health advice](#) provides information and advice for teachers, parents, early years workforce, nurses, GPs and the public. The session will take around 20 minutes to complete and will help you to support your pupils to maintain good oral health.

New transition to secondary school [lesson plan](#), produced by Public Health England. This will help Year 6 classes to explore different ways to protect their body and mind from the stresses of transitioning to secondary school.

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

