

Haringey Healthy Schools Newsletter



Thursday 9 April 2019

Welcome to the latest Healthy Schools newsletter

Healthy Schools network meeting

How can SUGAR SMART support a whole-school approach to healthier eating?

This will be an opportunity to hear more about the SUGAR SMART campaign in Haringey and explore the challenges that schools face in embedding a positive culture around healthy food and drink.

**2:30pm – 4pm Wednesday 12 June 2019
at River Park House, Wood Green, N22 8HQ**

Please email healthy.schools@haringey.gov.uk to confirm attendance. From 4pm onwards, there will also be an open invitation to discuss any queries you may have about your [London Healthy Schools award](#).

Haringey schools get smart about sugar

The beginning of April saw the launch of the national SUGAR SMART campaign in Haringey. The campaign seeks to bring together schools and the wider community to make it easier for everyone to eat less sugar. This is a key part of the Healthy Schools programme in Haringey, and primary schools can complete a [checklist](#) to demonstrate how they are pledging to:

1. Become a water only school (except for plain milk)
2. Reduce sugar in snacks and food eaten at school
3. Raise awareness about sugar with children and families

There are [resources](#) available to support schools to become SUGAR SMART. Haringey Healthy Schools is currently consulting on the SUGAR SMART offer for secondary schools.

For support incorporating SUGAR SMART into your Healthy Schools approach, please contact healthy.schools@haringey.gov.uk.

SUGAR SMART



See an Active Mile in action

As part of Healthy Schools, Haringey Council is encouraging primary schools to adopt an [Active Mile](#) (such as the [Daily Mile](#)) which is a regular 15-minute walk, jog or run.

To see an Active Mile in action, schools are invited to visit Lordship Lane Primary School (9:15am Thursday 16 May). Please email healthy.schools@haringey.gov.uk if you would like to attend.

WIN a visit from Sir Mo Farah

The Daily Mile is running a competition for one school to win a visit from Sir Mo Farah! If you are currently running or planning to start your own Daily Mile (or Active Mile) please [sign-up](#) and return the [short questionnaire](#) by 31 May.



Free Youth Mental Health First Aid Training (MHFA) for schools

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](#). The free two-day youth mental health first aid (MHFA) course provides the skills and confidence to spot the early signs of mental health needs in a young person, offer mental health 'first aid', and if appropriate, guide them towards support they may need. More information is included in the [Youth MHFA leaflet](#).

The training will be delivered in Haringey on:

- Friday 7 June and Friday 14 June
- Monday 17 June and Tuesday 18 June
- Thursday 20 June and Friday 21 June
- Thursday 26 September and Thursday 3 October



All training will be held at Hornsey School for Girls from 9am to 5pm. The course will be delivered by trained staff from Haringey Council and Whittington Health NHS Trust and is suitable for school staff working with 8-18 year olds. To book, please email healthy.schools@haringey.gov.uk stating your date preference, name, role, school and email address. We aim to provide each school with one place on the course, but additional places may be offered depending on availability.

Weekend of Play 2019

The annual Haringey Weekend of Play will be take place between Friday 24 May – Monday 27 May 2019. This is a great opportunity for schools to host their own play event on the afternoon of Friday 24 May. The event could be a play street, held in the park or simply take place in the playground. Grant funding of up to £200 is available to support your event. Last year's weekend was a real success, and we would like to encourage even more schools to take part this year. To receive the application form and further information, please contact lily.labonte@haringey.gov.uk



Congratulations to the Haringey schools who recently achieved a London Healthy Schools award:

- Noel Park Primary School – Bronze award
- Ferry Lane Primary School – Silver award
- Simmons House Adolescent Unit – Bronze renewal award

For more information about awards, visit the [website](#)

BNF Healthy Eating Week 2019

Registration is now [open](#) for the British Nutrition Foundation Healthy Eating Week, which is taking place 10-14 June 2019. By registering, you will receive free resources to support the campaign, which is focused on five health challenges:

- Have breakfast
- Have 5 A DAY
- Drink plenty
- Get active
- Sleep well

Turn up and play football

[2TR Football](#) are running [Turn Up & Play](#) sessions for primary school-aged children at Hartington Park MUGA (Multi-Use Games Area) every Wednesday from 4pm to 5pm. For more information, visit www.2trfootball.com or call 020 7272 7201

Wellbeing resources for exam season

Using ideas from schools around the country, Young Minds has put together a range of resources to support wellbeing during revision and exams:

- [Stress buster timetable for schools](#)
- [Finding a work/rest balance worksheet for pupils](#)
- Posters for [staff](#), [SATs](#) and [secondary school students](#)
- [Parents' guide](#)



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

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