

Haringey Healthy Schools Newsletter



Tuesday 3 September 2019

Welcome to the latest Healthy Schools newsletter

Dear Healthy Schools colleagues,

A warm welcome back to you all following the summer holiday.

I will sadly be leaving Haringey Council on Friday 6 September having worked on the Healthy Schools Programme for two years. Thank you to everyone who has demonstrated their commitment to the programme to improve the health and wellbeing of your whole-school community. The majority of schools in Haringey have now achieved an award from the Mayor of London to recognise their achievements, and many of you continue to be proactively involved with local initiatives in Haringey, such as SUGAR SMART and the Active Mile.

My replacement will be recruited shortly, however in the short term please direct any urgent queries to Linda Edward, Senior Public Health Commissioner (linda.edward@haringey.gov.uk) or the usual inbox: healthy.schools@haringey.gov.uk

Wishing you all the best.

Meinir Jones, Public Health Commissioner Children and Young People

Relationships and Sex Education

Good quality education on relationships, sexual health (in secondary school) and general health is an important part of being a Healthy School.

Headteachers and Chairs of Governors will shortly be receiving a letter from Haringey Council regarding preparation for the introduction of mandatory:

- Relationships Education and Health Education in primary school; and
- Relationships and Sex Education (RSE) and Health Education in secondary school.




The letter will outline the Council's support to schools with their duty to teach these subjects, provide information on the training offer for staff, and signpost to a range of resources which will be available online.

If your role includes the provision of Relationships Education, RSE or Health Education, please ensure that you have sight of the information in this letter.

School health profiles

The School Health Service is commissioned by Haringey Public Health to provide a prevention and early intervention service to children in mainstream schools.

All mainstream schools are asked to:

- complete a school health profile 
- sign the school health delivery plan 
- disseminate a child health questionnaire to parents/carers of children in Reception and Year 6 (primary only). 

This is important to enable the service to prioritise and plan interventions for schools more effectively. Your named school nurse will meet with the appropriate staff member in each school to discuss this.

If you have any queries, please contact the School Health Service via: whh-tr.haringey.schoolnursing@nhs.net.



New resource to tackle cyberbullying in Haringey

SOCKS! (Stamp Out Cyberbullying & Keep Safe!) is an hour-long lesson plan for teachers to conduct a workshop with pupils in Years 4/5/6 to engage them in a thought-provoking discussion around cyberbullying and online safety. It has been developed by Dr Hannah Opstad for Haringey schools (hannah.opstad@haringey.gov.uk).

In line with the new guidance on Relationships Education and Health Education for primary schools there is an emphasis on online safety. The SOCKS! teaching programme meets each of the aims within this guidance for pupils to know by the end of Primary School. The resources are available below:

- [Teaching document](#)
- [Supporting document](#)
- [Share-aware parent information](#)
- Further information on the [ThinkUKnow website](#)

Improving Emotion Regulation: for the mental health, wellbeing and attainment of children

This free conference for professionals working with schools is now fully booked, however if you wish to be placed on the waiting list, please email anchor.project@haringey.gov.uk

8:45am – 4pm Thursday 26 September 2019 at The Mills Centre, Highgate School, London. N6 4PP

Join Dr Janet Rose and the Anchor Approach to learn straightforward emotion techniques to hold conversations that matter. Conference aims:

- To consider how self-regulation lays the foundation for mental health and emotional wellbeing.
- To gain insights from the neurosciences which identify what lays the foundation for mental health and emotional wellbeing.
- To introduce the key self-regulatory strategy of Emotion Coaching as a universal tool for all professionals and carers.
- To outline the key evidence that informs Emotion Coaching.
- To introduce some practical skills in the application of Emotion Coaching to practice across professional contexts.
- To explore how the team around the child and family can work together to support all children and their families through emotion coaching and other self-regulation strategies.



Key contact details: Linda Edward linda.edward@haringey.gov.uk

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www.haringey.gov.uk/healthyschools

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

- Our Lady of Muswell Primary School – Bronze award.
- Rokesly Infant School – Bronze renewal award.

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



Anti-Bullying Week 2019

This year's campaign will take place on 11-15 November, and the theme will be "Change Starts With Us". A full overview of the resources and information available can be found on the [Anti-Bullying Alliance website](#).

Why not take the opportunity to test out the new SOCKS! resources produced in Haringey?

Newly launched Healthy Schools rating scheme

Launched by the Department for Education (DfE) in July 2019 as a pilot, the [Healthy Schools Ratings Scheme \(HSRS\)](#) is part of the Government's childhood obesity plan with a focus on healthy eating and physical activity. Schools complete a self-assessment tool with questions about physical activity and school food and receive a rating based on their answers. Only schools that have taken part in the Active Lives Children and Young People survey can access the Healthy Schools Rating Scheme Self-Assessment Tool.

Please note that the Healthy Schools Ratings Scheme is not replacing the Healthy Schools London programme, which schools in Haringey are working towards.