

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

website: [www.educationleeds.co.uk/healthyschools](http://www.educationleeds.co.uk/healthyschools)

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

Use the menu above to navigate around this newsletter.

Press "Esc" on your keyboard to return to the normal Acrobat window.

Issue 1 Autumn 2008

## Welcome

Introduction by Chris Edwards,  
chief executive, Education Leeds

Dear reader,

I'm delighted to welcome you to the first edition of 'Wellbeing matters' a new electronic newsletter for schools and settings, supported by the healthy schools and wellbeing team.

I introduced the first ever Leeds healthy schools newsletter, six years ago, and said that developing healthy schools and healthy staff was a key priority for Leeds. 'Wellbeing matters' aims to bring to you the latest ideas and the best practice from within and beyond Leeds.

The sea-change over the last six years has been remarkable – schools are now very different places to be, and just about all schools in Leeds have achieved recognition through the Leeds healthy schools and wellbeing programme.



What's more, since 2005, 77 per cent of schools have self-validated to National Healthy School Status and Leeds is set to reach its ambitious 95 per cent target by 2009. With the additional momentum provided by the launch of Every Child Matters and initiatives such as SEAL, Investors in Pupils, the School Meals Strategy, and the Power of Me, we continue to go from good to great to brilliant.

Wellbeing is a broad theme, and in a school or setting there is a lot to think about to make sure all young people are happy, healthy safe and successful. To help make sense of 'wellbeing', the Wellbeing Standard: Leeds Advanced Healthy School Status – provides a powerful self-evaluation tool that signposts to other supporting awards, schemes and toolkits.

'Wellbeing matters' will serve as the companion to the Wellbeing Standard, bringing you the news, views, latest ideas and best practice so watch this space – your contributions and ideas as always would be welcome!

Chris



# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

**Issue 1 Autumn 2008**

## Staff matters

### **new beginnings ...**

We are delighted to welcome three new members to the healthy schools and wellbeing team.

Patricia Santin joins us as lead consultant for secondary PSHE having previously taught at City of Leeds High School.

Helen Smithies joins the team as the PSHE and healthy schools consultant in the west and outer north west areas of the city. Helen previously taught in Calderdale.

Sarah Bower will join the team in December as the new healthy eating adviser.

### **... fond farewells**

At the end of August, we said goodbye to two members of the team. Annie Mitchell, senior consultant for PSHE and participation took retirement. Annie had been a healthy schools consultant for five years and AST for citizenship for much longer. We wish her well in her retirement as she enjoys her 'new life' in Herefordshire.

Liz Messenger, healthy eating adviser, accepted a post with Kirklees PCT and now works as the obesity strategy lead. We wish her well in her new post.

### **and a bit of both!**

...as Carolyn Eyre moves from the Blenheim Centre to Merrion House. Colleagues in the child protection team made sure of a safe transition to the post of team manager health, safety and wellbeing by equipping her with the latest in personal protective equipment!



Carolyn will be working to make all our schools 'Safer Schools' by identifying strategies to improve the wellbeing of staff and learners.

At a national level Richard Sangster is the new head of the National Healthy Schools programme having previously worked for the TDA.

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters(I)

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2

## National matters

### Schools ministers announce statutory PSHE

On 23 October schools ministers announced that personal social and health education (PSHE) would become a compulsory part of the curriculum from Key Stage 1 to 4 (ages five to 16). All pupils in state schools should receive high quality lessons in everything from first aid and personal finance to relationships, and the consequences of drugs misuse.

The announcement comes in response to the principal findings of the review of sex and relationships education (SRE) in schools, and the report of the advisory group on drug and alcohol education. The review and advisory findings recommended that good PSHE was vital to providing a healthy, rounded education.

It was also announced that headteacher Sir Alasdair MacDonald would lead a review into how best to make PSHE compulsory. This would make sure there was a place in the timetable and flexibility in the curriculum to take schools' ethos, pupils' needs and parents' values into account. Guidance would be produced to cover the content of the curriculum, based on the existing non-statutory programme of study.

In addition the government would consider other recommendations designed to improve the delivery of SRE. The recommendations broadly fall into six headings:

- Those designed to improve the skills and confidence of people delivering SRE – the key delivery challenge.
- Those designed to encourage greater use of external professionals and agencies to support schools' delivery of SRE.
- Those that address the need for more guidance and support about how best to deliver SRE.
- Those designed to increase young people's opportunities to influence the design of their SRE programmes.
- Those aimed at maximising the impact of wider government programmes on the quality and consistency of SRE.
- Those designed to improve leadership on SRE, in both school leadership teams and strategic oversight by local authorities and PCTs.

The report also considered how best to make sure that schools and parents could work in partnership, to educate children and young people about sex and relationships.

For more information and to access copies of the full report, contact Robert Drake, Teenage Pregnancy Unit, DCSF, Sanctuary Buildings, Great Smith Street, London SW1P 3BT, phone: 0207 273 4890.

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters(2)

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2

## National matters

### The Leeds healthy schools and wellbeing programme progress report

As of 1 November 2008, 208 Leeds schools had achieved National Healthy Schools Status (NHSS), with 95 of those schools also having achieved the Leeds advanced healthy schools status.

### Re-validation

The National Healthy Schools Programme (NHSP) has suspended re-validation until 1 September 2009 affecting a number of Leeds schools. A school seeking re-validation will have to demonstrate ongoing commitment to meeting existing criteria for National Healthy School Status, as well as evidencing continuous improvement in pupil health and wellbeing.

Schools with plaques with a 2008 expiry date will be issued with updated plates showing the date the school originally achieved 'national' status, and an end date of 2010. These plates will also be provided for schools whose NHSS expires before 2010, in order to offer schools time to prepare for re-validation.

### Joint Area Review (JAR)

The council thinks that all children and young people in Leeds have the right to find out about services provided for them and how these could be improved. To help with this, inspectors came and looked at a range of the services for children and young people in Leeds. Their visit is called the Joint Area Review or JAR. For a summary of the full report please visit InfoBase ([quickcode D1763](#)).

### Local updates

All schools are entitled to an annual Every Child Matters (ECM) self-evaluation meeting between SLT and your healthy schools consultant, the outcomes of which will form a support plan detailing strengths and development areas (see separate article). You are also entitled to a joint review meeting for a key area – PSHE, healthy eating, EHWB. Your self-evaluation meeting will identify which of the above would be most appropriate.

The NHSP support materials folder contains useful information relating to the four key areas of the National Healthy Schools Programme. If you haven't yet received your copy please contact your healthy schools consultant for more information. (see 'Contact us')

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE(I)

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2

## PSHE

### Secondary PSHE joint reviews

To focus attention on teenage pregnancy and alcohol and drug related problems in Leeds, a two-year support strategy for secondary school PSHE programmes was launched in 2007.

To date, 12 secondary schools have taken up the offer of the joint review, which has helped to raise the profile of PSHE within school and has enlisted greater support from the senior leadership team. Subsequent action planning can identify curriculum needs, areas for development or training needs which we are happy to help support.

For more information about joint reviews contact Pat Santin, lead consultant for secondary PSHE, email: [patricia.santin@educationleeds.co.uk](mailto:patricia.santin@educationleeds.co.uk)

Or Jan Brown, teacher adviser for drug education, in Education Leeds health initiatives team, email: [jan.brown@educationleeds.co.uk](mailto:jan.brown@educationleeds.co.uk)

### Even more PSHE stars across our city

Congratulations to all 10 teaching and four non-teaching colleagues who recently received accreditation in the national PSHE CPD programme! They join a growing number of specialist PSHE staff working in Leeds schools. The total now stands at 75, an amazing number and one of which we are rightly proud.

This year's group comprises 20 teaching and non-teaching staff from secondary, primary, SILC and PRU settings; we know they will benefit enormously from working together, as well as from the reflective nature of the course.

One delegate commented "I have thoroughly enjoyed the course and feel it has not only improved my skills and knowledge as a co-ordinator but it has also developed my confidence, experience and practice as a classroom teacher. I have particularly enjoyed meeting other colleagues, discussing issues and helping each other. The support and advice has really made me reflect on what we do in school. It is a chance to share, complain, reflect, test out ideas and experiment in an environment where I have felt comfortable"

Although this year's registration is closed, if this is something you might be interested in next year, please visit [www.pshe-cpd.com](http://www.pshe-cpd.com) for more details.

Marilyn Raby, lead for teachers and non-teaching professionals, phone: 0113 214 4401, or email: [marilyn.raby@educationleeds.co.uk](mailto:marilyn.raby@educationleeds.co.uk)

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE(2)

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2

## PSHE

### Secondary PSHE network meetings

PSHE network meetings are again up and running, the first of which took place in October at Lawnswood High School. The network meetings are an informal way to build relationships, help support one another and share ideas and resources.

This is proving particularly useful at the moment with the changes to the new curriculum. The next meeting, an all day working group, is scheduled for Monday 17 November.

For more information contact Pat Santin, email: [patricia.santin@educationleeds.co.uk](mailto:patricia.santin@educationleeds.co.uk)

### Sex education for four year-olds indeed!

Sensationalist headlines like this benefit no-one; in fact, they have the opposite effect.

"Sex and Relationship Education" is the official DCSF name for this subject. The 2000 Guidance defines sex and relationship education (SRE) as "lifelong learning about physical, moral and emotional development" comprising three elements: attitudes and values, personal and social skills and knowledge and understanding. Supported by Ofsted, it promotes a spiral curriculum sitting within PSHEE.

Potentially more sensitive aspects of sex education should be delivered hand-in-hand with relationship education, tailored to age and the physical and emotional maturity of the children and young people.

Does that mean teaching four year-olds about sex? Absolutely not – "in early years education about relationships needs to focus on friendship, bullying and self-esteem"

In a primary school, it is quite likely that you are covering SRE objectives daily, as well as in SRE/PSHEE lessons. What's needed is a deeper understanding of these objectives, by teachers and the wider school community. The messages are crystal clear; don't separate the sex education from the relationship education, and respond to the needs of your pupils

Support is available:  
Primary age range, contact Marilyn Raby on 0113 214 4401.

Primary SRE course – see training and events.

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

**Issue 1 Autumn 2008**

## Healthy eating

### **New Packed Lunch Guidance Policy**

Education Leeds launched the Packed Lunch Guidance Policy on Tuesday 21 October at the John Charles Centre for Sport.

The launch event offered guidance to staff about how to implement a packed lunch policy within schools. The policy and resources aim to support families and schools that want to improve the quality of food brought from home, and responds to public consultation findings. Rosie Molinari (nee Denison) presented the packed lunch policy toolkit, which is available to all schools in Leeds.

If your school has not received a copy of the toolkit or you would like to find out more information about the Packed Lunch Policy contact the school meals team on 0113 224 3779 or email:

[education.leedsschoolmeals@educationleeds.co.uk](mailto:education.leedsschoolmeals@educationleeds.co.uk)

### **Transforming the dining room environment**

The school meals team are delighted to announce that they awarded 240 schools, PRUs and SILCs an average of £2000 to spend on anything to improve pupil's social dining experience.



Improving the dining room environment has a positive impact on school culture, healthy ethos and encourages social behaviour. Schools were required to complete a dining room proposal stating who would be involved and consulted and proposed changes they would like to make to their dining room.

Proposals were assessed on evidence of a fully-inclusive pupil-led consultation process, including parents, students, and catering staff. Leeds school meals team ran a 'dining room training event' to help improve knowledge and skills for staff.

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity (I)

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2 3

## Physical activity

### Another successful year!

Leeds primary schools are set for a boost following the latest batch of future leaders of PE receiving their Leeds PE and sport certificates.

Chris Edwards, Education Leeds Chief Executive presented the 20 high-achievers with their awards at a ceremony at Castle Grove in Headingley.

The course trains higher level teaching assistants as leaders of PE and sport in their primary schools. Students receive more than 60 hours of training over nine months in all areas of PE and sport, providing them with a wide range of valuable teaching resources.

Susan Brosnan, a student from SS Peter and Paul Catholic Primary School in Yeadon said:

"It has changed my thoughts towards PE providing ideas, knowledge, expertise and resources to deliver PE and games sessions for pupils of all ages and with a wide range of abilities – sometimes on the spot!"

Max Amesbury, lead trainer for PE and sport development with Education Leeds commented:

"Now that the second successful year has been completed, Leeds has 35 highly-trained PE leaders in its primary school workforce. Most are being used to cover PPA time in their schools and all are helping to raise standards in PE and sport."



Chris Edwards (left) and Max Amesbury (right) pictured with students who received their Leeds PE and sport certificates at a celebration event last term.

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity (2)

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2 3

## Physical activity

### Thorpe Park Hotel and Spa Sponsorship Project supports Leeds young athletes

Thanks to a successful partnership between Thorpe Park Hotel and Spa and Education Leeds, three Leeds pupils have received a year's membership to use the hotel's Spa facilities.

Fiona Berry, aged 15, is a pupil at Garforth Community College. She loves football and has been selected to play for England's under 15 team in five international matches.

Fiona says, "It will be fantastic to have this support to help me complete the training programmes I receive from England. The recovery facilities will be great, as the season is long and hard."

15 year-old Sam Parker, a pupil at Temple Moor High School, leads a full sporting life listing rugby, cricket, football and badminton as his main sports.

Sam comments, "I think this sponsorship will give me the opportunity to train all year round and will improve my overall fitness, speed and agility."



Rachael Speight, a 16 year-old pupil at Garforth Community College, is making great strides in athletics and is currently ranked 13th in the UK. She holds the all time record at Leeds City Athletics Club for both under 17's and senior women.

Rachel said, "I am very excited at the prospect of

having access to the excellent facilities at Thorpe Park, as my coach has told me I need to do more conditioning and strength work in the gym."

This generous sponsorship offer will give these three young sports people the opportunity to experience the benefits of a wider range of support services, so vital to the general health and wellbeing of an athlete performing at a high level.

We look forward to hearing about their progress and future achievements.

Shelagh Dixon, active schools development officer, and Helen Plimmer, adviser for physical education, sport and residential education.

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity (3)

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2 3

## Physical activity

### 'Spirit Alive', mini-olympics in Leeds schools

Hundreds of children across Leeds have already entered into the olympic spirit ahead of 2012.

'Spirit Alive' started with just four primary schools in 2007, followed by a larger pilot run in 2008 involving 30 schools across the city that 'volunteered' to take part.

Headteachers were attracted by the fact that the project could be approached in a totally-inclusive, cross-curricular. This encompasses Every Child Matters, healthy schools, Investors in Pupils and extended schools agendas.

Thanks to the enthusiasm and commitment of the staff from participating schools, 'Spirit Alive' has proved to be a huge success.

Jordan Hampshire (10) from Whingate Primary said: "This has been the best week of my life."

The 'Spirit Alive' project fosters leadership qualities in pupils who are required to plan and organise their own event, including managing finances. The 30 mini-olympic committees were each given £500 by Education Leeds to support the above principles.

The PE and sport development team plan to extend the project to all schools in Leeds in the run up to the London olympic games in 2012.

For more information contact Max Amesbury, lead trainer for PE and sport development on 07812 062 856, email: [max@maxamesbury.com](mailto:max@maxamesbury.com)

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

**Issue 1 Autumn 2008**

## Emotional health

Leeds is part of the new national Targeted Mental Health in Schools (TaMHS) pathfinder project. This will be running in three groups of schools in south and east Leeds.

The pilot project, funded by the Department for Children, Schools and Families (DCSF), aims to transform the way mental health support is delivered to children aged five to 13, to improve their mental wellbeing and tackle problems more quickly.

It brings together the effective work that schools are already doing. This work builds social and emotional skills and wellbeing, and the clinical and therapeutic expertise available through a range of child and adolescent mental health service (CAMHS) and the voluntary services.

The gains made in these pilot projects will be rolled out across the city during, and after, the three-year project.

## Welcome

Saira Mumtaz Jones has been appointed to support EHWB work in Leeds within the healthy schools and wellbeing programme. Saira will be working on anti-bullying issues, supporting the delivery of EHWB audits for schools and training programmes.

For more information about delivering training please refer to the training and events page in this newsletter.

For more information about EHWB visit:  
[www.leedsehwb.org.uk/news.htm](http://www.leedsehwb.org.uk/news.htm)

Or, contact Joseph Krasinski on 07891 275960 or Saira Mumtaz Jones on 07891 277197.

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates(1)

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2 3 4

## Initiatives and updates

### Participation

Thanks from the healthy schools and wellbeing team go to the 16 secondary and 58 primary schools who returned their participation feedback forms.

Among other things the results showed that:

- 46 per cent of primary schools involve pupils in staff recruitment;
- the average primary school council annual budget is £195;
- primary schools want training about fundraising, involving pupils in developing websites, and reviewing lessons, topics and school policies; and
- secondary schools want training about how pupils can review the curriculum and how to run effective meetings.

To read the participation feedback reports visit the 'participation and healthy schools' page on the Education Leeds website at: [www.educationleeds.co.uk](http://www.educationleeds.co.uk)

Also, congratulations go to Bankside Primary, Wigton Moor Primary and Bruntcliffe High School who each won £100 for their school council.

### Be Healthy! Stay Safe Challenge 2008

This year's challenge enjoyed tremendous success with 152 participating schools undertaking 197 different challenges including: physical activity, healthy eating, emotional wellbeing, 'doing your bit for the planet', water safety, road safety, drugs awareness, heartstart, anti-bullying, cyber-safety and mobile phone safety.

56 per cent of all Leeds schools took part this year, which is an 18 per cent increase on 2007.

For more information contact Alison Yates, Be Healthy! Stay Safe Challenge co-ordinator, phone: 07791 808221, or email: [alison.yates@educationleeds.co.uk](mailto:alison.yates@educationleeds.co.uk)

### 'Investors in Pupils'

53 per cent of Leeds schools are engaged in Investors in Pupils, which provides a framework for schools to embed pupil participation and develop a team ethos.

'Investors in Pupils' is amazing and really works. The children are taking responsibility for their own learning", said a primary headteacher.

For more information about 'Investors in Pupils' contact Hannah Lamplugh on 0113 214 4107 or visit: [www.investorsinpupils.co.uk](http://www.investorsinpupils.co.uk)

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates(2)

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2 3 4

## Initiatives and updates

### Youth on Health (YoH)

YoH, the award winning beacon partner programme, has recruited this year's cohort. YoH enables children and young people to improve the health of their peers, schools and communities.

Representatives from over 40 primary and high schools have identified the areas of health they want to see improved. These areas range from the environment, to physical wellbeing and emotional health.

Some places are still left in each group, and if you would like more information please contact Youth on Health at The Project, phone: 01 13 307 0905 or email: [theproject.cb@wyya.co.uk](mailto:theproject.cb@wyya.co.uk)

Or, talk to your healthy schools and wellbeing consultant.

### 'No Limits'

Education Leeds visually impaired team (VIT) was awarded an innovation grant by Children Leeds Joint Preventative Partnership. Some of the funding will be used to support the 'No Limits' project that provides greater access to sport, active leisure activities and outdoor education for children with severe visual impairment.



A Ralph Thoresby pupil being assisted across a narrow log bridge. It takes a lot of confidence to make that first step, especially when you can't see...

The aim of the project is to broaden exposure to a wide variety of sporting and leisure activities, such as sailing, canoeing and camping to sustain interest through partnerships with specialist agencies. VIT has developed a number of partnerships to deliver this programme, and has

been able to access the expertise and enthusiasm of Phil Jackson, AST, a member of the Education Leeds outdoor education working party.

Pupils with visual impairment were given the opportunity to be challenged in a secure environment. They achieved the benefits of increased self-esteem, improved confidence in unfamiliar situations, social skills development and greater pupil engagement in the classroom. VIT were pleased to have been given the opportunity to show that for pupils with visual impairment... there really are 'No Limits'.

For more information contact Anne Lomas, visually impaired team leader. 07891 270445 or 0113 395 1111, email: [anne.lomas@educationleeds.co.uk](mailto:anne.lomas@educationleeds.co.uk)

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates(3)

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

**Issue 1 Autumn 2008**

1 2 3 4

## Initiatives and updates

### Children Leeds Every Child Matters (ECM) survey

The Children Leeds partnership has developed a web-based survey that has five sections relating to each of the ECM outcomes. Access to the results is free of charge, and schools can download results immediately. The results provide a rich set of data for setting baselines, and informing improvement planning and the school SEF.

The survey is anonymous, and available annually for participation by all pupils in Years 5, 6, 7, 9 and 11. The results are held by Children Leeds, which allows the city to use the data at family, cluster, wedge and city-wide level. Data can be shared with partners to plan activity, prioritise intervention work and show impact.

With over 140 schools registered this academic year the survey is set to become a regular feature in the school calendar. Over the coming months the healthy schools and wellbeing team will support schools using the ECM survey, to support planning and targeted work. Some clusters of schools are already planning to use the data together to inform targeted interventions.

For more information and/or to register your school, contact Laura Webb: phone: 0113 247 5015  
email: [laura.webb@educationleeds.co.uk](mailto:laura.webb@educationleeds.co.uk)

### Young people and alcohol

Thirty four students from sixth forms across Leeds took part in an alcohol awareness session at Leeds University this October. The volunteers represented 20 secondary schools on the Unitcheck project, funded by NHS Leeds.

In a lively and enjoyable morning, they learnt about safer drinking, including calculating units, pouring accurate measures and understanding the impact of excessive alcohol consumption on personal safety. They also considered how to promote the project and its messages to all students in their own sixth form, regardless of whether they drink alcohol or not.

The session was based on an innovative internet tool that calculates units, provides personalised feedback and advice about a student's own consumption and compares this to the general pattern of alcohol use across Leeds. It is expected that this will help young people think carefully about their drinking habits, promote safer drinking and encourage them to be more alert to the risks to health, wellbeing and personal safety.

If your school was unable to send a representative to the training, it's not too late to join.

For more information contact:  
Bridgette M Bewick, Leeds institute of health sciences  
email: [B.M.Bewick@leeds.ac.uk](mailto:B.M.Bewick@leeds.ac.uk)

Jan Brown, teacher adviser, Education Leeds  
email: [jan.brown@educationleeds.co.uk](mailto:jan.brown@educationleeds.co.uk)  
phone: 0113 343 0809 or 0113 214 4091

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates(4)

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

Issue 1 Autumn 2008

1 2 3 4

## Initiatives and updates

### Leeds Youth Council (LYC)

Agreement has been reached for the LYC to form new working groups. The new groups will focus on:

- encouraging young people to organise and run their own campaigns, to promote changes and improvements for young people in Leeds;
- promoting the effectiveness of school councils through the existing 'Speak Out' pack, and promoting student-led councils;
- local councillors and Leeds City Council working together to share what children and young people say about services, and planning improvements;
- the Breeze youth promise "Somewhere to go, something to do and someone to talk to"; and
- communications and publicity to promote the LYC more effectively.

The environment scrutiny group and members of the youth parliament group will continue to run. The LYC team will be writing to schools that do not have elected group representatives to encourage membership.

For more information please contact Gemma Williams on 0113 307 0905, or email: [theproject.GW@wyya.co.uk](mailto:theproject.GW@wyya.co.uk)

### 'Take on 11 Million Takeover' Launched on 7 November 2008, Elland Road

Education Leeds invited young people in Leeds to take up the 11 Million Takeover challenge – to take part, take action and take on this year's 11 Million Takeover Day.

Three pupils from each of the secondary schools, SILCs and PRUs in Leeds were invited to take part in the launch. They could get involved, attend some workshops and help set the direction for the 'Take on 11 Million Takeover' campaign. The young people involved were encouraged to become ambassadors for takeover in their schools, spreading the word among their peers and encouraging them to take part.

The launch provided opportunities for young people to:

- develop new skills and work with other young people from schools across Leeds;
- learn about different ways to 'take over' their school, such as reviewing a school policy;
- take part in workshops and share their views; and
- suggest ways Education Leeds can engage with children and young people in Leeds.

Guidance about the 11 Million Takeover challenge was sent out in the October envopac, and is also available on InfoBase, ([quickcode D2001](#)).

For more information about the launch contact Sara Kane, email: [sara.kane@educationleeds.co.uk](mailto:sara.kane@educationleeds.co.uk)

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

**Issue 1 Autumn 2008**

## Training and events

### Healthy Eating

**Free school meals  
12 December 2008**

It is estimated that 6,000 children and young people do not take up their free school meal entitlement (FSME) in Leeds. This training will focus on increasing the uptake, and improving provision of free school meals. Look out for application forms for the event on InfoBase, and in the schools envopac.

For more information contact the school meals team by phone: 0113 224 3779.

### Emotional health and wellbeing

#### Anti-bullying policy

**2 December 2008 – venue to be confirmed  
Joseph Krasinski and Saira Mumtaz Jones**

Anti-bullying publicity will be sent to schools during the autumn term.

#### Conflict and confrontation

**14 November 2008 – South Leeds clc  
12 March 2009 – Derek Fatchett centre  
15 May 2009 – Wortley clc**

**Joseph Krasinski and Sahaja Davis**

For more information contact: Jyoti Patel at the Blenheim centre on 0113 395 1045, email: jyoti.patel@educationleeds.co.uk

#### Diet and emotional health

**12 February 2009 – Castle Grove  
Joseph Krasinski**

**Emotionally healthy outdoor environment  
23 March 2009**

**Skelton Grange environment centre  
Joseph Krasinski and Steve Ruse**

#### Primary SRE

**25 November 2008 – Ramada Jarvis, Leeds  
Marilyn Raby**

Training for east and south primary schools to map SRE provision and policy in school against law and guidance. This session will take an in-depth look at SRE units in Years 5 and 6. For more information email: marilyn.raby@educationleeds.co.uk

### Investors in Pupils

#### 'Investors in pupils' twilight session

**13 November 2008 – Manston Primary School**

Primary school staff and pupils will host this event. For more information and to book your place, contact Hannah Lamplugh on 0113 214 4107, email: hannah.lamplugh@educationleeds.co.uk

### PSHE

#### Secondary PSHE working group

**Monday 17 November 2008, 9am to 3pm  
Castle Grove (lunch provided)**

A practical, hands-on opportunity for you to look at the new curriculum and adapt your own schemes of work. For more information please contact Pat Santin, PSHE consultant, email: patricia.santin@educationleeds.co.uk. To book your place contact Anna Cundall, support assistant, phone: 0113 214 4051.

# Wellbeing matters

e-news from the Leeds healthy schools and wellbeing programme and partners

Welcome

Staff matters

National matters

PSHE

Healthy eating

Physical activity

Emotional health

Initiatives and updates

Training and events

Contact us

*Use the menu above to navigate around this newsletter.*

*Press "Esc" on your keyboard to return to the normal Acrobat window.*

**Issue 1 Autumn 2008**

## Contact us

### Healthy schools and wellbeing team

John Freeman  
head of service, health initiatives and wellbeing team  
[john.freeman@educationleeds.co.uk](mailto:john.freeman@educationleeds.co.uk)

Anne Cowling  
manager, Leeds healthy schools and wellbeing programme  
[anne.cowling@educationleeds.co.uk](mailto:anne.cowling@educationleeds.co.uk)

Jan Brown  
teacher adviser (drug education)  
[jan.brown@educationleeds.co.uk](mailto:jan.brown@educationleeds.co.uk)

Saira M Jones  
emotional health and wellbeing consultant  
[sairam.jones@educationleeds.co.uk](mailto:sairam.jones@educationleeds.co.uk)

Joseph Krasinski  
lead emotional health and wellbeing consultant (targeted mental health project manager)  
[joseph.krasinski@educationleeds.co.uk](mailto:joseph.krasinski@educationleeds.co.uk)

Hannah Lamplugh  
participation officer / investors in pupils co-ordinator  
[hannah.lamplugh@educationleeds.co.uk](mailto:hannah.lamplugh@educationleeds.co.uk)

Patricia Santin  
lead PSHE consultant  
[patricia.santin@educationleeds.co.uk](mailto:patricia.santin@educationleeds.co.uk)

Alison Yates  
Be Healthy! Stay Safe Challenge co-ordinator  
[alison.yates@educationleeds.co.uk](mailto:alison.yates@educationleeds.co.uk)

### Area healthy schools and PSHE consultants

Wendy Kershaw  
senior consultant  
Leeds healthy schools and wellbeing programme  
[wendy.kershaw@educationleeds.co.uk](mailto:wendy.kershaw@educationleeds.co.uk)

#### East

Marilyn Raby  
[marilyn.raby@educationleeds.co.uk](mailto:marilyn.raby@educationleeds.co.uk)

#### North east and inner north west

Ruth Halliwell  
[ruth.halliwell@educationleeds.co.uk](mailto:ruth.halliwell@educationleeds.co.uk)

#### Outer north west and west

Helen Smithies  
[helen.smithies@educationleeds.co.uk](mailto:helen.smithies@educationleeds.co.uk)

#### South area

Steven Body  
[steven.body@educationleeds.co.uk](mailto:steven.body@educationleeds.co.uk)

Steve Ruse  
sustainable schools consultant  
[steven.ruse@educationleeds.co.uk](mailto:steven.ruse@educationleeds.co.uk)

Sarah Bowyer  
healthy eating adviser  
[sarah.bowyer@educationleeds.co.uk](mailto:sarah.bowyer@educationleeds.co.uk)

Anna Cundall  
support assistant  
[anna.cundall@educationleeds.co.uk](mailto:anna.cundall@educationleeds.co.uk)

Alan Durham  
support assistant  
[alan.durham@educationleeds.co.uk](mailto:alan.durham@educationleeds.co.uk)