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Healthy Schools Bulletin

November 2022

In this bulletin you will find information and training opportunities to support PSHE, SEMH, Healthy Eating and Physical Activity along with other essential timely updates to support your work in school.



LGBTQ+ inclusive terminology and awareness.

Please spare 5 minutes to take this important survey.

As a service, we want to understand how schools/settings in Leeds are using and promoting LGBTQ+ inclusive terminology and identify how we can best support you.

In order to do this, we would be grateful if you could complete a short survey. It should only take you about 5 minutes to answer all the questions. The last day that you can respond is 16th December 2022.

[Take the survey here](#)

The survey can be taken by any staff member so please do share this with colleagues in school so that we can get a good picture of everyone's experiences across the whole city.

We hope you can help us with this important work to make Leeds a fully inclusive city.



Children and Young People's Plan.

Share your views to update the plan.

The Children and Young People's Plan is the strategic document that guides the work of the children's partnership in Leeds. It is periodically updated so that it continues to help improve outcomes for children and young people living and growing up in Leeds. You can view the current plan online: [The Leeds Children and Young People's Plan 2018 to 2023](#).

Leeds City Council have identified several areas that they would like to change and they would welcome your views on these proposed changes: the Vision, our 'obsessions', and some of the

priorities in the plan. In identifying these proposed areas of change, they have acknowledged the increased focus on children and young people's mental health and wellbeing following the Covid-19 pandemic, greater advocacy for action on the climate emergency, and the cost-of-living crisis.

If you would like to contribute to the refresh of the Children and Young People's Plan, please complete the [online survey](#)



Promoting good health sessions

Antibiotic resistance is rising to dangerously high levels in all parts of the world. New resistance mechanisms are emerging and spreading globally, threatening our ability to treat common infectious diseases (World Health Organisation, 2018).

The Health and Wellbeing Service, in partnership with Leeds University, Public Health and Magpie, are offering primary schools in the following areas a one-hour interactive session on health and hygiene:

- Burmantofts, Harehills, Richmond Hill;
- Armley;
- Morley;
- Garforth, Kippax, Rothwell;
- Middleton, Hunslet.

The session seeks to complement existing statutory teaching for Health Education and is suitable for pupils in either Year 5 or Year 6 and can be delivered in groups of up to 30 pupils. The session can be delivered to more than one group for schools which are 2 - 3 form entry. To book your session please contact schoolwellbeing@leeds.gov.uk

For more information on the wider Antibiotic Resistance campaign running in Leeds visit the [Seriously Resistant website](#)



World Antimicrobial Awareness Week 2022

Find out how you can help the campaign to keep antibiotics working.

This article includes links to further resources and information.



PSHE update

Information and resources:



Relationships and Sex Education: The Evidence

Read the full briefing from Sex Education Forum

This article includes a link to the full report and quick guide, considering the impact of RSE and features of effective RSE.



Launch of The Politics Project's Latest Research

Join the launch of a new research into youth engagement with politicians.

This article includes information about the project and links to book onto the launch events.

PSHE training:



Virtual: How Ofsted inspects 'Personal Development'

29 November 2022 9:30am - 12:30pm online.

There are only a few places left on this course.



Teaching female genital mutilation (FGM) lessons in primary schools (KS2)

18 January 2023 12:30pm - 3pm at Technorh, Chapel Allerton

This course includes access to a set of 3 lessons plans and lesson PowerPoints to use in school.



Virtual: Free training session cannabis awareness

25 January 2023 9:30am - 12:30pm online

No cost session with Forward Leeds open to all schools in Leeds to support delivery of Drug Education.



Whole school PSHE curriculum training (Primary)

14 March 2023 9:15am - 12:00noon at Technorth, Chapel Allerton

Training for Primary schools to support delivery of PSHE as part of a whole school curriculum.



Effective assessment in PSHE (all phases)

14 March 2023 1pm - 3:15pm at Tecnnorth, Chapel Allerton

Training for primary and secondary staff to understand practical approaches to assess, record and evaluate in PSHE.



Virtual: New to teaching PSHE (all phases)

27 April 2023 9:30am - 11:00am online

Supporting NQTs, RQTS or any teacher new to PSHE.



Virtual: PSHE conference - suitable for all staff in school

24 May 2023 8:30am - 12:30pm online

Buy one place, get one free!



SEMH update



Autumn is a great time to support children & young people with their mental health through outdoor activity.

Find out how West Leeds Activity Centre can help you to build a programme of activities to support SEMH.

This article includes information about the range of activities on offer and contact details to discuss the support you need and to book a session.



Connect Together: Children and Young People's Social Prescribing service (pilot)

Access support for young people aged 5 -16 in LS10, LS11, LS12 or LS13.

This article contains fliers and more information about referring into the service.



Employment hub mental health support for 15-24 year olds.

Help 15-24 years manage mental health to support them to get a job or learn new skills.

This article includes information on how to access this service.



Help shape Leeds Mind's mental health support

Encourage young people to help shape the new 'Youth in Mind' service.

This article includes information on how young people can join the steering group.



MindMate Neurodiversity Hub

Provide feedback on the new Neurodiversity Hub from MindMate - staff and family input needed.

This article includes a link to the survey to support the development of this important resource.



Speak up Leeds campaign and Black Boy Joy movement.

Encourage black boys aged 10 to 18 to open up about their experiences

This article includes a link to the Speak Up Leeds campaign.



Work Well Barca

Group work sessions available for Years 11, 12 or 13 in schools around stress and anxiety management.

This article includes contact details to book a session.

SEMH training



MHFA England

Youth Mental Health First Aid training (2 day course- face to face)

19 and 20 January 2023 9:00am - 5:00pm at Technorth, Chapel Allerton.

Two day training course to qualify as a Youth Mental Health First Aider for anyone working with 8-18 year olds



Virtual: Free bitesize session for school staff: supporting teacher and student emotional wellbeing

25 January 2023 3:30pm - 4:30pm online

Supporting you to better navigate mental health and emotional wellbeing. Suitable to all staff in any school or setting.



MHFA England

Youth Mental Health First Aid - Champion (1 Day Course)

26 January 2023 9:00am - 5:00pm at Technorth, Chapel Allerton

Become a certified Youth Mental Health First Aid Champion - suitable for anyone working with 8-18 year olds.



MHFA England

Virtual: Youth Mental Health First Aid - aware training (half day training - online)

1 March 2023 12:30pm - 4:30pm online

Raise your awareness of young people's mental health and become certified as Youth Mental Health First Aid Aware



Virtual: Bitesize information session for school staff: self-harm in children and young people

2 March 2023 3:30pm - 4:30pm online

Suitable for all staff. Break down the stigma, dispel the myths and support those who may come into contact with children and young people affected by self-harm



Senior Mental Health Lead training: developing a whole school approach to SEMH (DfE quality assured).

9 March 2023 9:00m - 4:30pm at Tecnnorth, Chapel Allerton

Part of our DfE Accredited Senior Mental Health Lead programme, but also open to all schools and settings.



Healthy Eating

Information and resources:



Secondary schools school food provision review

Have you had your review yet?

This article contains a link to book a review to support with meeting the statutory School Food Standards, increasing take-up of free school meals and maximising profit from catering contracts.



Food strategy consultation

Have your say on a better food future for Leeds

This article includes a link to the draft strategy and the survey.



Healthy eating toolkit to support Healthy Holiday Christmas provision

Download your free toolkit from FoodWise Leeds

This article includes a link to the toolkit to support planning for your Christmas Healthy Holiday programme.



Healthy holidays information session

Join an information session to see how you can get involved...

This article includes a link to register for the information sessions.



Permanent extension of free school meal eligibility for households with no recourse to public funds

Register families with no recourse to public funds to receive free school meals.

This article includes further information and a link to the sample application form.

School food and healthy eating training:



Free school meals and poverty proofing the school day

25 November 2022 9:30am - 12:30pm at Technorth, Chapel Allerton

Training suitable for all schools to support you to remove hunger as a barrier to learning.



Level 2 food safety training for any staff member handling food during the school day.

5 December 2022 1:00pm - 3:30pm at Technorth, Chapel Allerton

Part of a blended learning programme accredited through the Highfield Awarding Body of Compliance



Leadership and management of food in school

8 December 2022 1:00pm - 4:00pm at Technorth, Chapel Allerton

Supporting school leaders to oversee all food provision and understand key responsibilities such as compliance with the school food standards



School food ambassadors pupil training

13 January 2023 9:30am - 12:30pm at Moyes Centre, Bishop Young Academy.

Training for staff and pupils together to supporting you to transform your school lunch service through the eyes of the child.



School food standards and menu planning

9 February 2023 2:00pm - 5:00pm at Lynne Barthorpe Room, St George's Centre, Middleton

This training will support anyone who is involved in the provision, delivery or management of school food.



Talking about children's weight and teeth

24 January 2023 9:30am - 1:00pm at Technorth, Chapel Allerton

Training for all staff to help you to sensitively support your pupils to have healthier teeth and maintain a healthy weight, supporting delivery of the Health Education Curriculum.



Physical Activity Update

Information and resources:

All primary schools can also access the [Active Schools+ updates on Leeds for Learning](#).



Cycling with Herd Farm

Find out about cycling sessions available at Herd Farm - brand new bikes are available for all levels of cyclists including adapted bikes.

This article includes details on how to book an on-site session or a session in the area around Herd Farm.



Education through outdoor adventure at West Leeds Activity Centre

Combine thrill seeking outdoor activities with educational fun.

This article includes information about the wide range of activities available to all schools and contact details to book a session.



Moving Together: A mental health and physical activity networking and learning event

Book onto the Moving Together learning event on 25 November.

This article includes further information and a link to book.

Physical Activity training

Training is available to all schools - you do not need an Active Schools+ SLA to book our CPD sessions. All sessions are led by highly experienced, fully qualified, specialist teachers.



Sport Leeds PE, Sport and Physical Activity Showcase 22/23 for primary settings

22 November 2022 1pm - 4pm at John Charles Centre for Sport.

This event is completely free and open to all schools across Leeds and does not require membership to a particular partnership or organisation.



Happy, healthy, active lunchtimes - training for Primary lunchtime staff

30 March 2023 1:30pm - 5:00pm Moyes Centre, Bishop Young Academy.

Supporting the whole lunchtime experience including ideas to support active playgrounds.



On demand: Physically active learning workshop/ staff meeting for primary settings

Book a bespoke session in your school for teaching and support staff.

Training available for all primary schools to help embed physical activity into your school day.



On demand: Active fun at break and lunchtimes training for supervisors (22/23)

Book a bespoke session in your primary school for lunchtime staff.

A 2-hour practical course for supervisor staff training to support physical activities & active fun for all pupils.



On demand: Playground support pupil training session for primary settings

Book a bespoke session in school for your pupils.

Working with a selected group of 10 children over the course of a morning to explore, and practice, some simple games which they can then lead on a daily basis.



On demand: Positive Playtime Practice primary staff and pupil training

Book a bespoke session in school for playground staff and pupils.

Promote mental wellbeing for the whole school community through this targeted intervention.



School action.

Information from other services.



Leeds for Learning annual survey 2022 - working together to review our services and their effectiveness



Leeds primary school debating competition 2023



New appointment - Helene Heath's promotion to Prevent Education Officer



New procedure for reporting hate incidents in Leeds schools.



Young carers to be included in school census - key message for schools



Free workshops and peer education programmes from the Anne Frank Trust UK



Help children be 'Set for School'.



The Refreshed 3As Plan

Supporting education settings with
raising outcomes for children and young people

www.leedsforlearning.co.uk

