

## Healthy Schools autumn half term one bulletin

September 2022

In this bulletin you will find a round up of information to support with Personal, Social, Health and Economic education (PSHE), Social Emotional and Mental Health (SEMH), Healthy Eating and School Food, Physical Activity as well as updates to support families in your community.

### Support families this winter

As the cost of living crisis continues to grow, and we see more families across the city reaching crisis point, we want to signpost schools to a helpful leaflet that is available to print for families. The leaflet provides important information on where families can access advice and support. We would encourage schools to print and share the leaflets and add the information to your school website please.



#### [Support families with access to food and financial wellbeing help.](#)

Download the leaflet and share the information with families.

This article includes a downloadable leaflet and links to websites to support families.

## PSHE updates:

### Information and resources:



#### [Fully funded in-school unhealthy or abusive relationship support group available for young women and girls.](#)

Find out about about 'The Key Change project' working in schools.

This article includes contact details to enquire about holding a group in school.



#### [New free Leeds primary resilience toolkit launched.](#)

Find out about the new toolkit for primary schools in Leeds.

This article contains a link to order a toolkit for self-delivery or request delivery of a programme in school.



#### [Free health and hygiene resources from e-Bug](#)

Explore resources from the UK Health Security Agency

This article includes a link to the new website.



## [Free virtual media literacy and extremism training from Shout Out UK for secondary school teachers](#)

Gain the media literacy skills needed to recognise the early signs of radicalisation amongst young people

This article includes information on the training and a link to register.



## [Free four week trial of Picture News](#)

Apply for a four week trial to picture news

This article includes a link to register for your free trial

### PSHE training:



## [Effective leadership & management of PSHE](#)

18 October 9:15 - 12:00 Technorth, Chapel Allerton



## [Delivering secondary and post 16 relationships and sex education with confidence](#)

9 November 9:30 - 3:30 at Technorth, Chapel Allerton.



## [Virtual: Delivering primary relationships and sex education \(RSE\) with confidence](#)

10 November 9:15 - 12:30 online



## [Virtual: Free bitesize session for school staff: how current affairs can support PSHE in schools](#)

14 November 3:30 - 4:30 online



## SEMH update

### Information and resources:

[The latest copy of the MindMate bulletin is available on our School Wellbeing website.](#)



## [DfE - Additional funding to extend senior mental health lead training.](#)

Don't forget to apply for £1,200 of funding this year

This article includes a link to the funding application site and further information about the programme.



## [Do you support pupils with mental health and wellbeing?](#)

MindMate want to understand what digital resources help in your role

This article includes a link to very short survey for MindMate.



## [NSPCC support programme for mothers and children who have experienced Domestic Abuse.](#)

Find out about this 10-week programme for mothers and children together.

This article includes further information about the programme and leaflets for mothers, children and professionals.

## SEMH training:



### [Virtual: Free bitesize session for school staff: understanding weight stigma](#)

19 October 3:30 - 4:30 online



### [Senior Mental Health Lead: developing a whole school approach to SEMH \(DfE quality assured\).](#)

15 November 9:15 - 4:30 at Technorth, Chapel Allerton



## Healthy eating and school food update

### Information and resources:



### [Free training for all secondary school staff to support pupils with eating disorders.](#)

Find out more about free e-learning modules and downloadable resources from Beat

This article includes a link to register for access to the programme.



### [Secondary schools school food provision review](#)

Find out about this new offer for secondary schools to ensure you are school food compliant.

This article includes information on the review process and a link to book.



### [New sensory food education assembly](#)

Encourage children to explore food and sensory experiences

This article includes a link to book an interactive assembly.



### [National school breakfast programme – spaces for new schools to join](#)

Learn more about possible funding opportunities to subsidy breakfast provision in your school.

This article includes information on the programme and details on how to apply.



### [Free Primary age healthy and sustainable lifestyle digital toolkit, lesson plans and teacher support](#)

Learn more about resources from Eat Like a Champ suitable for key stage 2

This article includes a link to register for free resources.



### [Free school meals and school food update](#)

Find information on free school meal data for the city

This article includes downloadable cluster data and links to guidance and support for schools on free school meals uptake.

## Healthy eating training:



### [Leadership and management of food in school](#)

6 October 9:30 - 12:30 at Technorth, Chapel Allerton



### ['School Food Friendly' and the School Health Check workshop](#)

6 October 1:30 - 4:00 at Technorth, Chapel Allerton.



### [Free school meals and food poverty](#)

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



### [Level 2 food safety training](#)

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



## Physical activity update:

### Information and resources:

Primary schools can [read the latest Active Schools+ newsletter](#) for lots of information on PE and Physical Activity.



### [Amazing new activity at WLAC – Combat Archery](#)

Check out the newest activity for schools at West Leeds Activity Centre!

This article includes information on combat archery and contact details to book.



### [An early Christmas present for teachers from Planet Ice...](#)

Get tickets for A Christmas Carol on Ice on 16 December and teachers go free.

This article includes a link to book your tickets.



### [Bring history to life and learn outdoors at Herd Farm](#)

Working in partnership with Forest School Plus, Herd Farm is proud to offer KS2 Stone Age to Iron Age living history lessons.

This article includes contact details to book a session for your pupils.

## Physical Activity training:



### [Virtual: Teaching Dance - a free workshop for all primary teachers.](#)

4 October 4:00 - 5:00 online (booking through eventbrite)



### [Physical activity policy workshop for primary settings.](#)

11 October 1:30 - 3:00 at Technorth, Chapel Allerton



## [PE policy workshop for primary settings.](#)

1 November 1:30 - 3:00 at Technorth, Chapel Allerton.



## Further opportunities for schools:



### [£500 to be won - for you, your School Council or Eco-team!](#)

Create a recycling video or animation and be in with a chance to win big prizes and become a Leeds #Binfluencer!

This article includes a poster to download and link to the competition website



### [Help shape toothbrushing programmes in nurseries and schools](#)

Help shape a new project to reduce tooth decay in young children

This article includes contact details to join the BRUSH project.



### [West Yorkshire Police cyber security training for school staff in Leeds.](#)

A free recorded awareness session specifically around how Cyber Criminals are targeting schools, staff, pupils and weaknesses in school systems.

The session also covers what options the police are able to provide if you have a pupil who is excelling in IT and showing an interest in Cyber Security.



## The Refreshed 3As Plan

Supporting education settings with raising outcomes for children and young people



For more information about any of our support and guidance please contact [schoolwellbeing@leeds.gov.uk](mailto:schoolwellbeing@leeds.gov.uk)

Leeds for Learning's ethos is to connect schools and settings with services that can support raising outcomes. This will include links to services provided by third parties where Leeds City Council do not provide that specific service. Third party services are independent of the council and, whilst we will endeavour to act on any feedback we receive, Leeds for Learning has no control over the quality of service provided. To ensure transparency and fairness we will make it clear when a service that we are promoting is provided by a third party