



## Healthy Schools Award Ceremony - A Celebration of Success



**T**uesday the 6th July was a magical day. It was an opportunity to celebrate the achievements of the many schools in Cornwall who are now part of the Healthy Schools Scheme. The fifth awards ceremony was held in the Council Chambers at New County Hall, Truro. Thirty seven schools achieved the award for the first time with a further twenty one schools re-accrediting into the scheme.

The awards day was a fabulous occasion with lots of fun activities. Children who attended were able to take part in one of two Tai Chi sessions run by Jeanne Hampshire, taste freshly made smoothies created by Emma Lynch of the Eatsome project and try out some of the bikes kindly provided by the Company of Cyclists as part of the Cornwall Festival of Cycling.

The schools provided colourful displays in the lobby showcasing many of the projects they have been involved with. Most of them had the "wow" factor. The dedication of all those involved was clear to everyone who

attended the event and chatted to the school representatives.

For the first time this year the awards ceremony itself was held twice to cater for the large number of schools who are now engaged with the scheme. The morning ceremony was attended by schools from North and East Cornwall, Caradon and Restormel districts and the afternoon ceremony attended by schools from Carrick, Kerrier and Penwith districts. County Councillor Nigel Walker, who has responsibility for children and young people in Cornwall, presented the morning awards and Geoff Aver, the Director of Education, Arts and Libraries presented the awards for the afternoon ceremony.

The audience at the morning presentation was treated to an informative and confident presentation by pupils at St Stephen Churchtown CP School who recently won the regional final of Youth Speak. They clearly set out the arguments for eating healthily. Children from Bosvigo School were due to give a presentation about teeth and oral hygiene at the afternoon presentation but this was sadly cancelled due to illness.

The keynote speaker for both ceremonies was Christine McInnes, a member of the National Healthy Schools Standard team. By use of audience participation Christine brilliantly demonstrated how the work taking place within Cornish schools links with the five important outcomes identified by children and young people as part of the green paper Every Child Matters. These are: being healthy, staying safe, enjoying and achieving, making a positive contribution and economic well-being.

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### **The schools receiving their award for the first time were: -**

Bishop Cornish CE VA School	Leedstown CP School
Boscastle CP School	Lewannick CP School
Bosvigo School	Lostwithiel School
Boyton CP School	Mawgan-in-Pydar CP School
Brannel School	Nanpean CP School
Budehaven Community School	Porthleven School
Constantine Primary School	Quethiock CE School
Coverack CP School	Richard Lander School
Cubert School	Roskear School
Darite Primary School	St Erme with Trispen CP School
Dobwalls CP School	St Ives Infant School
Fowey Community College	St Nicolas CE VA School
Germoe CP School	St Stephen Churchtown CP School
Gulval CP School	St Tudy CE VA Primary School
Gwinear CP School	St Wenn School
Helston School and Community College	Treverbyn CP School
Kea CP School	Troon CP School
Landulph School	Werrington School
Lanreath CE VC Primary School	

### **The schools who re-accredited were: -**

Alverton CP School	Pendeen School
Bude Infant School	Polruan CP School
Bugle School	St Francis CE Primary School
Callington Community College	St Michael's VC CE School
Cape Cornwall School	St Stephen's CP School (Launceston)
Charlestown Primary School	Threemilestone School
Hayle Community School	Torpoint Infant School
Lanner Primary School	Trekenner CP School
Launceston College	Treloweth CP School
Luxulyan School	Warbstow CP School
Millbrook CE VA Primary School	





## Pyramid Trust In Cornwall

**E** motional well-being isn't something that **any** of us should take for granted. Just as we need to take care of our physical health, to try to avoid physical illness, we need to look after our emotional needs to increase our chances of staying well and of being able to enjoy life and cope with its challenges. It is important to look after ourselves on a regular basis rather than waiting until we are so exhausted that we have no choice. If we are more aware of how we are feeling, we will be more able to consider making changes before we reach a crisis.



We **all** have basic physical and emotional needs, such as the need for attention, love, security, connection and control, and the self-esteem which arises from competence and being stretched in our lives. It is when such emotional needs are not being met that we can suffer considerable distress.

The emotional well being of children, adolescents and adults is a priority issue for all education, health and welfare professionals. With this in mind **The National Pyramid Trust in Cornwall** are continuing to develop exciting, creative and innovative approaches to Emotional Health & Well Being, working in partnership with Dr Mike Beard PhD MHG and the Human Givens Approach.

Mike Beard is a nationally acclaimed speaker, and is held in high regard by those who have attended his presentations and talks. He presently works as Director of Therapeutic Services for 'The SPACE' and Human Givens Consultancy Limited. This joint venture, based in the North West of England, is developing the 'Human Givens' approach to work within residential, special needs and mainstream education alongside the national development of Human Givens-based clinical practice. The organisation provides training for health and education professionals as well as therapeutic interventions and services for a broad range of mental health issues.

Mike previously worked as part of the Personal, Social and Health Education team within the Devon Local Education Authority, where his work focused on the development and delivery of training for health and education professionals working with vulnerable young children. He has previous experience of working within the Criminal Justice Service and at a strategic level within the Connexions service.

In addition, Mike runs a private practice as a therapist in Devon. His client base includes those suffering anxiety and depression, post traumatic stress, anger management difficulties, addictive behaviours (including drug and alcohol dependency, eating disorders and obsessive compulsive disorder), phobias and medical conditions including irritable bowel syndrome, cancer and chronic pain.

by **Petrina Missons**

Telephone: 01872 323434 or e-mail: [pmissons@cornwall.gov.uk](mailto:pmissons@cornwall.gov.uk)

**An Emotional Health & Wellbeing seminar will be held on the 21st January 2005.**

Please see below for more details

### **SEBS**

(Social, Emotional and Behavioural Skills)

Are you interested in Emotional Health  
and Well Being?

Then the SEBS site is for you...

Lots of Teacher, Pupil, Whole Staff and  
Parent resources that are down-loadable  
now!

Go to:

[www.bandapilot.org.uk](http://www.bandapilot.org.uk)

User name: BandA934

Password: Koopman or

Tel 01209 313419

and ask for Debby Aistrup-Brown for more details.

An

### **Emotional Health & Wellbeing Seminar**

to be held at the

**Falmouth Hotel on 21st January 2005**

**9.00am - 4.00pm**

Is intended to inform and highlight the individual needs of  
ourselves, and those with whom we work, in a fun, down to  
earth way. The day will generate awareness of the need to  
develop holistic solutions that enable and empower.

Two focused workshops will result from this introduction day

To book places at the seminar or for any further information  
please contact

Petrina Missons on 01872 323434 or  
email: [pmissons@cornwall.gov.uk](mailto:pmissons@cornwall.gov.uk)



**PHASE INTO HEALTHY SCHOOLS – A ROUND UP**

# WHO LET THE HARFWITTS BACK INTO CORNWALL?

by Kate Pordage

I have to confess it was me. What else could we do after the terrific tour last year? An event where over 500 people attended the family evenings; the evaluations from teachers, parents, practitioners and children was universally positive, not to say ecstatic, and the impact was lasting

This year we received generous support from Cornwall Children's Fund to fund a slightly longer tour involving 10 schools. All schools worked with Channel Theatre Company (who devised the Harf Witt's House project) and around 600 pupils in Y5 and Y6 saw the play "At Home with the Harf Witts" which dealt with important messages about making health choices and dealing with peer pressure. Five of the schools then followed it up with a series of workshops for children run by the four professional actors which covered self esteem, confidence building and assertiveness as well as performance skills. The workshops lead to the children putting together their own show called 'Respect Ur Health' - a series of sketches and jokes. The children then went on to perform the show to their parents and families alongside a performance by the actors of another play, aimed at parents and carers, called "Elvis has Left the Bathroom".



Cast of 'At Home with the Harf Witts' 2004.

Local Health Care practitioners including the school nurse, physios, GPs and St. John's Ambulance also attend the family evening to promote some of the health messages.

The evenings are fun and informal and the response has been terrific. So far we have received overwhelmingly positive feedback from everyone taking part. The pupils get a great deal from the project not only the health education messages but through working with the actors they develop confidence and self-esteem and skills to help them stand up for themselves against the pressures they face to make unhealthy choices. We have seen children visibly grow and blossom as the performance approaches.

## LOOK ALIVE - LIFE SKILLS EDUCATION FOR KS1

Cornwall County Council Road Safety Unit has recently revised and updated their popular KS1 resource, 'Look Alive'. To support the distribution of free copies of the new resource the CCCRSU, in partnership with the Cornwall Healthy Schools Team, is offering free introductory twilight workshops to all KS1 teachers and TAs.

**Look  
alive**

The workshops will be held in locations throughout the County during 2004 /5. Refreshments provided. Attendance is free of charge and delegates will be provided with additional support resources and a certificate of attendance which they can use as evidence in their CPD portfolio.

The aim of the workshops will be to demonstrate how the resource can support work in the classroom and can be innovative in its approach. To this end we will look at how 'Look Alive' can be used in Circle Time (I am an accredited





CT trainer) and introduce an interactive whiteboard version (using Smartboard) - which we hope will develop into a good practice project for Interactive Whiteboards in the KS1 classroom (we are working with the CCED ICT team on this). At the same time we will offer support for using Look Alive in PSHE, Science, Literacy, Numeracy and Geography etc.

This is an exciting project which we hope will provide a shot in the arm for PSHE and safety education in the primary school and that the workshops will provide a starting point for on-going development which will inform safety and health education in the future. It will also be a great starting point for work on NHSS Criterion 8 (Health and Safety)

As many of your staff, as you wish including TAs are welcome to attend. Details of courses, which will be held in schools around the county, will be posted on the Information Exchange website. If your school has access to Interactive Whiteboards (especially SmartBoards) you are welcome to offer to host a twilight session in school for your own staff as well as colleagues in nearby schools (we'll provide the cake!).

## CIRCLE TIME

**Pupils** Emotional Health and Well-Being is increasingly being recognised as crucial to attainment and achievement. A recent DfES report (Weare, K., Gray, G., (2003) What Works in Developing Children's Emotional and Social Competence and Well-Being? DfES Research Report No. 456. Southampton, University of Southampton.) found that whilst some LEAs worried about how schools might accommodate EHWP, evidence is showing that work on EHWP "directly contributes" to school improvement.

This recognition has led the DfES to introduce a pilot programme of Social, Emotional and Behavioural Skills (SEBS) work into schools as part of the Behaviour and Attendance pilot. A number of schools in County are taking part in the pilot programme and the programme will be made available to all schools in the not-too-distant future.

SEBS is intended to form part of the explicit curriculum of schools with everyone throughout the school working on the same themes at the same time. It is also about the implicit curriculum that is part of the school ethos.

Circle Time is one very effective way of delivering the SEBS curriculum but it is also a powerful curriculum tool all round. For example the recent Speaking and Listening Guidelines issued as part of the Primary National Strategy could effectively be delivered through using Circle Time as one approach.

Why? Because CT is about creating emotional safety in the circle hence its appropriateness for SEBS work, but it is also a safe place for children to develop speaking and listening skills. It also provides a safe place for children to express their ideas or formulate questions, admit to difficulties or celebrate success. It can also be a great way of starting off or finishing a topic or having a plenary in everything from science to numeracy.

This is the Cornwall Healthy Schools approach to our Circle Time workshops which will be taking place. As well as providing an introduction to CT and the major players (Murray White, Jenny Mosley) who have shaped CT in recent years, sharing good practice and useful tips and introducing delegates to a range of useful resources, we will look at the role of CT in the wider curriculum and where it can support educational strategies such as SEBS or the PNS. The course will also look at Circle Time in the NHSS.

### Dates:

10th November 2004	HPS, Pool	09.30am – 3.30pm (fully booked)
9th March 2005	HPS, Pool	09.30am – 3.30pm (already nearly full!)
23rd March 2005	HPS, Pool	09.30am – 3.30pm
22nd June 2005	HPS, Pool	09.30am – 3.30pm (provisional date)

All courses are free and teachers, TAs et al are welcome.

See the HPS Training Manual or the Healthy Schools website ([http://www.healthpromcornwall.org/Healthy\\_Schools/PHASE/index.htm](http://www.healthpromcornwall.org/Healthy_Schools/PHASE/index.htm)) for more information and a booking form.

For information about The Harfitt's House Project, Look Alive or Circle Time courses please contact Kate Pordage, PHASE Co-ordinator, 01209 – 217085  
[Kate.pordage@centralpct.cornwall.nhs.uk](mailto:Kate.pordage@centralpct.cornwall.nhs.uk)



## Calling All School Dinner Dynamos

*Waitrose and The Daily Telegraph is launching the Best School Dinner in Britain Awards - a nationwide search for the school with the most improved food over the past 12 months and the best school cook or dinner lady in the UK.*

*Daily Telegraph food writer, Tamasin Day Lewis, believes that good school food should be at the top of the curriculum and that this competition should reflect that. Tamasin will travel around the country in search of the top school cooks and schools who have radically changed their food for the better. She is hoping to find winners worthy of winning the Waitrose/ Daily Telegraph award.*

*Tamasin Day Lewis says, 'I hope pupils, teachers and parents will enter their schools if they're genuinely proud of their cooking and actually enjoy their school's food. Schools that have changed from the old regime of deep fried and frozen everything and food saturated in fats, salt and sugar are all contenders. If they are cooking imaginative, healthy food on a school budget they're helping the next generation's eating habits and encouraging a love of good food. There's nothing wrong with a stodgy pudding when it's well made with good ingredients, it's part of a balanced diet. What we've lost is a truly balanced diet.'*

*When Tamasin Day Lewis has sampled some of the best school dinners in the land, she and a panel of judges will study the menus, the ingredients and how the food has been sourced and decide which primary and which secondary school should each receive a prize of £2500.*

*The top four cooks will be invited to a cook-off on board the Waitrose Cooking Bus where they will present their best school lunches to the judges. Primary and secondary school prizes of £2500 will be awarded to the schools that dazzle the judges with the best two course lunch in the land.*

### **To Apply**

*You can request an application form by writing to Best School Dinner in Britain, Waitrose Press Office, Doncastle Road, Bracknell, Berkshire, RG12 8YA; fax: 01344 825 211; or Email: [kelly\\_rayney@waitrose.co.uk](mailto:kelly_rayney@waitrose.co.uk).*

*For further information please contact Daisy Norman at The SPA Way on 020 7928 2626 or email [daisy.norman@thespaway.com](mailto:daisy.norman@thespaway.com).*

*This article was first published on Waitrose.com in June 2004.*

## Collect4 School



Collect4school is a free nationwide printer cartridge recycling scheme for schools. The schools send in their empty used printer cartridges (from school printers, from the pupils' homes and parents' workplaces). Collect4School pays the schools for the cartridges that they receive that can be remanufactured.

The cartridges are cleaned and refilled by British remanufacturers and then resold as a green alternative to original cartridges by [Inkfactory.com](http://Inkfactory.com)

All resources (including bins, collections and promotional resources) provided by Collect4School are free. There is also a freephone support number to call if they have any questions or require collection.

Only 5% of the nation's cartridges are recycled every year and a cartridge can take thousands of years to biodegrade in a landfill site. Collect4School would therefore really appreciate your help.

[www.collect4school.co.uk](http://www.collect4school.co.uk)  
Telephone Ruth Graham 0808 144 1800

**Visit the Healthy  
Schools web pages  
at**

**[www.healthpromcornwall.org](http://www.healthpromcornwall.org)**





## Sex and Relationship Education in Primary and Secondary Schools - by Wendy Lloyd

As part of the Healthy Schools Programme, assistance is given to help schools to review, update and develop their Sex and Relationship Education policy and PSHE programme.

Schools that have taken advantage of this service have been provided with training sessions for teachers, governors and parents.

The support and training will enable schools to:

- Create a safe and supportive environment to facilitate maximum participation.
- Identify issues and concerns around young people and sexual health.
- Develop a meaningful PSHE programme that upholds the values, attitudes and ethos of the school.
- Explore strategies of delivery, assessment and evaluation of SRE programme.
- Share resources and good practice with others.
- Develop good working partnerships between school, parents and health professionals.

If you would like support and further information please contact Wendy Lloyd on 01209 313419.

An invitation is extended to school nurses and secondary teachers of SRE and youth workers, to view a Theatre in Education production "Love bites", which is being hosted at, The Roseland Community School on Thursday 17th December. Aimed at Year Nine pupils, Peer pressure, negotiation, safer sex and STI's are just some of the issues that are highlighted in this very strong presentation with supporting workshops.

Please contact Wendy Lloyd at The Roseland for further details. 01872 530675

## EEFO - by Neil Hosken

EEFO aims to establish a countywide service for young people which addresses the problems, identified by national and local research, which prohibit young people from accessing the services they need.

EEFO aims to empower young people to develop a sense of trust and ownership of services in Cornwall, leading to responsible and appropriate decision making.

### The EEFO Kitemark

The Kitemarking process involves measuring services against a set of quality standards that have been developed with the input of young people. If required, support and training is provided to help services reach the necessary standard.

### WWW.EEFO.NET

The whole EEFO initiative is supported by its web site [www.eefo.net](http://www.eefo.net). The site contains a searchable directory of services available to young people, many of which have achieved EEFO kitemark status.

The site also includes a range of articles about the issues young people face as they grow up and now hosts an exciting interactive drug education section. This has been developed with Wendy McDonald, the Cornwall Healthy Schools Drugs Advisor and includes information about drug types, the law in relation to drugs and keeping safe with regard to drug issues.

For more information, please call Neil Hosken on 01209 313419 or email: [neil.hosken@centralpct.cornwall.nhs.uk](mailto:neil.hosken@centralpct.cornwall.nhs.uk). If you would like to find out more about the EEFO initiative, you could also log on to [www.dsyp.co.uk](http://www.dsyp.co.uk) and the EEFO website [www.eefo.net](http://www.eefo.net)





# HEARTSTART FOR HEALTHY SCHOOLS

by Kate Pordage

Heartstart UK is an initiative of the British Heart Foundation to teach members of the public what to do in a life threatening emergency.

Teaching first aid and ELS (Emergency Life Saving) is a key element of the Health and Safety criteria for healthy schools and is a wonderfully empowering and encouraging lifeskill to offer children that can help develop self esteem and confidence.

CHSS are planning to work in partnership with Heartstart UK to offer schools the opportunity to offer Emergency Life Saving Skills to pupils as a staged programme starting in KS1 and going through into the high school.

CHSS aims to support schools by identifying training supervisors and assisting them to work with schools to train members of staff to teach the ELS to pupils. We will also facilitate training courses, celebratory events etc. CHSS will act as central support, recruiting and training trainers, undertaking publicity, providing practical support and supporting curriculum links and HS accreditation.

We are already in a process of identifying training supervisors who will work with schools and are putting together our bid to Heartstart for a grant.

Schools who affiliate to the Heartstart scheme will receive teaching materials and financial support from the BHF to buy equipment, including training manikins and cover supply costs.

We are hoping to set up several pilot schemes in 2005 (likely to be the second half of the Spring Term / Summer Term) and would be interested in receiving expressions of interest from schools across all phases who would like to take part.

For more information please get in touch with Kate Pordage telephone 01209 313419

If you would like to be placed on our waiting list, please complete and return this tear-off slip.

## Join the Cornwall Healthy Schools Scheme

Name .....

Title (Teacher, governor etc) .....

School .....

Address .....

Please return to: Donna Nimmo, Healthy Schools, Health Promotion Service,  
The Kernow Building, Wilson Way, Pool, Redruth TR15 3QE Phone 01209 313419