

Supporting children and young people to “Make Informed Choices”

The Importance of Sleep

Sleep, the quality and value of it, is starting to become part of the national conversation. Back in 2016, the Royal Society of Public Health published **‘Waking up to the health benefits of sleep’**, within the report the RSPH set out the following - **Our calls to action**

- We are calling for the introduction of a national sleep strategy and a “slumber number” to guide the public on how much sleep they should be aiming to get
- Healthcare professionals, including GPs and nurses should screen patients for sleep problems, offer CBT (Cognitive Behavioural Therapy) as a treatment, and use sleep as a hook for discussing more complex health issues. Healthcare professionals should also be trained in this area
- Given sleep’s link with increased accidents at work, we would like to see employers review existing guidelines and, where necessary, develop new ones
- Sleep should be covered in the school curriculum under Personal, Social, Health and Economic (PSHE) education and school start times should be carefully researched to be more comparable with the adolescent circadian rhythm.

Since the report was published sleep will be taught as part of the new Health curriculum, statutory from 2020.



To support schools the PSHE Association has published teaching resources - Sleep Factor for KS2, 3 and 4 <https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans>

These lessons help students ...

- ✓ recognise what good quality sleep is and why it is important
- ✓ identify habits and routines that promote good quality sleep
- ✓ understand how sleep patterns change during adolescence

West Berkshire Wellbeing has launched sleep workshops for workplace wellbeing and for families. Please contact the West Berkshire Wellbeing team by email wellbeing@westberks.gov.uk to find out how we can deliver sleep workshops to support school staff and family wellbeing.

Healthy Lifestyles Workshops

Paul Graham, our Children and Young People Healthy Lifestyles Officer has been delivering the Year 3 Healthy Lifestyles workshops in schools across West Berkshire. We asked him how the workshops were going -

“I have been thoroughly enjoying my visits to year 3 classes all over West Berkshire delivering our Healthy Lifestyles workshops. It has been a lot of fun and it’s been great to have so many children engaged and learning new things and asking questions about their diet and activity levels.

Particular highlights for me have been the children regularly running up to me after the end of the workshop to show me a snack item of food and being able to tell me how many calories or how much sugar is in it. PTO.



Whilst I was at Hungerford I was also lucky enough to have a look round their new all-weather track, being used for the Daily Mile and a running club. It is really fantastic to see the great efforts lots of schools are making in West Berkshire to promote healthy lifestyles for young people.”

In March, the Public Health team will be receiving the updated National Child Measurement Programme schools data. Once received the primary schools will be sent the letters providing three years cumulative data. This year, in addition to individual schools, we have asked for data based on secondary school feeder primary clusters and small schools clusters where the data is usually suppressed.

West Berkshire News

***Running the Daily Mile or thinking about it?
Two local running events have developed schools toolkits to support participation.***

Green Park Royal Berkshire 10K Mini Mile & Mini Marathon 19th May 2019

The organisers have made it easier for you to get your school involved and created a quick step-by-step guide to help schools organise their group of runners. With links to a selection of downloadable resources, our School's Tool Kit is designed to reduce the admin burden whilst providing colleagues and parents with all of the necessary information. You can find the resource here

<http://www.royalberks10k.com/schools-toolkit/>

STOP PRESS

All children in England will be taught how to look after their mental wellbeing and recognise when classmates may be struggling, as the Government unveils new guidance for the introduction of compulsory health education.

This comes alongside the introduction of compulsory relationships education for primary-age pupils and relationships and sex education (RSE) for secondary-age pupils, to ensure children have all the knowledge they need to grow up healthy, happy and safe.

Making health education universal – and updating sex education guidance for the first time since 2000 – will ensure pupils are prepared for the opportunities and challenges of an “ever more complex” world, both on- and offline.

Click here for the [statutory guidance](#) on health, RSE and relationships education. This sets out what schools must cover from 2020 – the guidance is marked as draft as it is awaiting final parliamentary sign-off.

StepUp4Good

13th October 2019 – Newbury Racecourse

Are you a teacher, parent, governor or group leader interested in organising a group of children from your school? Our Teacher's Tool Kit offers a quick step-by-step guide, with links to a selection of downloadable resources to make the organisation quick and simple. Schools Prize Draw:

Greenham Trust is offering state primary and secondary schools an opportunity to enter a prize draw to win £500 for a project of their choice.

1. Each school who registers 10 or more pupils to run in Step Up 4 Good 2019 will automatically be entered into a prize draw for £500.

2. The pupils can participate in the Family Mini-Mile, Para-Mile, 3K or 10K runs or any combination of these. Find out more at

<http://www.stepup4good.co.uk/schools-tool-kit/>



West Berkshire Wellbeing

New from the West Berkshire Wellbeing team is an Alcohol and Substances awareness workshop for school professionals.

This training provides information about alcohol, legal and illegal drugs and will give you an understanding about the different drugs and their effect.

The training covers the following

- why people use substances,
- terminology around substance use
- drugs and their effects including information about new psychoactive substances,
- drugs and the law,
- alcohol and NHS guidance
- treatment and how to get help

To book a place please visit the Health and Wellbeing in Schools page at

<http://www.westberkseducation.co.uk/Services/2486>

Also available is the menu of options for school INSET days and twilight workshops including Children's Healthy Lifestyles, Sleep and 5 Ways to Wellbeing.

Get Berkshire Active

Get Berkshire Active Primary Schools Physical Activity Conference

Maximising your Primary PE and School Sport Premium

Bookings now open for Get Berkshire Active Primary Schools Physical Activity Conference – **26th April 2019**. Click on the link to book <https://bit.ly/2S70kAW>.

The conference at Sindlesham Court, Sindlesham, Wokingham will give school staff from across the county the opportunity to listen to national experts in the field and practitioners who are working on the ground. Keynotes will be delivered by:

- **Mike Crichton** Association for Physical Education (AFPE) Chair.
- **Jon Glenn** Learn to Swim and Workforce Director at Swim England.
- **Helen Daniels** Berkshire Primary School Headteacher.

As well as the keynotes, delegates will have plenty of opportunity to network, meet with providers and suppliers and take part in a range of workshops giving practical tips that can be applied back at school.

Resources

Change 4Life

Did you know that children in England are eating an extra 2,800 sugar cubes a year? That's more than double the recommended guidelines. With your help, we can change that.

Take your pupils on an adventure in 'Sugar Smart World' with our new Reception, Key Stage 1 and Key Stage 2 English and maths curriculum-linked resources to help them discover how much sugar is in their food and drink, and how they can make healthier sugar swaps. [Download Resources](#)



The resources are flexible to use and include fun, interactive PowerPoints, pupil-led activities, and a video tailored for Reception, Key Stage 1 and upper and lower Key Stage 2 pupils.

Talk to Frank website

In December 2018 the Talk to Frank website was updated and is receiving more visits than ever before. Please signpost young people to <https://www.talktofrank.com/>

NSPCC

The NSPCC, in partnership with Elanor Stannage and Connecting Youth Culture, have developed a series of films and supporting resources to help young people with learning disabilities learn about relationships and staying safe. 'Love. Life.', aimed at 11- to 25-year-olds, enables adults to start conversations with young people about: feelings, privacy and boundaries, friendships, different kinds of love and online safety.

Source: [NSPCC Learning: Love life: resources for young people with learning disabilities](#)

We are a community organisation offering free of charge courses to any adults living in West Berkshire with Mental Health Challenges

Our empowering courses are designed to increase knowledge and understanding, and to improve confidence in self-managing personal mental health and wellbeing.

Peer trainers who have personal experience of mental health challenges and mental health professionals from Berkshire Healthcare NHS Trust lead all our courses.

What people say about our courses;

“Supportive, motivating & enlightening”

“Best course I have been on to improve my Mental Health”

“Life-changing”

There is no need for a 'referral' just book via our website:
www.RecoveryinMind.org.uk

How NCS can improve mental health and wellbeing

“The aim of the National Citizen Service (NCS), a government-backed experience for 15-17 year olds, is to build self-belief and confidence in young people. Having taken part in NCS myself in 2013, I can see that NCS has both direct and indirect ways of helping to improve mental health and wellbeing.

Whether it’s the confidence and feel-good feeling of helping out the community alongside a charity, or on a more personal level finding out they could be a great public speaker or project manager and making a new group of friends, NCS gives young people the opportunity to feel like they can make a difference to themselves and society, and that they are good enough. Graduates of NCS report leaving the programme with lowered levels of anxiety and increased resilience; feeling more confident about getting a job, and more equipped to have an impact on the world around them.¹

This seems particularly crucial given research by The Prince’s Trust in 2018 which found happiness in the UK’s 16-25 year olds to be at an all-time low². The Youth Index suggested that worries about not being good enough, and an inability to ‘cope well with setbacks’, was a massive contributing factor in young people’s’ happiness being rated at an average of just 57/100. Nick Stace, the Prince’s Trust UK Executive, observed ‘a generation rapidly losing faith in their ability to achieve their goals in life³.’ NCS hopes to be part of the change in making a happier and more empowered generation.”

To find out more about the NCS experience, go to NCSYES.co.uk

Romy Biscoe NCS Associate - The Challenge

¹NCS Impact Infographic (2018) [online] NCSYES. Available at: https://www.ncsy.es.co.uk/sites/default/files/2018-10/INFOGRAPHIC_01.03.17_0.png

²Rudgard, O. (2018). Young people struggle to cope with setbacks as happiness falls to lowest level in a decade. [online] The Telegraph. Available at: <https://www.telegraph.co.uk/news/2018/04/05/young-people-struggle-cope-setbacks-happiness-falls-lowest-level/>

³The Prince’s Trust. (2018). It’s #TimeToInvest in young people’s wellbeing. Available at: <https://www.princes-trust.org.uk/about-the-trust/news-views/macquarie-youth-index-2018-wellbeing>

Calendar of Events

CSE Awareness Day

18th March

<http://www.stop-cse.org/national-child-exploitation-awareness-day/>



Secondary PSHE Network

9th March 16.00 – 17.30

Mary Hare school

To confirm your place please email

Nikki.davies@westberks.gov.uk

Mental Health Awareness Week

13th – 19th May

Hosted by the Mental Health Foundation, Mental Health Awareness Week 2019 theme is Body Image – how we think and feel about our bodies. Suggested resources to support learning opportunities -

<https://www.berealcampaign.co.uk/> and from Rise Above Body image in a digital world.

Encourage students to explore what body image is, how social media can impact it and ways to reduce stress or anxiety caused by online pressures. <https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>

Walk to School Week

20th – 24th May

Find out more at <https://www.livingstreets.org.uk/products-and-services/projects/walk-to-school-week> and look out for information on assemblies.

**Look out for Issue 26
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