



The Alison Centre
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NEW PUBLICATIONS

Healthy Schools Initiative

The National Healthy Schools Programme began following the Public Health White Paper *Choosing Health* (DH, 2004), which was an overview of the Government's decision to ensure all schools became healthy schools. This intention was echoed in the DfES's *Five Year Strategy for Children and Learners* (2004), *Healthy Living Blueprint* (2004) and the *National Service Framework for Children, Young People and Maternity Services* (2004) published by DfES in partnership with the Department of Health.

The National Healthy Schools Programme, led by the Department for Education and Skills and the Department of Health aims to:

- Support children and young people in developing healthy behaviours
- Help raise pupil achievement
- Help reduce health inequalities
- Help promote social inclusion

It intends to do this by involving pupils, teachers, parents, community partners and external agencies and support networks in the decision making process.

Its target is to ensure half of all schools in England achieve National Healthy School status by December 2006 with all schools becoming healthy schools by 2009.

It's four core areas and their aims are:

- Personal Social and Health Education (including Sex & Relationship education and drug education i.e. illegal and prescribed drugs, alcohol, tobacco and volatile substances)
 - Provide pupils with the knowledge, understanding, skills and attitudes to make informed decisions
- Healthy Eating
 - Pupils have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day
- Physical Activity
 - Pupils are provided with a range of opportunities to be physically active. They understand how physical activity can help them to be more healthy, and how physical activity can improve and be a part of their everyday life
- Emotional Health and Well-being
 - Promoting positive emotional health & well-being to help pupils to understand and express their feelings, and build their confidence and emotional resilience and therefore their capacity to learn

How can we help schools to achieve these targets?

The 'Health4Kidz' booklet provides children and young adults with the knowledge, understanding, skills and confidence in **all** of these core areas. Not only that, it also contributes significantly to achieving the five national outcomes set out by *Every Child Matters* and the Children Act 2004. These are:

- Be Healthy
- Stay Safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

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How does it do this?

The self care booklet provides research-based information to increase pupil's knowledge, understanding, skills and confidence thus enabling children and young people to:

- Be physically healthy
- Be mentally and emotionally healthy
- Be sexually healthy
- Choose not to take illegal drugs
- Be safe from bullying and discrimination
- Achieve personal and social development and enjoy recreation
- Engage in law-abiding and positive behaviour in and out of school
- Develop self-confidence and successfully deal with significant life changes and challenges

Furthermore, using the booklet at both local and national level will meet one of the aims of the National Healthy Schools Programme of "encouraging the dissemination and sharing of healthy schools practice between schools" and will provide structure and consistency.

Fighting Fat Booklet

This booklet provides a comprehensive self care approach to weight management, which enables overweight and obese young people to make healthier lifestyle choices. It enables professionals to offer guidance on this sensitive issue without humiliation or embarrassment. The booklet can be purchased alone, or with a pedometer, which can assist in the walking activities.

How else can we help?

The first government target is set to halt the year on year rise in childhood obesity with screening at 5 years and 10 years. The National Institute for Clinical Excellence (NICE) have now released the clinical guidelines for obesity treatment and management for both adults and children. This document includes the roles and responsibilities of schools. We can provide training in the strategic management of childhood obesity, with tailor made programmes at foundation and advanced levels, designed to meet the individual needs of each school or organisation. For further information please contact Kath Sharman.

Future Developments

There are two further self help publications in the pipeline; one to help parents provide opportunities to help their children achieve healthy lifestyles and one on nutrition and healthy eating, which will include easy to follow recipes and cooking tips.

Quality Assurance

All the booklets we design involve the views and comments of young people, who are crucial in the booklets' development. We seek evaluations and feedback and amend the booklets in relation to comments received. In this way we ensure that materials provided meet the needs of the young people we aim to help and support. Ayesha Dost, Policy Advisor at the Department of Health, has edited the booklets. Ayesha has been an influential figure in the development of Self Care initiatives at national level and we really value her comments.

How much does the booklet cost?

For £250 we can provide a 3 hour seminar on the strategic management of child health and/or child obesity. This also includes 10 free booklets. Additional booklets are £3.25 for the Health4Kidz booklet and £2.75 for the Fighting Fat booklet. Pedometers can be purchased for an additional £1.75 each and there is an educational DVD, which includes healthy eating, exercise and emotional well-being that costs £3. Discount is available for bulk buying.

Further information

If you would like to learn more about any of our resources please do not hesitate to contact us on either of the numbers below or visit www.shine4U.org. We very much look forward to hearing from you.