

Healthy Schools: Stockton-on-Tees Newsletter



Healthy Schools

Stockton-on-Tees

May 2024

The FRIENDS Resilience Skills Programme



The FRIENDS Resilience Skills Programme is not just a commitment to promoting positive mental health; it's an evidence-based initiative endorsed by the World Health Organisation as a best practice for the prevention of anxiety and depression.

Over the past few years, Alliance Psychology Service have successfully delivered this programme in various primary school settings, witnessing incredibly positive outcomes for children, their families, and schools.

Alliance have secured additional funding, allowing them to expand their reach by testing the programme on a whole-school level across ten primary settings in Stockton-on-Tees and Hartlepool. Schools in Stockton-on-Tees to take up the offer include; Christ the King, St Joseph's, White House, Wynyard and the Village.

For further information about the programme please visit <https://friendsresilience.org/>.

A few testimonials from Stockton-on-Tees schools:

"I just wanted to say thank you for all of your help so far, it is clear to see the progress that the children are making and how they are able to communicate with each other much more constructively. We have seen new friendships emerge through this programme and how the children are recognising when they need a moment of calm. They are becoming more resilient to feedback, and we are helping them to set achievable goals with their input and suggestions too. Thank you again!"

"Our school is a huge fan of this group, we feel it supports all of the children who attend. It teaches them strategies and how to regulate / understand themselves. We feel that this supports our ongoing pastoral team, with their work and helps to identify pupils earlier. All sessions are clear and easy for our children to follow. Many of our pupils talk about your sessions throughout the week. We would be very interested in running another group if there is an opportunity."

"I'm really happy with how the sessions are going. I think the children are getting a lot out of it and are engaging well with the activities. I think the belly breathing and bubble breathing are great techniques. Work has linked nicely to our own PSHE, such as trusted adults so children have a good understanding about this already. Thank you!"

If your school would like any additional information or advice on how to get involved, please email Kaye Hooker (Service Manager) at kayehooker@alliancepsychology.com.

Tees Valley Music Service appointed to lead local Music Hub



Tees Valley Music Service (TVMS) has been appointed by Arts Council England (ACE) to lead the Tees Valley Music Hub for Stockton-on-Tees, Middlesbrough, Hartlepool and Redcar & Cleveland from September 2024, as part of an ambitious national programme to provide high-quality music education for all children and young people.

Having served the region for many decades, now re-appointed as Hub Lead Organisation for the Tees Valley region, TVMS will receive £1,167,587 from the Department for Education. TVMS will receive £878,882 to coordinate music education in the local area, plus £288,705 to invest in new musical instruments, equipment and technology tailored to the needs of children and young people across the Tees Valley, including those with special educational needs and disabilities.

TVMS delivers high quality music education accessible to all children and young people in the Tees Valley through diverse partnerships between educational, creative and community organisations, in its local communities and throughout the country.

Their work with people of all ages, including families and older people, has been recognised

by ACE as a great way of connecting with and understanding local communities - particularly those in challenging circumstances. In a recent Case Study, ACE highlights as exemplary: tuition, digital resources, ensembles, taster sessions, apprenticeships, and internships provided by TVMS.

"I'm delighted that the Arts Council have recognised the amazing track record Tees Valley Music Service has had as Hub Lead for the past 12 years and have re-appointed us as Lead Partner of the Music Hub. It is wonderful that we will be able to continue and create even more opportunities for children, young people, their families, and members of local communities across the region. Involvement in musical activity really can change your life!" **Susan Robertson, TVMS Manager**

"This is great news for Tees Valley Music Service and for all those children and young people across Stockton-on-Tees who benefit from the service's expertise and musical talents. The funding will allow even more pupils to learn to play an instrument and will further help a new generation of students to foster a love of music, improving their education, health and wellbeing." **Councillor Lisa Evans, Stockton-on-Tees Borough Council's Cabinet Member for Children and Young People**



Nutrition and Oral Health

Reducing Food Waste

Did you know each UK household throws away on average £500 worth of food each year? Currently, 60% of the food that is wasted in the UK is wasted by citizens in their own homes.

Some good waste-saving resources from Food Waste Week below, promoted by the Co-op:

- ❖ Plan ahead
- ❖ Food storage tips
- ❖ Love your leftovers
- ❖ Share what you can't use
- ❖ Other tips and tricks

<https://www.coop.co.uk/environment/food-waste>

<https://wrap.org.uk/taking-action/citizen-behaviour-change/love-food-hate-waste>

National Smile Month



[National Smile Month 2024](#) will run under the theme of **Love Your Smile**.

The campaign will take place between **13 May – 13 June**.

[Activities for schools | Oral Health Foundation \(dentalhealth.org\)](#)

- ❖ Tooth Fairy competition
- ❖ Dental buddy
- ❖ The Great British Brushathon
- ❖ Send a letter to the tooth fairy

Other ideas:

- ❖ Sugar free Fridays
- ❖ Sugar detectives (look at how much hidden sugar is in our food)

Food Power Network



The foodbank leaflet now includes a **'how-to' guide** – to make it clear how residents can access emergency food parcels via foodbanks. This guide has been made in collaboration with all the foodbanks in Stockton-on-Tees, and Stockton & District Advice & Information Service.

Updates:

- ❖ Two new pantry services at Pentland Pantry (Billingham) and Roseberry Community Consortium Pantry (Stockton Central)
- ❖ The leaflets now include all five Bread and Butter Thing food hubs

Effort has been made to ensure the information is up-to-date and accurate as of April 2024, however details are subject to change.

Please advise clients to check with the service before travel.

Leaflets:

bit.ly/communityfoodleaflets-stockton

Community food map:

bit.ly/communityfoodstockton

Physical activity

National Walking Month



May is National Walking Month, an annual reminder of the health benefits of walking and spending time outdoors for people of all ages and abilities. It also includes [Walk to School Week](#).

Walking is a great way to clear your mind, improve your health and well-being and explore your local area. Short 20-minute walks are a perfect way to start. Taking a regular brisk walk can help to reduce stress and blood pressure, improve sleep, boost your mood, and help you manage your weight. Even doing just a small amount of walking has its benefits!

[During May, Living Streets will show you 20 fun and easy ways to fit 20 minutes' walking into your day.](#)

There are plenty of walking routes across the Borough to help you stay active with routes for all abilities.

As May is National Walking month why not look at what's on offer, right on your doorstep:

- ❖ [Get started or find out more about walking in the Borough](#)
- ❖ [Details of guided walks around Stockton-on-Tees](#)
- ❖ [View the John Walker's Walks routes and find the hidden matchbox challenges](#)

For more information visit:

www.stockton.gov.uk/sports-leisure

Going for Gold – Family Fun Day



We are excited to announce our **'Going for Gold'** summer family event which will be held on **Saturday 20 July** from **10am to 2pm** in Stockton town centre.

The event will have a sporting theme, and it will be an opportunity for families to come together in the town centre and enjoy a range of fun activities to kick off the summer holidays.

There will be four gazebos on the parking area in front of the Sun Inn on the High Street and **loads of fun sports and games** in the Parish Gardens for families to take part in. From **penalty shoot outs** to **egg and spoon races**, there will be something for everyone to enjoy.

Inside the gazebos, a range of **crafts activities** will be on offer. We will have an **eco-clothing shop** where parents can pick up **free uniform** for the next school year and browse our range of **low-cost preloved clothing**.

Children will be able to take part in a **sport-themed trail** around the Wellington Square area, picking up clues as they make their way to a gold medal and face painting at the finishing line!

Local organisations and charities will be on hand to provide information and advice on a range of topics such as low-cost food provision, housing, and benefits.

Movement Break Shuffle Tutorial with Mr G

Whether you are looking for ways to energise your classroom, create a positive atmosphere, or simply take a break to recharge, this tutorial is for you.

Join Thrive for a live 10-minute dance tutorial on Zoom featuring TikTok sensation Mr G, and discover the transformative power of movement for your mental wellbeing!

To register:

[Movement Break Shuffle Tutorial with Mr G \(thriveapproach.com\)](https://thriveapproach.com)

Friday 24 May
2.45pm – 3pm

New outdoor games and activities at parks in the Borough!



ParkPlay brings local communities together in parks and green spaces for two hours of free, informal games in the great outdoors every Saturday morning.

You can now enjoy ParkPlay at 10am, every Saturday at John Whitehead Park and Ropner Park – just look for the ParkPlay flag.

With minimal rules and competitiveness, the games are designed for people of every age, experience, ability and level of confidence to enjoy. They offer the chance for people to play together and connect in a relaxed, safe, and welcoming setting.

Everyone's invited, so bring a friend and come along! Places are free but you must register to take part at:

<https://park-play.com/parks/ropner/>
<https://park-play.com/parks/john-whitehead/>

Keep an eye on our social media pages for more ParkPlay locations across the Borough soon!

Holidays Are Fun (HAF) summer programme – bookings open soon!



Bookings will open for our HAF summer holiday programme at the end of June.

There will be a wide range of FREE activities for eligible school age children from Reception to Year 11 and a nutritious meal provided each day.

Activities include horse riding, boxing, gymnastics and trampolining, martial arts, climbing wall, football, arts and crafts, ice-skating, bushcrafts, watersports, swimming, and dancing.

To be eligible, families must be in receipt of benefits-related free school meals, in receipt of Universal Credit, or experiencing financial difficulties.

[Check your eligibility for free school meals](#)

[Learn more about the HAF programme and book a place \(bookings open on Monday 24 June\).](#)



The programme is funded by the Department for Education and delivered by Stockton-on-Tees Borough Council in partnership with Catalyst.

Love Exploring – Mega Mini-Beasts



Are you going to visit a park this half-term? If so you and your family will love the Mega Mini-Beasts Trail from Love Exploring; it lets you and the children explore the park whilst tracking down augmented reality creatures! There's even a quiz to test your creepy crawly knowledge with more fun facts like this one! Download the FREE app today from <https://loveexploring.page.link/download> and follow Love Exploring for more fun adventures in the local area.

Love Exploring is available at the below locations in Stockton-on-Tees:

Parks - Wynyard Woodland Park, Victoria Park, Ropner Park, John Whitehead Park, Littleboy Park, Preston Park Museum and Grounds.

High streets - Stockton High Street, Norton High Street, Yarm High Street, Wellington Square

Tennis – Free Park Tennis



On Saturday mornings, We Do Tennis CIC are running Barclays LTA Free Park Tennis. This is volunteer led, free tennis activity, happening in your local park! This takes place at Littleboy Park from 10am-11am, it is free to join in, and all equipment is provided - you just have to turn up and play - a great way to give tennis a try.

Use this link to book on:

www.wdtvenues.co.uk/stockton-parks



Mental health, wellbeing and resilience

Supporting emotional health and wellbeing from 0-19+



Free online courses for all parents, carers, grandparents and teens, including:

- ❖ Antenatal and postnatal baby bonding
- ❖ Understanding your child or young person
- ❖ Your child or young person with additional needs
- ❖ Teenagers' feelings and brain development
- ❖ And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents.



[Online Learning \(heiapply.com\)](https://www.heiapply.com)

Use access code: INFINITY

Free for residents of Stockton-on-Tees, in partnership with Stockton-on-Tees Borough Council and the Family Hubs.

Charlie Waller Trust – latest webinar

The Charlie Waller Trust are launching their [new series of FREE webinars](#) on 23 May with '[Connect before you correct](#)', packed with clear, practical guidance on communication styles and emotion coaching.

In addition to these new webinars, [five of Charlie Waller's most popular recordings](#) are available online until the end of May (password **MHAW24**).

Dementia in Schools workshops

Working alongside dementia specialists in the area and in conjunction with the Alzheimer's Association's Dementia Friends initiative, the Stockton Library Service began the Dementia in Schools workshops prior to Covid.

The new Health and Wellbeing Librarian, Susan Robinson, is recommending the project on 4 June with a series of **45-minute workshops**. Initially working with 3 schools within the Borough of Stockton-on-Tees, the project aims to introduce primary school children to the subject of memory loss and dementia.

Many children's lives will be touched by dementia. We feel it is important to talk to children about this condition and explain, in an age-appropriate manner, what it is, why it happens and some of the most common symptoms.

Not only does this help children to develop their own confidence and understanding, but it can also benefit people living with dementia and carers.

In order to help people to live well with dementia we must challenge stigma and increase understanding. We believe that the best place to start this work is with our young people.

If any schools would be interested in future workshop delivery or would like more information, please contact Susan.robinson@stockton.gov.uk

Thrive virtual goodie bag for Mental Health Awareness Week 2024

Thrive have put together a series of useful webinar recordings, designed to equip you with practical strategies and expert insights for supporting mental health and wellbeing in educational settings.

[Thrive goodie bag](#)

Water safety



Tees Active are back again this year with their [Water Safety Initiative](#).

The aim is to educate and engage school children across Stockton-on-Tees and to help them learn the necessary skills to act in an emergency.

Stockton-on-Tees has **more than 30** publicly accessible lakes, ponds, rivers, streams and large water-filled ditches.

More than 400 people per year drown in the UK, with 47% of accidental drownings occurring between May and August, and 59% at inland water sites.

The following videos look at water safety and **feature local settings**, such as Ropner Park and Saltburn Beach.

[Video 1. Introduction and lakes](#)

[Video 2. Lakes](#)

[Video 3. Rivers \(Part 1\)](#)

[Video 4. Rivers \(Part 2\)](#)

[Video 5. Beach](#)

[Video 6. Swimming Pool](#)

[Video 7. Swimming Pool and Conclusion](#)

<https://www.teesactive.co.uk/water-safety/>

Tees Active's Water Safety Roadshow



Tees Active's Water Safety Roadshow will soon be hitting the road to visit local schools in search of more water safety superheroes.

On the back of last year's success, we are looking for schools in Stockton-on-Tees that we can visit to educate young children to help keep everyone safe around water this summer.

If you would like Tees Active to visit your school please email marketing@teesactive.co.uk (subject to availability).

Family Hubs are here for you: Child Safety Week 3-9 June



This year's theme is 'Safety. Sorted!'. There are steps you can take to ensure children are kept safe in your home.

The most common home accidents for children are falls, burns and poisoning, but choking, strangulation, suffocation and drowning also happen and most accidents can be prevented.

These are three common accidents that occur among children:

Button batteries: If your child swallows a button battery, it can cause serious harm or even be fatal. Even 'used' or 'flat' batteries can still be a danger. Do you know where they might be in your home?

Poisoning: Small children are curious and often learn by putting things in their mouth leading to a risk of poisoning and choking. Did you know most children's poisoning incidents involve medications, laundry products and cleaning products? Are yours all kept safe? Locked away? Out of sight and reach?

Falls: Falls are the most common cause of accidental injury to children. While most falls

aren't serious, some falls can lead to death or long-term disability. There is a lot that parents and carers can do to prevent serious falls – so, just how safe is your child from a serious fall?

Our Family Hubs are here to help you. They offer free home safety sessions to help you keep your little ones safe.

During Child Safety Week you can also take advantage of expert advice and support, and even come away with subsidised safety equipment like baby gates to make your home as safe as possible. There will also be a range of interactive displays on the day.

Sessions are being held on the following days:

- **Monday 3 June:** Thornaby Family Hub 12.30pm – 2.30pm
- **Thursday 6 June:** Redhill Family Hub 10am - 11.30am and Stockton Family Hub 1pm - 2.30pm
- **Friday 7 June:** Billingham Family Hub 9.30am - 12noon

For more information contact your local Family Hub on 01642 528525.

KS2 air quality project



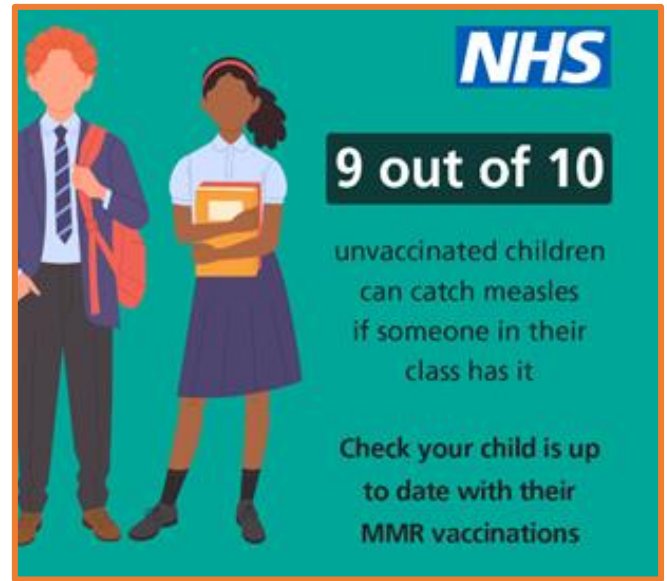
Stockton-on-Tees Borough Council's Environmental Health staff are raising awareness of air quality ahead of Clean Air Day on Thursday 20 June 2024.

They have attended schools to share:

- ❖ An air quality assembly for children to learn about the harms of poor air quality and what they can do to improve air quality
- ❖ An anti-idling leaflet to teach parents about the harms of idling (leaving the car running while you pick up your children)
- ❖ Anti-idling signage to be used around school premises
- ❖ An air quality lesson plan to support the learning from the assembly

For more information and to take part, contact KS2AirQuality@stockton.gov.uk

Measles and whooping cough cases are rising in the North-East



These illnesses can spread very easily, especially in education settings. Children can miss out on school because of the sickness and may need to go to hospital. Measles and whooping cough can even cause life-long complications and disability.

The MMR vaccine protects against measles and the pertussis vaccine protects against whooping cough. **You need two doses of the MMR vaccine to be fully protected.**

The vaccines are safe and effective, it has been proven that **the MMR vaccine does not cause autism.**

It's never too late to be vaccinated. Check if you/your children are up to date by contacting your GP or checking your child's Red Book.

Those diagnosed with measles should not attend nursery/school/work until you fully recover. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

If you are made aware of a measles case within your setting, contact the NE HPT on 0300 303 8596 or at NEHPU@ukhsa.gov.uk

For more information visit [Measles outbreak: what schools need to know | Tes](#)

How to stay safe at the farm!



During lambing season, we may plan school trips to farms to meet these beautiful animals.

However, farm animals can carry germs that can cause diarrhoea and vomiting related illnesses in humans.

To protect yourself and children:

- ❖ Follow the farms rules and guidelines
- ❖ **Wash your hands with soap and warm water** after touching any animals/any surfaces they may have touched and before eating or drinking
- ❖ If your clothing has come into contact with animals wash it when you get home at 40C or hotter
- ❖ Avoid touching your face or mouth during your visit at the farm
- ❖ Although it's tempting, **do not kiss the animals**

If you or any other attendee feel unwell or have symptoms such as diarrhoea or vomiting within 2 weeks of visiting a farm, **contact your GP or call NHS 111** as soon as possible.

If staff/students are experiencing symptoms such as diarrhoea and/or vomiting you should **not attend the setting until they have been free of symptoms for at least 2 days.**

If you suspect an outbreak (2 or more linked cases) of diarrhoea and vomiting, contact the NE HPT on 0300 303 8596 or at NEHPU@ukhsa.gov.uk

Health related behaviour survey (SHEU)

All schools across Stockton-on-Tees are invited to participate in the SHEU survey, an important **Health and Wellbeing survey**. The purpose of the survey is to better understand the behaviour and experiences of young people in Stockton-on-Tees, to help with planning relevant and responsive services.

The last SHEU survey was last carried out in 2022.

The survey is targeted at **Year 6** pupils in primary schools, and **Year 8 and 10** in secondary schools. There will be a variety of health-related topics, including: physical health; oral health; sense of wellbeing; relationships with peers, family, and staff; bullying; use of social media; and risk-taking behaviours.

Benefits to school includes receiving **individual school reports** and **comparison to countryside data**.

If you would like to take part in the 2024 SHEU survey please email:

tracy.hyman@stockton.gov.uk

CPD opportunities

Brook C-Card training dates for Stockton professionals



C-Card Refresher

[17 July](#)

12.30pm – 1.30pm

Full C-Card Training

[24 July](#)

1pm – 3pm

[27 August](#)

2pm – 4pm

[3 September](#)

9am – 11am

Gender and sex

[11 September](#)

12.30pm – 2.30pm

Upcoming courses



Safeguarding Forum

6 June 2024

9am – 12pm via Zoom

Equalities And English as An Additional Language (EAL) Network

3 July 2024

1pm – 4pm at the Education Centre

Education Matters

11 July 2024

1pm – 4pm at the Education Centre

Early Years Workshops (Primary)

Run termly

Early Years 'in-house' Training Packages

Various

Bought by schools

[Training for school-based employees](#)

Interested in becoming a Healthy School?

Please get in touch if you would like to learn more:

eve.conner-mcgill@stockton.gov.uk

tracy.hyman@stockton.gov.uk

Next PDN

The next PDN is on Tuesday 2 July on Zoom:

- ❖ 10am – 12pm for Primary Schools
- ❖ 2pm – 4pm for Secondary Schools/FE