

# CORNWALL HEALTHY SCHOOLS

## NEWSLETTER

### JANUARY 2012

Happy New Year to you all and welcome to our first 2012 newsletter.

#### Training News

**Drug and Alcohol Training** is available via The Christopher Winter Project training courses. Our next available date is Thursday 23 February 2012 at the Flashpoint Safety Centre in Bodmin and there are still some places available. See our website for more details about what the training entails or contact us to book.

Jilly and Cheryl are running our **Resilience and Self Esteem Toolkit (ReSET)** Training on Thursday 29 March 2012 at the Health Promotion Service in Pool. Contact us for more details or to book a place on the course.

There's another **Active Club** training session booked for Wednesday 9 May 2012 at Blisland Village Hall. Active Club is a super resource intended for use with an extra-curricular club or to enhance lunchtime activities. It contains a wide variety of activities for a wide range of ages and on completion you receive an Active Club pack that you can use in school to organise activities.

Here are some of the comments we received from our Active Club session at Portreath Life Saving Club on 12 January 2012:

"It was a brilliant course. I learnt a great deal and enjoyed having a go at all the activities."

"I thoroughly enjoyed the professional delivery of an excellent course. The hands-on participation was excellent to reinforce ideas. Thank you!"

"Well delivered session, I wish all our lunchtime assistants could receive this training"

"Excellent training session run by knowledgeable and enthusiastic tutors"

"Great ideas, good fun. I will hopefully use lots of the ideas"

"Really enjoyed today! :)"

Contact us to book onto this course, or for further dates on courses near you check our website.

**Family Fun FIT** – there are spaces on the Family Fun FIT course for summer 2012. [Contact Aimee](#) for more details.

## **Sociograms Training with Robin Banerjee**

We had a superb day in the company of Dr Robin Banerjee of Sussex University who came and spoke to the HS team, teachers and school staff from primary, secondary and SSS and colleagues from Cornwall Council about his terrific work on wellbeing. We focussed in particular on his work on Sociograms.

Everyone agreed the day was superb and decided that Robin needed to come back and continue the work further. Robin has agreed to come to Cornwall again and we'll be setting up a network to develop the use of sociograms and Robin's other tools in the classroom.

The day was summed up by one delegate as "Fantastic venue, fantastic food, fantastic training!" – we couldn't agree more!

## **Heartstart News**

We've trained our 100<sup>th</sup> Heartstart Instructor! This is a terrific milestone and one that coincides with the new British Heart Foundation "Push Hard, Push Fast" Hands-Only CPR campaign fronted by Vinnie Jones. The campaign intends to increase interest and participation in Heartstart courses. For more information about Heartstart courses available near you, go to our website

Continuing with the Heartstart theme, we held interviews yesterday for the post of Heartstart co-ordinator and will be making an announcement about the appointment very soon!

## **PADL in Pool! – School Council Awards for Primary Schools**

You may have heard that Barnardos were no longer involved in the primary PADL (Promoting Active Democracy Loudly) Awards. We're delighted to be able to tell you that the Healthy Schools Team will be working in partnership with Cornwall Council Children's Schools and Families Directorate to support schools with the awards. We'll be contacting all schools involved to discuss next steps and we'll be adding a new section to our website to tell everyone more about the awards and how to get involved. In the meantime, if you have any questions or queries about primary PADL please contact us.

## **Annual Audit tool**

We have been running the new Annual Audit on-line tool since September and are delighted by the numbers using the tool and the feedback we've received from schools. There have been a few changes made to improve functionality, many of them based on suggestions from users, and we've dealt with the odd gremlin. We will keep adding up to date information and ideas to the prompt sections. Any feedback and suggestions are always welcome. Very soon the team will be meeting to consider all of the submitted audits we've received so far. This will enable us to provide more detailed guidance on what Good/Very Good looks like and the sort of evidence that's appropriate.

We are also delighted that several other areas in the country have been so impressed by the Annual Audit that they have asked to buy it to use in their areas!

### **Pedometer Challenge**

You might have noticed that the Summer Olympics 2012 are being held in London this year! In keeping with this we thought we'd mention the FIT Cornwall Family Pedometer Challenge, which is one of the outstanding projects granted the London 2012 Inspire Mark. Family and school teams, as well as individuals in Cornwall and the Isles of Scilly, can join the challenge and record progress. It's a great way to get active and set challenges for yourself to increase the amount of steps you do. The Health Promotion Service library has a class set of pedometers to hire free of charge if you want to try them out – contact them on 01209 313419.

We are all delighted to welcome our new administrator, Paula Evans, who started with the team at the beginning of January. Hopefully she'll meet many of you at future training events!

**Kate and the Team**

**01209 310061**

[www.cornwallhealthyschools.org](http://www.cornwallhealthyschools.org)

[healthy.schools@ciospct.cornwall.nhs.uk](mailto:healthy.schools@ciospct.cornwall.nhs.uk)