

How the Cornwall Healthy Schools Programme can support schools to support parents' involvement in Healthy Schools work

GENERAL

- Support for parents' councils and consultation around Healthy Schools Core Themes
- Specific work linked to raising parental awareness of Every Child Matters outcomes
- Small Grants Scheme to support work with parents and carers
- Training for teachers, governors, support staff

PSHE

- Work on policy development / consultation with parents and carers
- SRE/Drugs support including *'Speakeasy'*
- Family SEAL
- Family Heartstart

HEALTHY EATING

- Healthier lunchbox toolkit
- Let's Get Cooking Training / support (cooking clubs for children and parents)
- Growing Clubs

PHYSICAL ACTIVITY

- Family Fitness Activities
- **DASH**—Do Activity, Stay Healthy

EMOTIONAL HEALTH AND WELL-BEING

- Family SEAL
- Protective Behaviours Training

Contact us to find out more.

Get in Touch

For more information about the Cornwall Healthy Schools Programme please visit our website at:

www.cornwallhealthyschools.org/

You can also find out more about the schools involved in healthy schools and get the latest news about validating schools on the Roll of Honour.

We also have a page just for parents and a discussion forum where you can exchange views and ideas.

You can also subscribe to our e newsletter.

If you would like to speak to a member of the team contact us on 01209—310061 or e mail us at:

healthy.schools@ciospct.cornwall.nhs.uk

We'd love to hear from you.

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Every Parent Matters in a Healthy School



Your child's school is involved in Healthy Schools. Here is some information about what it means to be a healthy school and how you can be involved and support your child and the school.



About Healthy Schools

The Healthy Schools Programme is an exciting long term initiative that helps young people and their schools to be healthy.

The Programme isn't just about physical health, it's about good health and happiness inside and out. It helps the school meet the five outcomes of Every Child Matters and so helping children to **Be Healthy... Stay Safe... Enjoy and Achieve... Make a Positive Contribution... Achieve Economic Well-Being...**

Schools get healthy schools status by checking themselves against 41 criteria in four core themes:

- **Personal, Social & Health Education**
- **Healthy Eating**
- **Physical Activity**
- **Emotional Health & Well-Being**



Physical Activity in Healthy Schools helps:

- Ensure children/young people are provided with a range of opportunities to be physically active inside and outside the curriculum and the needs of all children are taken into account.
- Children and young people understand how physical activity can help them to be more healthy, and how it can be integral to and improve their everyday lives.

Parents can help by helping children to get 60 minutes of activity each day by:

- walking/cycling on the journey to/from school where possible,
- getting active together as a family.

Emotional Health & WellBeing^{HS}

Emotional Health and Well-Being in Healthy Schools

helps children/young people to understand and express their feelings, builds their confidence and emotional resilience, and therefore develops their capacity to learn.

Parents can help by

- encouraging children to talk about what's happening at school and share any concerns they have,
- finding out if the school is using **SEAL** (social and emotional aspects of learning) and asking about **family SEAL** sessions.

Find out more - visit our website:
www.cornwallhealthyschools.org/

Personal, Social and Health Education in Healthy Schools

including sex and relationship education (SRE) and drug education (including alcohol, tobacco and volatile substance abuse) helps:

- provide children/young people with the knowledge, understanding, skills and attitudes to make informed decisions about their lives.

Parents can help by participating in consultation about school policies on drugs, sex and relationships education etc. and supporting the work the school does on PSHE.

Talk to your children about the work they do and be ready to help them talk about things like sex and drugs... (if you're not sure how, come to one of our courses such as **Speakeasy*...!**)

[*contact us for more information](#)

Healthy Eating^{HS}

Healthy Eating in Healthy Schools helps:

Children/young people to have the confidence, skills, knowledge and understanding to make healthy food choices. Ensure that healthy and nutritious food and drink is available across the school day.

Parents can help by

- encouraging children to make healthier choices and try new healthier foods,
- remembering that drinking lots of fresh water helps children concentrate better,
- providing healthier tuck and a healthier lunch box (see our ideas leaflet), with treats once in a while,
- supporting school dinners and getting involved in making sure they are the best they can be,
- Encouraging your school, to teach children to cook healthier food (and offer to help!).