

Healthy Schools: Stockton-on-Tees Newsletter



Healthy
Schools

Stockton-on-Tees

May 2023

Case Study

This month we would like to highlight some of the great work that takes place within the Family Hubs in the area.

Alongside their parenting workshops and courses they have a number of activities for older children and young people, including craft group **Create**.

Create – The Family Hub Craft Group



Create is a craft group for young people who attend **secondary school** and are experiencing **mild emotional well-being difficulties**, such as feeling overwhelmed at school, feeling low or feeling sad at times.

Create gives young people the opportunity to **develop their social skills and connect** with other young people of a similar age.

Each group runs for **5 weeks** during term time with a maximum of **10 young people**, delivered by Family Engagement Workers. We are able to invite young people back again if they think it would be useful.

Each session is planned with young people's Personal, Social and Emotional development in mind.

A different craft is offered each week and has included **clay modelling**, **Banksy-style artwork**, **bullet journaling**, **dream catchers** and much more. We end the session with a mindful activity, a relaxation meditation or a quick fun game.

While doing the craft activities, we encourage conversation within the group with an aim for them to make connections with the other young people attending. The conversations are led by the young people and can be open and honest, sometimes including discussion around any mental health issues that they are experiencing.

We have resources covering mental health and well-being available at each session and we can also signpost to services that may be helpful.

"I'm so surprised at how happy my daughter was after the group. Her cheeks were pink and she couldn't stop talking about the group all night!" Parent of a young person attending the sessions

If you know a child you think this group would be suitable for, **contact the Family Hubs** to speak to one of our Engagement Workers on: **01642 528525**.

We take referrals from **professionals** and **parents/carers**.

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

Nutrition

Growing Well Growing Healthy

Recipe Guide



There are some fantastic [resources](#) on the Growing Well Growing Healthy (GWGH) website, including top tips on topics such as sensible swaps, energy balance and fussy eating.

One of the highlights is the GWGH [Recipe Guide](#), with 22 pages packed full of quick, easy and healthy recipes.

Sugar in Foods

Children are having 2 times more sugar than is recommended, with half of it coming from snacks and sugary drinks.

The [NHS Better Health website](#) has some key **facts, tips and advice** on how to consume a healthy amount of sugar and reduce the risk of tooth decay, type 2 diabetes, heart disease and some cancers.

Food to watch out for:

- ❖ Juice drinks
- ❖ Cereal bars
- ❖ Ice cream
- ❖ Yoghurts
- ❖ Fun-sized sweets
- ❖ Chocolate bars

Try the [sugar calculator](#) [here](#).

Physical Activity

Accessible Activities



Image by rawpixel.com

The NHS Better Health website has some [ideas for accessible activities](#) for children with additional needs.

There are lots of ways to keep disabled children and young people active.

Start off by choosing activities your child is interested in and adapt them:

- ❖ Using larger or softer balls
- ❖ Making distances shorter or targets bigger
- ❖ Playing for less time

Ideas for activities at home:

- ❖ Obstacle race (seated version)
- ❖ Potato golf
- ❖ Badminton-crickets

[Fun as a family](#) (these activities can be made accessible for all and are great things to try as a family):

- ❖ 10-pin bowling
- ❖ Swimming
- ❖ Boccia
- ❖ Team sports
- ❖ Enjoy the outdoors
- ❖ Cycling

Love Exploring is back for Half Term



Half-term is almost here! If you're looking for something FUN and FREE to do with the kids this school holiday look no further!

The [Love Exploring App](#) is back with a **new augmented reality feature** all about the marvellous world of Mini Mega-Beasts!

Visit any of the below local parks and don't forget to download the app:

- Preston Park
- Wynyard Woodland Park
- Billingham Beck Country Park
- Ropner Park
- Littleboy Park

Funky Riders – Ride and Explore



Stockton-on-Tees Borough Council's Sports and Active Life Team invite you to **Funky Riders Ride and Explore** which takes place on **Wednesday 31 May 1.00pm – 2.00pm** at John Whitehead Park, Billingham.

This **free, fun and inclusive** session aims to support children to ride a bike independently. Children will also get the opportunity to explore the park on their bikes using the Love Exploring App and will learn all about the marvellous world of Mini Mega-Beasts!

The sessions are aimed at **2-6 year olds** (siblings welcome) and to book a place please email: Laura.Bradley@stockton.gov.uk or text **07388718246**.

Half Term Activities at Stockton-on-Tees Libraries



There is so much going on at the libraries this half term they've collated it all in this [handy booklet!](#)

Time Travel Trail (pictured)

Saturday 27 May, 10am-3pm starting at Stockton Central Library

Explore the secrets of Stockton High Street in this **interactive theatre experience!**

Start the trail at Stockton Central Library anytime between 10am and 3pm and walk around the High Street **meeting fascinating characters** from local history. Be sure to solve the tasks along the way!

The trail will take approximately one hour to complete, ending back at the library for a well-deserved certificate and entry into a prize draw.

FREE fun for all the family. Children under 10 must be accompanied by an adult.

Little Red Riding Hood

Friday 2 June, 11am-12pm at Stockton Central Library

Booster Cushion presents **Little Red Riding Hood and Friends**. A fast and funny show with plenty of slapstick and child participation.

Recommended for **ages 4-11 years**.

Craft Activities

Libraries across Stockton-on-Tees are hosting a range of fun, **FREE** activities for children and families this May half term.

From stitching crafts to creating spring wreaths and decorating your own flying kites, there's something for everyone!

Booking information [here](#).

Half Term at Preston Park Museum



27 May to 4 June, 10am-3.30pm

Come and see our Great British Comics exhibition and join in the comic adventures with our exciting family crafts and activities. Did you know the two most popular British comics are Beano and The Dandy?

Find out more about the comic strip printing process and even create your own version of the British Greats!

You can also enjoy:

- Fun facts comic book trail (daily)
- Free comic weekend (**27 and 28 May**)
- Comic words badge making (**28 May, 31 May and 2 June**)
- Roy Lichtenstein-style pop art workshops (**30 May, 1 June**)

Alongside this, you can explore our museum galleries or discover the outdoors in our Walled Garden and Woodland Walk for a fun-filled family day out.

No need to book, normal museum admission applies. Further information [here](#).

Club Groovy: Funky Family Festival



It's time to shine in Club Groovy's mini music festival for funky families. Get your glitter on and join the team in a show that promises to be jam packed full of festival anthems, colour and celebration!

Club Groovy is a fabulously funky daytime disco and theatre event for young families who love to move and groove! Join the Club Groovy characters in their high energy party dances and on-stage shenanigans!

27 May, 1pm

Age 1-7 years, £5.50, including booking fee
(children under 1 year are free)

Further information and booking [here](#).

Mental Health, Wellbeing and Resilience

Charlie Waller Trust

The Charlie Waller Trust is a UK mental health charity that looks to help young people understand their own mental health, equip them to support themselves and those around them, and to empower them to talk more openly about the subject.

In Our Own Words

[In Our Own Words](#) is a package of resources for **parents, carers and teachers**, to help them support the mental health of children and young people.

It is a result of a collaboration between the Charlie Waller Trust, The Charlie Watkins Foundation and Boys In Mind.

It includes:

- ❖ Two video scenarios of adults interacting with young people
- ❖ A set of videos of **primary and secondary** children and young people describing what they find helpful from adults when they're feeling sad, angry or frightened
- ❖ A written guide

Supporting a Child with Anxiety (guide for parents and carers)

This [guide](#) looks to equip **parents and carers** with knowledge and skills to support their child when they are experiencing anxiety, including:

- ❖ What does anxiety look and feel like?
- ❖ What's happening in our body when we're anxious?
- ❖ What can be the impact of anxiety?
- ❖ Practical ideas for your child
- ❖ Practical ideas for you
- ❖ Links to further resources

Downloadable booklet can be found [here](#).

Live Webinars

Charlie Waller run [regular FREE live webinars](#) for anyone who looks after young people – **parents, carers, educators** – as well as young people themselves and anyone interested in psychology or mental health.

Winston's Wish



[Winston's Wish](#) provide grief support for young people aged **25 and under**, alongside guidance for those **supporting a bereaved child or young person**.

At Winston's Wish, we're here to help. Our range of support services aim to help you make sense of your grief, express your feelings and find ways to cope to move forward.

All support is available online, with information also **available in other languages** (by clicking the circle icon in the bottom left of the webpage).

Anyone can reach out to us directly using our on-demand services, including live chat, helpline, email and text support.

We also offer one-to-one sessions with bereavement support workers and counsellors, however these can only be accessed by making a referral.

Grief support for young people

- ❖ Information about grief
- ❖ Advice and stories
- ❖ Monthly live grief talks (16-25 year olds)
- ❖ [Activities](#)
- ❖ On-demand grief support
- ❖ Bereavement support and counselling

- ❖ Join our Youth Team (13-25 year olds)

Grief support for schools

- ❖ Information and advice
- ❖ Training
- ❖ Resources for schools
- ❖ PSHE Lessons (KS1-4)
- ❖ On-demand grief support (including helpline)
- ❖ Publications and resources

Grief support for parents

- ❖ Information and advice
- ❖ Monthly live grief talks
- ❖ Publications and resources
- ❖ On-demand grief support (including helpline)
- ❖ Peer support

Anyone aged 13 or over can refer themselves. If you're 12 or under, please speak with a trusted adult and let them know you're interested in referring to Winston's Wish.

There's more information about [referrals here](#).

Let's Talk About Anxiety: Animation and Teacher Toolkit (NEW)



A new "[Let's talk about anxiety](#)" animation and accompanying teacher toolkit has just been launched by Anna Freud's Schools in Mind.

Aimed at students aged **11 to 13**, the resource will help young people to normalise, understand and manage anxious feelings.

As well as the animation, which was **co-created with young people**, the resources include:

- ❖ Materials for delivering a lesson, including a PowerPoint, lesson plan and worksheets
- ❖ Materials for delivering an assembly, including a PowerPoint and assembly plan

- ❖ Guidance materials for teachers, PSHE coordinators and parents/carers

Anna Freud – Supporting Mental Health and Wellbeing in Schools: Engaging with All Parents and Carers



[This interactive booklet](#) has been developed by teachers, clinicians and parents/carers to explore a range of innovative ways that schools can help children by successfully engaging with parents and carers.

It includes:

- ❖ Tips
- ❖ Case studies that show both parents' and schools' perspectives
- ❖ Links to audio
- ❖ Videos
- ❖ Links to CPD

Topics featured include "Building rapport with parents and carers", "Having difficult conversations with parents and carers" and "Managing your feelings".

Sex Ed Forum Blog: By the End of Primary...

This blog by Senior RSE Specialist Rachael Baker explores how teachers in KS1 can deliver a meaningful and age-appropriate foundation curriculum for Relationships Education and broader RSHE.

Link to blog [here](#).

Practical Tools to Support Young Children's Emotional Regulation Webinar

This webinar from the Local Government Association looks at how adults can support young children **aged 2-5 years** with their emotional self-regulation, through modelling and coaching.

The webinar covers the basic brain science of emotion regulation and then focuses on two skills that adults can use to support young children:

- ❖ Calming down
- ❖ Choosing strategies for coping with strong emotion

Examples and ideas will be used from the Early Years Library, a freely accessible, flexible, evidence-informed set of guides on early child development.

If you want to learn more about wider social-emotional skills, the **Early Years Library** offers six social and emotional skills booklets each covering a core skill, with practical tools and real-world examples.

Thursday 22 June, 2pm-3.30pm

Free

[Booking link](#)

Network Huddle: Health and Care Research in Schools

This webinar follows the launch of the report 'Promoting Health and Care Research in Education Settings across the North-East and North Cumbria', a partnership between the Clinical Research Network NENC and the Child Health and Wellbeing Network.

The goal is to provide more opportunities for children and young people to participate in health and care research across the region.

This online session **is targeted for those in Education** to find out more about this exciting

area of work that could really make a difference for your pupils and future improvements.

Tuesday 13 June, 4pm-5.30pm

Booking link [here](#).

English Gambling Education Hub Webinar

"Is traditional awareness raising appropriate for today's young people?"

GamCare and partners invite you to join this online webinar, exploring the provision of effective early intervention and how to raise awareness of gambling related harm.

How effective is traditional education? What resources are available to us and what could we develop? What works and what are the barriers to that engagement? What do our young people want and need?

This webinar looks to answer these questions as part of a discussion about how we can work together to embed learning.

For further information, please contact Ros Allen, Network and Events Co-ordinator for the English Gambling Education Hub, via email:

rosslyn.allen@gamcare.org.uk

Tuesday 20 June, 10am-12pm

Booking link [here](#).

Family Connect: Screens in the Early Years Webinar

The National Grid for Learning, in partnership with the Early Years Alliance, have put together this **FREE 1-hour webinar**.

How early should you give your child access to a device? And what are the risks to young children accessing online content?

Aimed at **parents of children aged 0-5 years**, this thought-provoking webinar looks at the simple, practical steps you can take to make sure your child is safe when using online devices, and how

to promote the healthy use of devices to your child.

Thursday 8 June, 10am-11am

Booking link [here](#).

Screens in the Early Years Webinar for Professionals

The National Grid for Learning, in partnership with the Early Years Alliance, have put together this **FREE 1-hour webinar**.

What steps can we as early years professionals take to protect children from potential risks and promote safe, healthy and fun online activity?

Join us for this informative Connect session to discuss and learn about the basic principles that will help to keep children safe when using devices in your setting and beyond.

Wednesday 28 June, 6.30pm-7.30pm

Booking link [here](#).

Cost of Living Hub

A reminder that the [Cost-of-Living website](#) is constantly being updated.

Help available includes benefit checks, money and debt advice, energy and housing information, and health and wellbeing advice.

Clothing banks

There is a section on the **clothing banks and school uniform exchanges** across the Borough. These are a great way to cut costs when it comes to children's clothes. All of the items are high quality and cleaned ready for you to use. Click the link to find your nearest venue:

[Clothing Banks](#)

Food and drink deals

Also featured is a link to the Money Saving Expert's **food and drink deals**. This includes top restaurant deals for families (places where kids eat free or for £1) and supermarket deals.

Call-out for Footsteps Youth Panel Members

Footsteps is a young person's health centre designed FOR young people, BY young people **aged 11-19**.

It provides a safe and comfortable environment for all your health concerns, with a range of services available to meet your needs.

Staff can provide confidential advice and treatment for a range of problems, with services including:

GP, Mental Health and Emotional Wellbeing Services, Counselling, Sexual Health and Youth Work.

We are looking for young people to join the Footsteps Youth Panel.

We want to hear your ideas on the services Footsteps provide and how we can improve these.

Working with **Bright Minds Big Futures** we are holding a special event to bring young people together. **Join us for free food and the chance to have your voice heard**.

Tuesday 13 June 2023, 4.30p.m at Eaglescliffe Health Centre

All attendees will receive **2 free cinema passes**

For more information contact:

brightmindsbigfutures@stockton.gov.uk

Empathy Activities at Stockton-on-Tees Libraries



Mission Empathy

Saturday 10 June, 10am-2pm at Stockton Central Library

Understanding other people's feelings can help to create a better world. Join us to take on these Mission Empathy challenges:

- 1) Empathy Power Reads
- 2) Empathy 360°
- 3) Empathy Exchange
- 4) Empathy Emotions Map
- 5) Empathy Resolution

Free family drop in aimed at **3-11 years**

Empathy Day Storytimes

Thursday 8 June, various times and locations

These story time sessions provide a showcase of fantastic books that can be used to support empathy building with young children. These books can be used to provide a gentle introduction to the emotions and situations they will encounter as they grow.

Recommended for **ages 2-5 years**.

Booking information [here](#).

Crossing the Tees Book Festival



Crossing the Tees Book Festival returns to the Tees Valley from **Saturday 10 to Sunday 18 June 2023**.

This year's programme includes author events with crime author Vaseem Khan and thriller author Savita Kalhan. There'll also be a Wuthering Heights art installation by local artist Lucy Harding, plus writing and craft workshops.

For full details on the festival and to book tickets, visit the [Crossing the Tees website](#) or call the box office on **01642 525199**.

The Worst Princess



Friday 2 June and Saturday 3 June, 11.30am and 2.30pm

Age: 3-7 years

£8 | Groups of six or more £6.50 (inc. booking fees)

Running time: 1hr

A Full House and The Grove Theatre Co-Production based on the best-selling book by Anna Kemp and Sara Ogilvie.

A modern fairy tale turned on its royal head, this bright and bouncy show will have children of all ages cheering along for The Worst Princess!

Feisty Princess Sue escapes the clutches of her twit of a Prince in a funny, feminist twist on the traditional princess tale. This is a story about adventure, mischief and unlikely friendship.

Packed full of music and mayhem The Worst Princess is made for 3+ but suitable for all.

All shows are relaxed performances.

The performance on Sat 3 Jun at 2.30pm will be BSL interpreted.

For more information and to book, click [here](#).

CPD Opportunities

Brook RSE Training for Stockton-on-Tees Professionals



Pornography and Youth Produced Imagery

16 June 2023

9am – 12pm

Answering Tricky Questions

23 June 2023

9am – 12pm

Responding to Sexual Harassment

30 June 2023

9am – 12pm

[Booking link](#)

Upcoming Courses

Bid Writing

16 June 2023

9am – 12pm at the Education Centre

Safeguarding Forum

22 June 2023

9am–12pm via Zoom

Education Matters (Primary)

12 July 2023

1pm – 4pm at the Education Centre

Attendance Network

12 July 2023

3.30pm – 5pm at the Education Centre

School Information Session – Cost of Living Crisis: What can households do? (FREE)

29 November 2023, 30 January 2024

3.30pm – 4.30pm via Zoom or Teams

Early Years Workshops (Primary)

Run termly

Early Years ‘in-house’ Training Packages

Various

Bought by schools

[Training for school-based employees](#)

PDN

The next PDN is on Tuesday 20 June on

Zoom:

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