



Health and Wellbeing in Schools Project

Autumn/ Winter 2009 Newsletter

National Overview

Welcome to the Autumn/ Winter 2009 Newsletter. Each of the Demonstration Sites are progressing well. We are now testing new models of practice within each area; staff are working well as a team and are benefiting from each others professional practice. This is reflected in the new innovative approaches being developed within each Demonstration Site in tackling health inequalities within the school age population.

In September we held a seminar for health staff involved in the Project. This event evaluated well and staff had the opportunity to network with health professionals from other Demonstration Sites. Each Demonstration Site presented their proposed new models of practice within their area. We also had two guest speakers: Barbara O'Donnell, Director of Services from Alcohol Focus Scotland; and Jo MacLennan from Walk the Talk.

Barbara gave a very informative presentation on Alcohol Focus Scotland's resource packs available for children and young people. Not only do these resources for young children deal with the issue of alcohol abuse, they can also be used to cover a variety of issues, including raising childrens' self esteem by promoting positive mental health and wellbeing. Other resources include teaching packs for teenagers "Drinkwise 4 Young People" which targets the issue of binge drinking, attitudes and effects of alcohol and stimulates discussion around alcohol related issues. If you would like any information on the resources, you can access information on their website listed below.

<http://www.alcohol-focus-scotland.org.uk/>

Our other guest speaker, Jo MacLennan, gave an overview of how Walk the Talk as a national body can support health professionals in the development of youth friendly health services. They have a range of products and toolkits to help professionals tailor their practice towards being more youth friendly. Walk the Talk recently launched their new confidentiality posters and 'credit card' for young people, which promote reassurance to young people that they are entitled to confidential services

at any NHS outlet. You can access any of the above on their recently updated website listed below.

<http://www.walk-the-talk.org.uk>

On 6 October, Liz Gray and myself travelled to Birmingham to present the Project at the SAPHNA Conference. I had an interesting journey: I flew from Glasgow to Birmingham via Inverness - I bet not many people have done that before! The presentation went well, and what was reassuring was that school nursing down South are also looking at proposed new models of practice to build health care capacity in schools. They would be interested in the outcome of our evaluation.

On 7 October, Shona Robison, Minister for Public Health and Sport, visited the NHS Ayrshire and Arran Belmont School Cluster Demonstration Site, to officially launch the Health and Wellbeing in Schools Leaflet. The visit was very successful: Ms Robison participated in the demonstration of the clip pad system which was used as a way of consulting with a representative group of young people from the Belmont Cluster on the appropriateness of the leaflet. Needless to say everyone agreed that the leaflet was a good way of informing children and young people about the Project. Ms Robison thereafter spoke with the young people giving them the opportunity to ask her questions. The leaflet has now been distributed to all children and young people within each Demonstration Site. You can view the leaflet on our website at:

<http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/health-care/news/ProjectInformationLeaflet>

Finally, we propose to organise a National Conference in the Spring of next year. This would enable each Demonstration Site to share the learning outcomes of the new models of practice and to update everyone on the progress and future role out of the Project. It would also be an opportunity for you to show case best practice within your place of work. If you would like to present or produce a poster presentation of innovative practice within your area, that represents integrated working that has had a positive impact on the health and wellbeing of children and young people please phone, or email me to discuss.

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Demonstration Site Updates

Armadale

In West Lothian we have been interviewing and appointing our new team members. We now have two additional School Nurses, a Speech and Language Therapist, and have just appointed two family support workers.

In partnership with schools we have been looking very closely at how we can work together to support children and young people and their families, particularly in the transition stages.

Over the summer holidays, we were working with the families of children who started in Primary 1 in August. Working with local Health Visitors we visited and ran group work for parents of Nursery aged children on helping to support their children into education. Now the children have started school, the work continues on an individual basis in the home to discuss any difficulties experienced by the families, and to give support to help resolve them. We are also working with the staff involved in the nurture groups available in two of the Primary Schools to see how the team can enhance the health and wellbeing of the children in these groups.

Within the cluster Secondary School, Armadale Academy, we are putting into place a number of initiatives. The School has just moved into a beautiful new building, which has given us a 'new start' impetus to get things going. A health drop in for pupils is shortly to commence and the team will be involved with a pupil-led health fair next month.

A particularly exciting piece of work is being developed with our Speech and Language Therapist on how this element of the new team can be best used. In West Lothian, Speech and Language Therapy has traditionally been mainly involved with pre-school and primary aged children. We are presently exploring how this specialist input could be used to enhance communication skills and the emotional literacy of young people. We are also looking wider on how written and pictorial resources could be used to help encourage parents to communicate with their children as they move into and through school.

Once the team is fully up to strength, we look forward to an exciting winter in the Armadale cluster.

Helen Yewdall
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Armadale Cluster

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Belmont Cluster

Welcome again from the Health and Wellbeing Team based within Belmont Academy. The aim of our team is to identify new models of care that impact positively on the health and wellbeing of children and young people within the school setting. Ongoing consultation on how to take this forward continues with all stakeholders including educational staff; health professionals; children and young people; and their parents and carers.

We were delighted to be selected for the launch of the Health and Wellbeing leaflet on Wednesday 7 October. Shona Robison, Minister for Public Health and Sport, visited Belmont Academy to launch the leaflet which will be going out to all children and young people within the Belmont cluster schools. Pupils from Belmont and Craigpark/Southpark attended with the team and representatives from health and education.



A common theme emerging from all consultations were the concerns about the emotional health and wellbeing of children and young people. As a result of the findings from the consultations we continue to focus our attention on the key transition times affecting the children and young people i.e. Nursery to Primary 1 and Primary 7 to Secondary in improving the emotional wellbeing of children and young people at these key stages in their lives.

The team are continuing with Nursery to Primary 1 Transition Groups this term. The groups will be working with both parents and children in the Nursery School and are targeting the promotion and development of language skills, pre-literacy skills, narrative skills and emotional wellbeing with the parents and the children. The Group will help to develop children's language competencies and increase their confidence in language and communication. By involving the parents, the group will provide

them with strategies and ideas on how to increase the above skills in everyday situations at home. All nurseries attached to the Primaries will be involved throughout the academic year.

At the present time the team are also following up the S1 Pupils to ensure that their transition to Secondary School benefited from the input delivered in Primary 7. These sessions were around the emotional wellbeing of the young people and dealing with any concerns the young people had about moving on. Support will be offered to all year groups within Belmont throughout the year to support improving the emotional health and wellbeing of all children and young people.

A small group of children with communication and behavioural difficulties have been identified within Holmston Primary School and the team are providing targeted support to address these issues with a view to improving confidence and self esteem. The group proposes to support and help these young people to recognise and communicate their feelings in an appropriate manner. It is hoped that this can be rolled out to the other Primary Schools.

Our School Nurse, Donna Hillis, continues with her sexual health promotion input; beginning with puberty and growing up from Primary 6 up to S6 in Belmont Academy. The focus is on promoting respect and responsibility for others within relationships. She also continues with the holistic health drop-in within Belmont Academy.

The Primary Mental Health Worker (PMHW) continues with a Consultation Model with teachers and professionals, to discuss and support with children and young people they are identifying as having emotional difficulties or problems. All Primary Schools within the Belmont Cluster have signed up to this model. The PMHW will attend each Primary School on a monthly basis. A similar model is being used within the Secondary School following discussions with Senior Management Team and Guidance Staff.

School Nursing staff within Craigpark/Southpark have increased the health promotion input across all year groups allowing for reinforcement of all health information. The Team are also targeting individual young people with health and wellbeing issues within the campus, as well as the whole school approach. The targeted health promotion is taking up quite a lot of our time, and has a multi-agency approach with high level of input from parents. The Team are also focusing on young people in the official transition years of leaving school regarding access to services, and self esteem and confidence to deal with college life and transition to adult services. The Let's Get Eating programme has begun and it encourages children and young people to express their likes and dislikes regarding food and to support them and their families opt for healthier food choices. The Group will also support young people address the social skills and the social aspects of eating and food.

As a team we would be delighted to receive any feedback or correspondence from any stakeholders involved in the Project. Contact details are shown below.

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Clackmannanshire

The Project in Clackmannanshire is steadily moving into the implementation phase. Recruitment to the new Health Team is complete. The team is located in a well equipped new office within the recently opened Clackmannanshire Community Healthcare Centre. Since the Centre houses new facilities for a range of Children's Services the team has easy access to a wider group of health professionals for support and advice.

1.1 The Project Team

The new team comprises:

Project Lead	Part time	All year
Public Health Nurses for Schools (2)	Full time	All year
Staff Nurses for Schools (3)	Part time	Term time only
Health Care Assistant (Schools)	Part time	Term time only
Senior Speech and Language Therapist	Part time	
Inclusion Support Teacher	Part time	
Supervisory Assistant	Part time	
Primary Mental Health Worker	Full time	All year
Family Support Workers (3)	Part time	All year

Following a period of induction the new team has begun the process of clarifying roles and responsibilities and planning how learning and expertise can be shared.

Issues under discussion include:

- Setting priorities
- Consideration of a shared evidence base
- Inter agency information sharing
- Getting it right for every child
- Child Protection
- Engaging with children, young people and parents/carers
- Engaging with and responding to schools
- Developing pathways for referral
- Training needs
- Evaluation

The Project is taking place at the same time as a number of new initiatives are developing in Children's Services both locally and nationally. It is important that consideration is given to linking closely to these developments to ensure sustainability in the long term.

The Project programme

The information below highlights some recent developments within the Project.

Linking home and school – parenting support

The Project has funded three short courses for inter-agency groups delivered by Future Childcare training. The courses have addressed issues of parenting, management of children's behaviour, and techniques to build self-esteem and confidence in children and young people. Attendees have evaluated the training highly, appreciating not only the quality of the learning materials and facilitation but also the opportunity to network and learn about other local services. A further course, focusing on teenage behaviour, is planned for December and there is consideration of commissioning training specifically to support teaching staff.

Staff have begun to use the learning in 1:1 sessions with families and we are now starting to link staff across agencies to facilitate parenting support groups. The team is very aware of the need to engage appropriately with families, meeting expressed need and tailoring programmes to suit different groups of parents/carers. We will be evaluating this process, seeking feedback from both families and staff, and referring to the growing evidence base.

The new Family Support Workers will be central to the development of this part of the programme enabling the team to increase both 1:1 and group support for families.

1.2 Communication Strand –CLIP

The CLIP – Clacks Language Intervention Project is now up and running. We are a multi-disciplinary team, of an Inclusion Support Teacher, Speech and Language Therapist and Supervisory Assistant. We have started work in three of the local Primaries, with the aim of working with Schools and parents to develop new models of supporting the language skills of children as they transition from Nursery to the early years of Primary.

The kinds of things we have been doing to date are:

- consultation sessions with parents and with school staff
- baseline assessments of pupils
- working on a continuum of language skills from Nursery to P2 and matching resources which will support children at each stage along the continuum
- pulling together resource packs for whole class use
- designing a training programme.

In the near future, we will be:

- running groups in Schools
- working in Nurseries to support transition to school
- being trained as Elklan trainers
- delivering training

- developing links with community resources including the Library Service and Toy Library
- continuing to work with parents in providing support, advice and strategies to develop their child's language learning.

Language is vital for learning in school and for the world beyond school. By supporting children's language skills, we are supporting them to be 'healthy', to 'achieve', and to be 'included' (GIRFEC and Curriculum for Excellence).

1.3 Child Healthy Weight – Inter-act programme

Led by the NHS Forth Valley health promotion department and supported by the School Nursing Team an inter-act programme called Max in the Middle has been facilitated in three Primary Schools. A further three schools will follow in Spring 2010.

1.4 Improving access to health services –“Health Spot”

In response to a request from the Parent Council at Alloa Academy to provide smoking cessation support to students in school, an inter-agency group joined with members of the Project team, school staff, parents and pupils, has been formed to plan and develop a weekly lunchtime health session open to all students. Known as the 'Health Spot', the sessions opened in mid October providing a range of health information and easy access to staff from School Nursing, Community Learning and Development, Primary Mental Health services, Sexual Health services and Health Promotion.

The school has been very supportive in providing a well-positioned site and staff who are enthusiastic and actively involved. A Steering Group has been formed, comprising student representatives from each year group, support staff and parents/carers. A plan of themed activities for coming months has been developed.

Health Spot is new and is currently evaluating well, and as such the Team is keen to develop similar initiatives in both Lornshill and Alva Academies. Activity during the sessions is audited so that we can gather information on demand both for services and information. It links with the evening drop in session that the Team has developed in the Hillfoots, and the increased young people's sexual health service at the new Clackmannanshire Community Healthcare Centre.

We hope that this update gives a flavour of the Project programme in Clackmannanshire. It can only describe a few aspects of our ongoing work which includes both strengthening and improving the service we can offer to all children and young people, and their families.

Members of the Project team will be delighted to respond to suggestions and comments and can be contacted by email as listed below. Thank you for your interest.

Glynis Gordon, Project Lead - Glynis.Gordon@nhs.net
Hazel McKellar, Speech and Language Therapist - h.mckellar@nhs.net
Wendy Harrison, Inclusion Support Teacher - wharrison@edu.clacks.gov.uk

Moray CHSCP

I am delighted to report, in this second update from Moray CHSCP, that things have really moved on with regard the Project here in NHS Grampian. We have now recruited to all the posts and have in place 12 new team members! It has been a big team effort getting this far and we are all very excited as we now start delivering interventions both on a whole school approach, and in focused individual targeted sessions that we are testing new ways of working and delivering health care in schools.

Having used a Logic Model Approach for the Project here in Moray, we have taken this further by developing 3 further Logic Models around the agreed national Project evaluation objectives for; our School Nursing Team redesign; Therapy Transition Team and Healthy Minds initiative. This has been a useful exercise, and gives the teams focus and direction as well as opportunity to plan and review.

Five team members have commenced on the Robert Gordon University Diploma of Higher Education in Children and Young Peoples Health and Wellbeing and are all working very hard with Mentors supporting them in this work based distance learning program.

The launch of the Project Leaflet and Poster campaign saw much media interest in Grampian with Radio interviews on BBC Radio Scotland and Moray Firth Radio. The local press also covered the event and children from Eastend Primary School were photographed on the launch day with Moray literature.

So, with great thanks once again to all who have worked so hard to get us to this point, we look forward to reporting back next time on our further progress and how we continue to find ways to work smarter in delivering services around health and well being in schools.

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The next edition of the national Newsletter will issue in Spring 2010. In the meantime if you have any enquiries or article suggestions please don't hesitate to contact us at the e-mail address shown in the footer. We are always interested to hear your views and comments and would be pleased to respond to any enquiries