

Health Matters – July 07

1. Health and Wellbeing Alliance

New members are being added to the Alliance following the local elections. Meantime the work on the (Joint Health Improvement Plan) JHIP is continuing. The Lead Group which advises the Alliance is also self evaluating to think of how it might support the Alliance better.

2. Improving Health Group (aka Health Improvement Group)

This is a multi-agency group that makes sure what we do in Fife schools at operational level is coherent. The current membership of the group is

- David Meek, Headteacher, quality improvement david.meek@fife.gov.uk
- Anne Deas, Development Officer, Education Service anne.deas@fife.gov.uk
- Sandie Steele, Development Officer HPS, Education Service sandie.steele@fife.gov.uk
- Lorna Watson, Consultant in public health lwatson@nhs.net
- Diane McLeish, Public Health Practitioner, NHS diane.mcleish@nhs.net
- Anne Aberdein, Snr Health Promotion officer HPS, ICS anne.aberdein@fife.gov.uk
- Nancy Little, Head of Service – Speech and Language therapy, NHS Fife NancyLittle@fife-pct.scot.nhs.uk
- Belinda Morgan, DTWF CHP, NHS Belinda.morgan@nhs.net
- Emma Broadhurst, Fife Physical Activity Co-ordinator emma.broadhurst@fife.gov.uk
- Gordon Ratcliffe, Staff Care and Welfare Dev. Officer, Education Service Gordon.ratcliffe@fife.gov.uk
- Harry Black, Head of Health Promotions NHS Fife harry.black@nhs.net
- Shona Munro, Depute Principal Psychologist, Education Service shona.munro@fife.gov.uk

Please feel free to contact us at any point about any issue related to improving health. Minutes of the group's meetings will be posted on the *Health Promoting School's Website*.

Health Promoting Schools Accreditation Progress

So far we have 77 schools who have completed phase 1 and 33 accredited schools.

Well done!

3. Health promoting schools

Health Promoting Schools Newsletter, Issue 5 is now available. It has an interesting focus on staff health.

National Celebration

Such has been the success of this initiative that there is to be a celebration event. It is called the Health at the Heart of Learning Conference and it takes place in November. Fife will be represented by 16 delegates including the members of this group.

A date for your diary

'Making the Connections'

There will be three ½ day multi-agency awareness raising events held within the Community Health Partnership (CHP) localities between October & December 2007:

- 4th October 2007 Kirkcaldy & Levenmouth CHP Cluny Clays, Kirkcaldy
- 21st November 2007 Dunfermline & West Fife CHP The Vine Church, Dunfermline
- 5th December 2007 Glenrothes & North East Fife CHP Rothes Halls, Glenrothes

The purpose of these events will be to ensure frontline staff are aware of all key professionals and leads for Health Promoting Schools within their local areas.

Website www.healthpromotingschoolsfife.co.uk

The web-site is a key method for sharing good practice and updating news on Health Promoting Schools across Fife and nationally.

In order to keep the site relevant and dynamic we need to hear from you!!

Any examples of good practice, innovation or events happening in your area of work please e-mail a short synopsis to Anne.Aberdein@fife.gov.uk Senior Health Promotion Officer.

Headlice

This is an ever increasing problem in schools which causes many parents to complain about the effectiveness of the procedures we have in place. Be assured! These procedures comply with National guidance. Many schools take the opportunity in newsletters, at parents' nights, etc. to be proactive in raising awareness of the fact that it is the responsibility of the parents to ensure that regular wet-combing is carried out and, where a problem is found, to take the appropriate action. School nurses have been very pro-actively involved in speaking with both parents and pupils and also where a problem is found, liaising with individual parents to ensure that treatment is carried out.

It is common practice for schools to issue the Scottish Executive leaflet along with school produced information on the management of headlice to the parents of new intakes to the school but it would be useful to remind all parents by re-issuing information at the beginning of a session as part of any newsletter or mailshot already planned.

4. Mental health and well being

Emotional literacy can be described as “the ability to understand ourselves and other people, and in particular to be aware of, understand and use information about the emotional states of ourselves and others with competence. It includes the ability to understand, express and manage our own emotions, and respond to the emotions of others, in ways that are helpful to ourselves and others” (We are, K, 2004)

Congratulations to the Playfield Institute who, working with Barnardo’s and the University of Dundee, has launched a new toolkit for staff to help us support pupils with mental health problems. The toolkit was launched at a national conference earlier this month. There will be a formal Fife launch in October.

You can see how useful this resource is by going on line www.handsonscotland.co.uk

Sections
Anger/Aggression
Anxiety
Confidence/Self-esteem
Eating and Drinking
Habits/Obsessions
Life events
Overactivity/Inattention
Sadness and Fear
Self-harm
Sexual issues
Sleep
Toileting
Unusual behaviours
Techniques

If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen... Loretta Girzartis

Well?

The latest edition of Well? Magazine focuses on children and young people's mental well being. Articles include contributions by young people and a range of articles highlighting some of the work going on across Scotland. It's a good read and if you have not already received a copy they can be obtained from the National Programme for Mental Health and Well Being - email: well@scotland.gsi.gov.uk

Dementia Pack for Primary Schools

Dear Colleagues,

I am writing to you at the suggestion of Norma Wright, Programme Director, Learning and Teaching Scotland, to let you know that Alzheimer Scotland will shortly be producing a Teachers' Resource pack about dementia for use in Primary Schools.

The purpose of the pack is to provide teachers with information about dementia so that they can effectively teach lessons on the topic and will be available in hard copy and electronically. The content has been piloted informally in a number of schools in the Dumbarton area.

Rachel Guy, Fundraising and Public Relations Director
Alzheimer Scotland

Further Detail on HandsOnScotland Toolkit: A Practical Resource for Frontline Workers

The HandsOnScotland Toolkit has been developed by Playfield Institute, NHS Fife in partnership with Barnardo's and the University of Dundee, it is a resource for anybody working with children and young people. This website was commissioned by HeadsUpScotland, the National Project for children and young people's mental health, in response to recommendations from the SNAP (Scottish Needs Assessment Programme) report on Child and Adolescent Mental Health (2003). The SNAP report found that many frontline workers from all agencies feel they lack the practical skills and confidence to help children and young people who have troubling behaviour. This website is designed to help support frontline workers to make a difference to children and young people's lives, by giving them the tools to respond helpfully when they are troubled.

These children or young people may be waiting to see a mental health specialist or they may have already received specialist assessment, but need ongoing support from frontline workers. Alternatively, they may not need to see a specialist, but they need someone to help them through a difficult time in their lives. If help is given early enough on when a problem appears, it may not become a serious issue. So this website was developed to provide the information and tools to help frontline workers to offer help and support to children and young people in such situations.

We hope that this website will give frontline workers the information, tools and confidence to help understand, think about and act to help the children and young people they see who have troubling behaviours. We have consulted with frontline workers throughout the development of the website to ensure that the content is relevant and useful. We believe that this website is an ongoing, dynamic process and we welcome your feedback so that we can continue to improve the site. www.handsonscotland.co.uk

Playfield Institute Training: September – October Programme

Playfield Institute offers learning and development opportunities through conferences, courses, seminars, workshops and a lecture series on a wide range of topics which aim to empower the workforce to support the emotional health and wellbeing of children and young people.

September 2007

6 th	Introduction to Social Marketing: Tools and techniques to influence behavioural change in children and young people
10 th	In our own words (creative writing)
12 th	Health Issues in the Community: A community development approach to tackling emotional health and wellbeing issues affecting young people
12 th and 13 th	Introduction to Solution Focused Brief Therapy
12 th	Critical Appraisal
18 th	Introduction to music therapy: Building relationships through music and practical strategies
19 th	Research Basics
20 th	Sexuality Issues & Young People: All Clear – Valuing Equity & Diversity
21 st	Coping with stress: Practical strategies for young people
25 th	Tourettes – The tip of the iceberg: Lecture series (Twilight)

October 2007

3 rd	Use of pottery as a therapeutic tool
26 th	Coping with stress: Practical strategies for young people
30 th	National Conference Dealing with problematic behaviour (BLCC)

For more information contact MornaScriven@fife-pct.scot.nhs.uk

5. Physical Activity

Much has been happening in the physical activity world!

Firstly “Walk to School Week” was very successful. Many schools took part and the “60 minute” managed to walk his way across most of Fife that week. Well done to all who took part.

Active School co-coordinators have been piloting a survey about “how active our P5 classes are” The pilot was very useful and has helped to design a new user friendly questionnaire. It is anticipated that the questionnaire will be distributed next October and April.



Food4Fuel week takes place for Primary Schools in Fife the first week in October. If you would like your school to take part or would like further

information please see your active school co-ordinator. **Registration forms should be returned by July 6th.**

A national review of the *Secondary Active Schools Programme* has been undertaken by the Scottish Executive and Sport Scotland. The results and future funding of the programme will be known after the national spending review in October.

Community Services ran a photography competition for all schools in Fife. The aim of the competition was for young people to show the types of outside spaces they enjoy. The competition has been won by Ferryport Nursery. Dunnikeir p7A was second, third were Ballmerino pupils. The individual prizes went to Aidan Davidson from Townhill Primary and Emily Milne from Ferryport Nursery. All schools who took part will get a thank you prize for taking part and photos will be part of an exhibition at a local conference during September.

SALSUS 2006

67% of 13 year olds and 51% of 15 year olds did at least an hour of moderate physical activity on 5 or more days a week.

Health Scotland conference

Please find below a diary marker for a Health Scotland conference on the theme of 'Green Exercise; reconnecting people and outdoor places'. This conference is being organised jointly with the Forestry Commission Scotland.

The conference is targeted at those working in education, health, leisure and recreation, environment, planning and research and aims to promote the use of outdoor spaces to promote physical and mental well-being.

Green Exercise http://conventions.nss.scot.nhs.uk/eml_images/title.jpg

Living ForSport' (LFS) Awards 2007

Sky and the Youth Sport Trust are welcoming applications for the 'Living For Sport' (LFS) Awards 2007. These awards are designed to recognise the big difference schools involved in 'Living For Sport' are making to the lives of young people. 'Living For Sport' uses the spirit of adventure, creativity and commitment that sport can generate to inspire young people and help them to improve attitude and behaviour. 'Living For Sport' was launched on 16 September 2003 and has now reached more than 500 schools across England, Northern Ireland and Scotland.

Over £30,000 worth of prizes can be won in the three school award categories and the three young people award categories.

The three school categories are:

* LFS Sustainability Award * LFS Communications Award * LFS Partnership Award

The three young people categories are:

* LFS Young Achiever Award * LFS "Buddy" Award * LFS Team Player Award

To download an application pack for any of these awards, visit:
<http://www.youthsporttrust.org/page/news-story/lfs_awards/index.html>
http://www.youthsporttrust.org/page/news-story/lfs_awards/index.html

If your school is not already involved in Living For Sport but you would like to receive information about the initiative's next phase, email
<<mailto:info@youthsporttrust.org>> info@youthsporttrust.org.

6. Sexual Health



The Scottish Executive, through LTS has allocated the council £32,000 to develop Sex and Relationships Education (SRE) training for staff. The initial focus is likely to be on staff who already teach SRE and on offering twilight sessions for inductees and those who have a specific interest.

We will need a group to work on our Yellow policy documents for a week to make sure they reflect best practice nationally.

If you are interested on being on the group, please contact
David.Meek@fife.gov.uk

7. Drugs and alcohol in Fife

Please find attached the 2006 Fife SALSUS report which contains information on smoking, alcohol and drugs from 612 Fife secondary school pupils aged 13 or 15. The main findings are:

Smoking

6% of 13 year olds and 16% of 15 year olds were regular smokers compared to 8% and 20% in 2002.

14% of all girls were regular smokers compared to 9% of all boys.

Alcohol

18% of 13 year olds and 33% of 15 year olds had drunk alcohol in the last week compared to 22% and 48% in 2002.

30% of all girls and 22% of all boys had drunk alcohol in the last week.

Drugs

11% of 13 year olds and 29% of 15 year olds reported ever using one or more of the drugs listed compared to 12% and 37% in 2002.

18% of all girls and 22% of all boys reported ever using one or more of the drugs listed.

Information needed to help children of parents with alcohol problems

Thanks to all of the schools who gave us a return on this. A proposal is presently being considered.

Boozebusters

This highly successful drama which was piloted by Adam Smith students in West Fife will be extended to all schools this session.



8. Food in schools

- [New figures on school meals published](#)

The Scottish Executive has published a statistical publication notice on 'School Meals in Scotland 2007'. It provides the results of the latest annual survey of school meals.

- [European Commission launches 'EU MiniChefs'](#)

The European Commission and Euro-toques International, the European Chefs' association, today launched 'EU MiniChefs' - a website for children which aims to contribute to the fight against child obesity by encouraging healthy eating and cooking.

Our *Hungry for Success* action plan is continuing next year. More details later! Meantime check out our own website www.foodinschools.org.uk.

Obesity Strategy

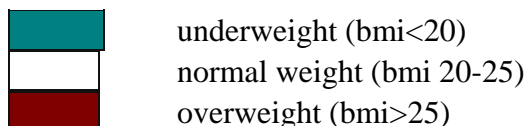
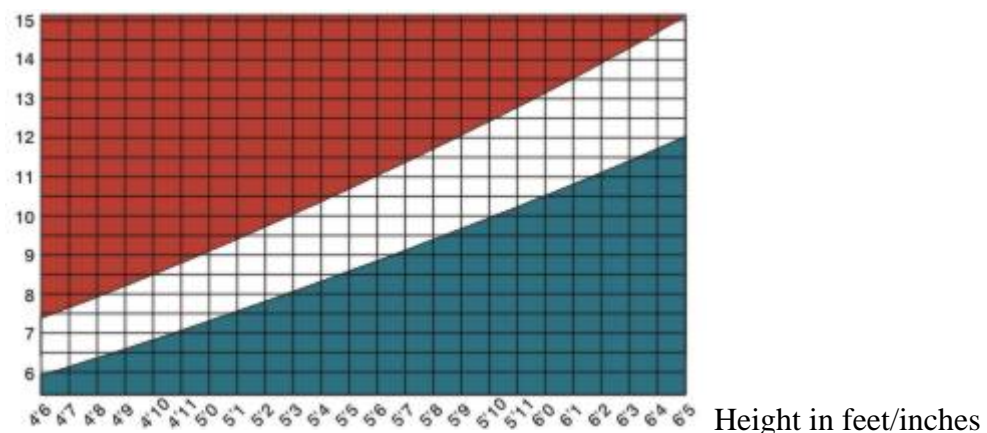
The Scottish Obesity Action Resource project “SOAR” has been operating for some time now. It was set up to create an accessible resource to help stimulate action across Scotland to improve the treatment and prevention of obesity. Information has drawn from all Council areas across Scotland and is aimed at all age groups.

Some of the outcomes of the pilot include –

- Concern that P7 pupils are not now seen by medical staff as a matter of course but this is balanced by the fact that where there is a concern about a pupil’s overall health they will be referred and appropriate support given.
- Raising awareness of obesity issues is patchy and therefore not effective.
- Importance of making links between Secondary PE and HE departments in addressing the problems of obesity

A website will be launched later this year which will provide more in-depth information and support.

How do you do? Weight in stones



9.Oral Health

A very successful planning meeting was held in the BLCC recently to work out how we can help protect children's teeth. Childsmile and the other toothbrushing initiatives are having a very positive effect. Thanks for your input!

Do you know to spit and not to rinse!!



NHS Scotland has commissioned a new web-based interactive teaching programme aimed at Primary children. This, once completed will be freely available – information on we address will be sent to schools once this project is completed.