

Health Matters - March 08

Health Promoting Schools

Accreditation Scheme

The majority of education establishments have now passed phase 1 of the scheme and many have overtaken phase 11 and are now fully accredited Health Promoting Schools. Please note all schools are expected to be fully accredited by March 31st 2008. Should you have any queries regarding the Accreditation process please contact a member of the HPS Team.



Integration and Partnership Working

Presentations to the multi-agency Local Children's Services Groups across Fife around the Health Promoting Schools Fife agenda and its links to the National and Local priorities are in the process of being delivered with the support of Integrated Community Schools Integration managers.

'Making the Connections' Events.

Partnership working is at the centre of the Fife model. In order to promote and develop this model the Health Promoting Schools Team and the Improving Health Teams within the Community Health Partnerships (CHP) have taken forward multi-agency awareness raising sessions within the three local areas. The aim of these sessions was to promote an understanding of services roles within HPS agenda.

The events have been very well received with individuals from a range of organisations recognising and making connection locally to take forward work as part of the HPS agenda. Reports on each event are to follow.

It is anticipated that similar events will be held over the course of the school year.

Health Promoting Schools Website

Information on the following can now be found on the HPS website:


Active Fife

Integrated Community Schools

It is anticipated that other service providers will take the opportunity to input to the website..

Please forward any examples of good practice, innovation or events happening in your area to Anne.Aberdein@fife.gov.uk Health Promoting Schools

The National Health Promoting Schools Website has information and resources to help schools take positive steps towards better health and well-being. Read the national framework document for health promoting schools in Scotland here.

 [PDF file: Being Well – Doing Well \(1033KB\)](#)

Health Promotion Network

Thanks to Wendy Halliday and her team for their enthusiasm and energy. Their work is now being incorporated into Learning and Teaching Scotland.

Study Visit

Congratulations to Anne Aberdein who has been selected by Health Scotland to visit Germany. She will return with even more good ideas!

Background to the study visit

A great deal of work in Scotland has been done to take health promoting school activity from the periphery of education processes and thinking to embedding it within the heart of educational policy and practice. Promoting health and wellbeing is now an integral aspect of Ambitious Excellent Schools, A Curriculum for Excellence and the Schools (Health Promotion and Nutrition) (Scotland) Act will enhance this commitment further.

While in certain respects Scotland is at the fore-front of health promoting school development it is recognised there is much still to do and a great deal to be learned from the experience of those leading the agenda from other countries. Particular areas of interest include leadership of health promoting school, support for its implementation, approaches to mainstreaming the agenda and assessing the impact of health promoting school, related work.

Like Scotland Germany is leading the way in Europe, developing health promoting schools within the context of good schools. The approach being taken is similar in that Germany is looking to embed hps development within education policy and practice, however focused initiatives, focusing for example on mental health and well being, are taking a new and innovative approach and have much to learn from.

Aims of the Study visit

To explore other approaches to forwarding the health promoting school approach within Europe/Germany

To identify innovative/effective practice from Europe/Germany

To share experience of planning, implementation and evaluation

To identify potential areas for collaboration

Areas of focus within the study visit:

National health and education policy perspectives

National/regional approaches to health promoting schools

Local/regional implementation of health promoting schools

Experiences of partnerships at a strategic/national and regional level

Engagement and participation of partners at a local level – parents, pupils and wider community

Integrated approaches to topic specific developments – food for health, physical activity, emotional health and well being

Current developments in research, evaluation and impact



Areas of specific learning for Strategic Partners, in addition could include:

Ways in which health promotion activity is inspected

Extent to which this work has been mainstreamed, yet retained a focus on priorities

Approaches to Continuing Professional Development in terms of health and well being

How capacity has been developed and retained within national and regional bodies

Food and Health

There is a new food and health action plan. An electronic copy has been attached to this document.

EU Plans for a School Fruit Scheme

The European Commission is considering bringing forward a proposal for an EU school fruit scheme in light of growing concerns over childhood obesity across the EU. We have been asked to circulate the public consultation document to relevant internal and external stakeholders for completion. It can be found on the Commission website at:
http://ec.europa.eu/agriculture/markets/fruitveg/sfs/public/index_en.htm

Resources that may be of help:

HEALTHY TUCK ENTERPRISE

Schools will be aware of Pupil workshops offered in the past by Harbour Training (through Kay Wood). There are two further developments now available to schools.

Healthy Tuck Enterprise Course (as offered in the past)

Toolkit £50 + p&p

This covers all the lesson plans from the Healthy Tuck Enterprise and gives lots of ideas for running a successful healthy tuck shop. Lesson plans include reading food labels, selling the sizzle, food presentation, SWOT analysis, handwashing experiment and financial information (income and expenditure, cost and profit)

Healthy Tuck Development £295

This is suitable for those schools who already have a healthy tuck shop in place but perhaps need some regeneration or help to run as a business.

The course consists of 2 visits (approx 2 hours each) to P6/7 class and along with helpful hints, good practice and a taster session will cover the following –

First visit

Introduction – Balance of good health

SWOT analysis

Selling the sizzle – advertising techniques

Food safety and hygiene – handwashing

Second visit

Reading food labels for sugar content

Effective pricing

Finance – income and expenditure

Food presentation



All courses/kits are available from Kay Wood, Harbour Training (see website <http://www.healthytuck.co.uk>) Telephone 01324 712106

Licensed Street Traders

A great deal of work is being done on a multiagency way in this area as you will see by the details given below.

PROPOSED NEXT STEPS	LEAD
Develop a Fife Council Food Policy and reference this within street traders conditions	PODS/Food & Health Group/Law & Admin.
Identify a local area to pilot options for influencing young peoples behaviour (around healthy choices, litter etc) Suggest initially to target Queen Anne High School and Dunfermline High?	Group
Enhance existing baseline information through questionnaires to pupils and talking to young people at vans etc	Educ Service /Community Services?
Gather information from retailers on use by pupils/deals offered etc.	Environ. Services/ Catering
Ensure that Health Promoting Schools work is focusing on healthy eating	Health Promoting Schools Co-ord. /schools
Building on current work which encourages young people to stay in schools at lunchtime i.e. clubs and activities.	Schools
Explore options for increasing restrictions on pupils leaving school at lunchtime/shortening lunchtime break/ staggering school lunchtime.	Education Service SMT
Target Environmental Wardens in key areas at lunchtimes	Env. Services
Build on local relationships with retailers to develop work around providing healthier choices to young people at lunchtime.	Schools/Food &Health Group/Env Services

Body Fuel Vans recognised as a national success

The case study on Body Fuel Vans is now live on the School Food Trust website.

Here is the link

www.schoolfoodtrust.org.uk/casestudies/bodyfuelvans

It makes a very innovative addition to the case study section of the website.



Free School Meals Pilot

Given below is the committee paper that went to the Education & Children's Services Committee on 28 February 2008

School Meals, Primary 1, Primary 2 and Primary 3 pupil

1.0 Introduction

1.1 Committee will recall that Fife Council is participating in the Free School Meals pilot for Primary 1, 2 and 3 pupils running from October 2007 to March 2008. Committee will also be aware that the Scottish Government has extended the current pilot to the end of the current school year. The purpose of this report is to with an update on the progress of the pilot.

2.0 Background

2.1 Fife Council is one of five authorities across Scotland participating in the pilot and the pilot is being managed jointly by Catering Services and Education Services. As part of this arrangement regular meetings have been held to review the on-going implementation of the pilot and to review any issues that have arisen as a result.

2.2 To date the pilot is running well with an overall participation rate of just under 70% in P1 to P3 ranging from 42% to 95% across our schools and appendix 1 to this report provides detailed participation rates in each of our Primary Schools. Prior to the pilot the average uptake was 46%

2.3 In addition costs are remaining within budget provision. Budget provision is assumed on an overall uptake of 85% and although we are running below that efforts will continue to increase the 70% uptake.

3.0 Next Steps

3.1 We will continue to promote the scheme in an attempt to increase participation rates and in this regard the following actions have been taken:

Second round of radio and newspaper adverts ran during February 2008;

A letter has been issued to all parents advising them that the pilot has been extended and requesting them to encourage their children to participate;

We will be sending text messages to parents reminding them of the pilot and the extended trial period; and Business Managers are working with schools to encourage further uptake in individual establishments.

3.2 The pilot has been running well with only minor issues coming up which have been resolved through the joint meetings between Catering & Cleaning Services and Education Services.

3.3 As well as the quantitative evaluation a qualitative evaluation will be carried out by consultants employed by the Scottish Government. In this regard two schools in Fife will be assessed - Cardenden Primary School and Markinch

Primary School. In addition questionnaires are being issued to Denend, Colinsburgh, Camdean and Tayport Primary Schools.

4.0 Recommendations

Education & Children's Service Committee is asked to note the continued implementation of this pilot and request a final report at the end of the pilot period.

List of background papers

1. Report to Education & Children's Services Committee – 21st August 2007
2. Minutes of Free School Meals Trial Project Board



Mental Health

SEE ME ONLINE TOOLKIT

BACKGROUND & TOPIC HEADINGS

INTRODUCTION

The “see me” on line toolkit is being designed to support individuals, organisations and planning partnerships across Scotland to plan, deliver and evaluate effective local anti-stigma and anti-discrimination activities. We aim to do this by providing access to an easy to use, up to date, flexible and practical resource, which provides many tools for local action in challenging stigma and discrimination around mental health problems. We hope that you find it helpful.

Challenging stigma is everyone’s business and we hope the toolkit assist us all to collectively achieve our goals. The toolkit has been designed to:

- Providing a framework for the planning, delivery and evaluation of local activity, both short-term and long-term.
- Increase local anti-stigma activity by providing easy to use resources, which make it easier for local contacts to get involved.
- Increase see me campaign impact, by building local capacity.
- Ensure the see me principles of engagement are adhered to, and brand image protected during local work.
- Encourage effective joint action through national and local links.

CAMHS (Child and Adolescent Mental Health Service)

Thanks to all who have contributed to the development plan for this area of work. A final plan is being worked on and will be available soon. Please read this plan because it contains some very useful information.

Improving Mental Health for Children & Young People Monthly Bulletin

This is the SDC’s Children and Young Adults Programme’s Monthly Bulletin on the topic of mental health improvement for children and young people. The Bulletin includes journal articles; Government reports and other publications; News items and information about upcoming events and training opportunities. It is available on the web.

Here are some issues tackled in the current issue

Mental Health in Scotland: Closing the Gaps - Making a Difference: Commitment 13
Scottish Government publication of advice and guidance about care and support for people with co-occurring substance misuse and mental health problems. The publication includes a chapter on Children and Young People. To read the chapter, visit: <http://www.scotland.gov.uk/Publications/2007/12/10141643/10>

Improving school attendance

Early intervention in a child's life could be a key factor in improving school attendance, according to Minister for Schools

and Skills Maureen Watt. The latest attendance and absence statistics revealed that absence rates were greater among pupils from deprived areas; with additional support needs and those looked after by the local authority. A new guidance - Included, Engaged and Involved - supports schools and authorities to build on early intervention, to keep pupils included, engaged and involved in school throughout their school career. For more information, visit: <http://www.scotland.gov.uk/News/Releases/2007/12/12095809>



justlikeme.org.uk



Alcohol and Drugs

Social Work Support

Please read the enclosed message from the head of social work. We are still not quite sure how this will affect schools. Please make your views known and keep us informed. Contact Sandie.Steele@fife.gov.uk

Fife Council Social Work Service Information Bulletin.

Youth Drugs Team: Realignment of resources

7th March 2008.

Colleagues:

As part of the overall redesign and restructuring of the Social Work Service discussions have been ongoing within the Children & Families and the Criminal Justice Service with regard to strengthening front line services and specifically improving our response to the Scottish Government's Hidden Harm Agenda. The current deployment of resources within the Youth Drugs Team has to date concentrated these resources on a preventative strategy to assist young people to address developing substance misuse problems in their life.

It has been agreed that these resources require to be realigned in order to create a more effective contribution to the impact of parental substance misuse and its contribution to the existence of Child Protection issues in our communities.

There is no intention to deprive any of the current staff members from continued employment within the Council at a similar level. Indeed it is anticipated that all staff members will be fully consulted on the choices for redeployment within the Service that will take cognisance of their skills and continue to allow them to practice within the field of substance misuse.

We acknowledge that there may as a result of these changes be some concern around the future management of and response to juvenile substance misuse issues. It is our view that there is sufficient scope within strengthened front line services and the remaining specialist responses available via the joint Police, Social Work and Anti Social Behaviour co location meetings to respond appropriately to behaviour or offending prompted by substance misuse.

If you have any comments or concerns about this proposed course of action please address these to Alistair Gaw the Senior Manager responsible for Children and families services or Jim Burke Service Manager. Their voip telephone numbers are 441250 and 470442 respectively.

Review of police and DELTA input to schools

A great deal is being done to tackle the problem of drugs and alcohol.

- Fife police have initiated a multi agency consultation on the issue that will involve everyone – not least young people.
- Work has been taking place to rearrange the in school delivery of Boozebusters with the work of DELTA and the police so that there is a coherent programme across all schools. If you have not replied to the letter asking you to choose times. Please do so!

Additional Alcohol Misuse Support Materials

Computer game tackles teenage alcohol misuse

First year pupils at Paisley Grammar School and St Andrews Academy have teamed up to create a computer game and song based on the dangers of drinking. The young people involved came up with the concept and features of the ThinknDrinkn game as well as writing and recording a song to go with it.

The educational game will be used in personal and social education (PSE) lessons in all of Renfrewshire's schools. It will also go on Glow, the national schools intranet, and can be used on mobile phones.

www.LTScotland.org.uk/news/2008/educational/march/news_tcm4475187.asp

Smoking Cessation - National No Smoking Day

Although the day is past, there is still some good information available and this could be your day! www.nosmokingday.org.uk

EU HELP campaign offers free teaching kits

In a bid to help teachers educate their pupils against the effects of smoking and passive smoking, the EU HELP campaign has produced a teaching kit that can be ordered free of charge from the HELP website. HELP: For a Life Without Tobacco is an initiative of the European Union.

The kit, aimed at 12-18-year-olds, contains an awareness-raising quiz about Europe and tobacco as well as promotional items such as bracelets, pens, lanyards and posters.

www.ltscotland.org.uk/news/2008/educational/march/news_tcm4473499.asp

For a life without tobacco

Pour une vie sans tabac

Für ein rauchsfreies leben

Dla życia bez tytoniu

Oral Health

Childsmile Plus had its launch in Methilhill Primary School. It has been very successful although there are slight problem in seeking permission from parents.

Physical Activity

Watch out for the launch of the new strategic plan....
'Let's Make Fife More Active!'



A STRATEGIC FRAMEWORK FOR PHYSICAL ACTIVITY IN FIFE
Produced by Fife's Physical Activity Strategy Group

Sex and Relationships Education

Pilot Programme

Permission has been given to carry forward the money from LTS and to add it to other funding from Health Scotland. The result of this is that we have been able to commission Hilary Dickson, the writer of the SHARE programme, to customise the materials for use in Fife schools. We hope to run a pilot, probably in the Bell Baxter cluster during May.

Survey

Thanks to all schools who took part in the survey: you will already have seen the results on FISH.

living+learning for health

8th May 2008 Carnegie Conference Centre, Dunfermline

PUBLIC HEALTH CONFERENCE IN FIFE

Free
One day
Multi-Agency
Conference