



Journey To Health

School Travel

Congratulations to **Miltimber, Dyce & Kingswells Schools** and **Hazlehead Academy** who have all completed their school travel plans. All schools are required to produce and maintain a plan - if you would like to know more then contact your school travel plan co-ordinator.

20mph around schools - 2005/2006

Aberdeen City Council were awarded a grant of over £1million by the Scottish Executive for the implementation of 20mph initiatives around schools. A three year programme is now underway and the council is poised to implement this year's programme of works.

1. Part-time mandatory zones with 20mph speed limits and flashing lights will be extended to a further 15 schools in addition to the 28 which already exist. These lights are operational only on school days at times when children are going to or from school. They aim to improve child safety while minimising delays and disruption to traffic.
2. Following widespread public support for speed reduction measures around schools, the council intend to introduce a further 9 advisory 20mph zones in addition to the 35 existing 20's Plenty zones around the city.
3. 20mph mandatory zones and traffic calming in the form of speed cushions will be installed adjacent to 9 schools where it is necessary to slow traffic to the speed limit. This is in addition to the existing 17 20mph mandatory zones which have successfully reduced traffic accidents.

At 40mph 9 out of 10 pedestrians struck by a car are killed. Fatalities are reduced to 1 out of 10 when the car is travelling at 20mph.

Tips for a Successful Walk to School Week

- Do a travel survey with pupils and parents to establish travel behaviour
- Contact a school overseas and swap stories about the school journey
- Set up a walking bus or 'park & stride scheme'
- Walk to school in fancy dress or international dress
- Calculate the distance that pupils cover during the week and see if you can walk the length of the Nile or Lands End to John O'Groats
- Complete a 'walkability checklist' to see how walking friendly journeys to school are
- Use the event to link to the curriculum and explore issues of health, safety, environment and the community
- Most importantlyhave fun!



The school travel plan co-ordinator has a range of activities and resources that can help create a successful Walk to School Week event.

The following can be provided to support your walk to school week activities: competition prizes, a quiz & word-search, walkability checklists, pedometers, certificates & stickers, maps, surveys and lesson plans. Contact Dawn for more details.

Hello and welcome to issue 2 of the 'Journey To Health' bulletin. We had good feedback from you after the first issue and hope that we continue to keep you informed. We want to hear from you as well, so if you have any good news 'health' stories that you would like to share with others across the city then let us know and they can be included in future bulletins.

A couple of important events are happening over the next month or so:

Walk to School Week is happening again, see below for details.

Health Education Co-ordinator's meetings are also taking place in September and October. Information about these are over the page.

Our contact details are:

joanne.adamson2@nhs.net elaine.mcconnachie@nhs.net and dhaggarty@aberdeencity.gov.uk

Walk to School

Walk to School Week is an exciting campaign that asks parents, pupils and teachers to incorporate regular physical activity into their daily lives by walking to and from school.

The last event was a great success thanks to the 30 schools who took part. Don't worry if you missed out on all the fun in May, the next event will be taking place from **Monday 3rd to Friday 7th October 2005**. This time it's a global event! In 2004, approximately **3 million people from 36 countries all walked to school!**

The event is an excellent opportunity to highlight the health and environmental benefits of walking. Why not see what difference taking part can make at your school gates!

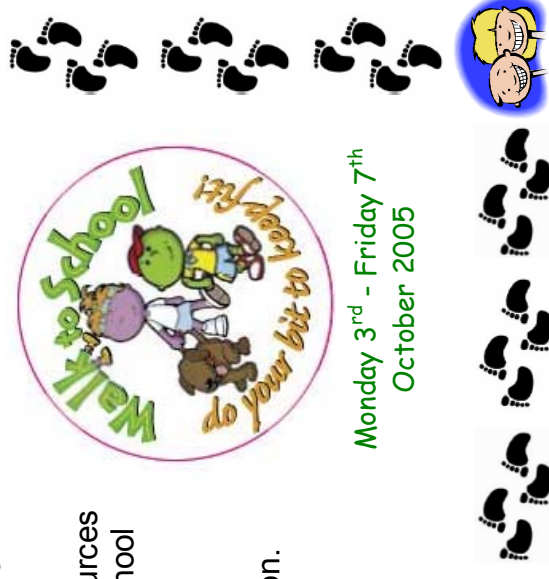
Schools will shortly be invited to take part and order free resources to support the event. See the back page for great Walk to School Week ideas or visit www.walktoschool.org.uk or www.iwalktoschool.org

Contact the school travel plan co-ordinator for more information.
Telephone 01224 814865

or e-mail dhaggarty@aberdeencity.gov.uk



NHS
Grampian



Monday 3rd - Friday 7th
October 2005





Health Promoting Schools



As a result of the recent audit of Health Promoting Schools activity throughout the City a draft action plan was developed. The action plan accompanied a paper which was presented to the Learning and Leisure Committee at the end of August. The paper recommended the continual support of the Health Promoting School initiative and the endorsement of the proposed action plan. We are pleased to say the recommendations were accepted and the paper was passed.

Health Education Co-ordinator Meetings - As this bulletin was going to print three twilight sessions for Health Education Co-ordinators (HECs) were about to be held. It was hoped these meetings will provide an update on Health Promoting Schools and agree on future meetings for HECs. Look out for further details in the next edition.

Accreditation - As we advised in the previous bulletin The Scottish Executive has recently completed a consultation for a national framework for an accreditation scheme for Health Promoting Schools. As a result the final framework is due for publication at the end of autumn. In the meantime we have been busy writing a local accreditation scheme in conjunction with colleagues across Grampian. This is nearing completion and will be due out for consultation in the near future.

Mental Health and Stigma Briefing Session - A twilight session to raise awareness about the 'see me' campaign and general issues around stigma and mental health was held recently. The response was excellent with over 40 teaching staff and school nurses attending the event in Summerhill.

Health Information Resources Service

New online catalogue and ordering services

The Resources team are based at Summerfield House. They offer health information and materials to professionals and the general public throughout Grampian who are working to promote health and healthy lifestyles or are interested in their own health. They stock a large variety of leaflets and posters, videos, cassettes, activity materials, laminated charts and other resources, which are available to borrow.

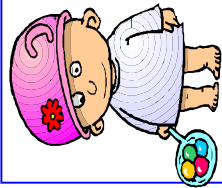
www.nhsgrampian.org/inforesources

HOOKED!

A drug education musical resource for upper primary children, presenting the facts in a fun flexible fashion is available **FREE** of charge to all primaries in Scotland.

For your copy contact: Live Wire Productions, 35 Regent's Quay, Aberdeen.
Tel: 01224 592778

email: info@livewireproductions.org.uk



First Aid for Under 5's

Child safety is a key concern for all of us. In Aberdeen City the rates for emergency admissions to hospital as a result of a childhood accident are much higher than the rest of Scotland and children under the age of 5 are most at risk.

To tackle this, a multi-agency group developed a course to

raise awareness amongst parents and carers of how to prevent unintentional injuries and what immediate action to take in the event of an injury occurring. Each course lasts approximately 6 hours (3 x 2hr sessions).

The course is delivered by any one who has undertaken a train the trainer's course which consists of 1.5 days training and focuses on First Aid, Home Safety and resuscitation. Our trainers include: family centre

workers, health visitors, community workers, community health workers, childminders, nursery staff and other professionals who work directly with children under the age of 5 or their parents or carers.

If you would like to become a First Aid for the Under 5's trainer or would like to receive more information please contact Fiona Murray, Health Improvement Officer, tel 555377.

HERE TO HELP AWARDS

British Gas and Save the Children have announced their first round of the 'Here to Help Awards', offering funding opportunities of up to **£1,000** for projects wanting to address community safety, play and leisure or the environment in their community. The awards are designed to give children and young people in Great Britain much more of a say in changing their communities. All applications must be in by Friday 7 October 2005. For more information go to www.helpyourselves.org.uk

FUNDING

F HUNGRY FOR SUCCESS BIDS
In line with recommendations to develop incentives to improve uptake of school lunches Aberdeen city has allocated funding for secondary schools to enable them to improve their dining areas. Creating a safe and enjoyable atmosphere within dining areas helps to increase uptake and promote healthy eating. Secondary schools have been allocated up to **£5,000** each and applications are invited by the end of September. For further information contact David Leng Tel 814536 or Elaine McConnachie Tel 555482.

Scottish Executive Announcement

A ban on fizzy drinks in schools is just one of the proposals announced by First Minister Jack McConnell as he set out the Scottish Executive's legislative plans for the next 19 months in a statement to the Scottish Parliament. The Executive is proposing a Health Promotion, Nutrition and Schools Bill that will provide powers to ban products like fizzy drinks. The First Minister also announced more than £70 million funding for Hungry for Success over the next three years. For fuller details go to www.scotland.gov.uk/News/Releases/2005/09/06103958

Free School Meals

A bill to extend free school meals provision across Scotland is currently out for consultation. The bill extends the entitlement of free school meals to all children in state primary schools. If you would like to participate in this consultation please visit www.cpag.org.uk/scotland or www.g04learning.org



Scotland's Health at Work was launched in 1996 to support Scotland's businesses and promote health in the workplace setting. Local advisors are on hand to give free advice and guidance on topical workplace issues such as healthy eating, smoking, fitness, mental health and other health issues.

The initiative rewards employers who demonstrate commitment to improving the health and ultimately the performance of their workforce by awarding them Bronze, Silver and Gold Awards. For each level there is a set of core and

additional criteria. Workplaces must fulfil all of the core criteria and select one or more of the additional criteria to achieve an award; for example core criteria for the Bronze award includes providing information on relevant health

issues on a regular basis and establishing a health promotion working group. Additional criteria gives workplaces the flexibility to choose topics which will most interest their staff, such as promoting physical activity, providing healthy food choices/facilities in the workplace or alcohol awareness.

Currently in the city, **Hazlehead Academy** and **St Machar Academy** have gained their bronze awards. Smithfield Primary, Bankhead Academy, Aberdeen Grammar, Kincorth Academy and Oakbank School have registered with the scheme.

If you would like to receive a free information pack including a CD Rom with practical examples or meet with a local advisor, please call Pauline Mackinnon on 01224 558501 or contact pauline.mackinnon@health-promotions.com

Some events to look out for in the coming months



October
7 October 2005 [Jeans for Genes Day](#)
3 - 7 October 2005 [National Autumn Walk To School Week](#)
5 October 2005 [World Teachers' Day](#)
10 October 2005 [World Mental Health Day](#)
31 October 2005 [Bug Busting Day: Head Lice Beware!](#)

November
2 November 2005 [National Stress Awareness Day](#)
25 November 2004 [International Day for the Elimination of Violence against Women](#)
7 - 13 November 2005 [Road Safety Week 2005](#)

December
1 December [World AIDS Day](#)
3 December 2005 [International Day of Disabled Persons](#)
1 - 31 December 2005 [Children's Cancer Month](#)

PS There is an excellent website which lists many national and international campaigns on e.g. health, environment, food and the arts. The address is www.countmeincalendar.info

