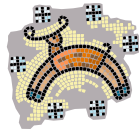


# Journey To Health

This is the third Bulletin we have produced this year and we are delighted by the feedback we have received from readers. We are inundated with articles and are having to make some difficult editorial decisions! However, keep the articles coming as we will endeavour to include them when we can.



Best wishes for the festive season



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## Health Promoting Schools



**New Lead for HPS** - You will probably be aware that David Leng has been seconded to Head of Service within Learning & Leisure. As a result David has unfortunately had to relinquish the lead for HPS in the City. We would like to thank David for his valuable contribution over the last year, under his steer significant progress has been achieved within HPS and we wish him well in his new post. We are pleased to say Jan Roy, Education Officer has now taken on the lead for HPS within the City.

**Accreditation** - Following on from our update in the previous bulletin the Grampian Health Promoting School accreditation scheme has now been finalised and has been sent out for consultation in Aberdeen City. It has been sent to head teachers, HPS co-ordinators and key personnel in health and education and will run until 20<sup>th</sup> January 2006. It has been developed in line with national guidance from The Scottish Executive. As a result of the final guidance received from the Executive and feedback from the local consultation it is hoped that an accreditation scheme will be launched in the new year. Please take this opportunity to let us know your thoughts on the proposed scheme. If you haven't seen a copy and would like one to be sent to you please contact Elaine or Joanne (contact details above).

**HPS Co-ordinator Meetings** - A series of twilight sessions were held for HPS Co-ordinators last term to provide an update on HPS and ascertain support required from schools. Feedback from the meetings is being compiled and will be sent out in the near future. This will include plans for future meetings and support, particularly around accreditation.

**Enterprising HPS Training** - A half day training session was held to bring together the various initiatives linked to health including Enterprise, School Travel, Hungry for Success, Active Schools and HPS with the aim of showing how these initiatives can be met through the same activities. The evaluation was positive and as a result it is hoped to hold similar events in the near future. Copies of the presentations are available, please contact us.

There is no particular funding stream to highlight in this issue, but for a really comprehensive list of sources of funding available to support projects in school visit the Scottish Health Promoting Schools website,  
<http://www.healthpromotingschools.co.uk/practitioners/makingithappen/sourcesoffunding.asp>.

### Food in Focus Funding

Earlier this year we invited applications from schools to access our "Food in Focus" funding which aims to support food initiatives in the city. We were overwhelmed by the positive response, with 32 applications, and as a result it was necessary to apply strict funding criteria was applied. 19 projects were successful in receiving funding - 6 of which were schools. The successful schools projects included a wide range of ideas from providing food and equipment to different fruit and breakfast schemes.

The high standard of these applications was reflected not only by the time and effort applied but also the schools' ethos around food and health. So well done and congratulations to the successful schools.

If this has given you some food for thought, further funding will be available next year, watch this space for further information.

Jenny Coutts, Public Health Dietitian

### Food Safety Poster Competition

**foodlink**

are holding their 5<sup>th</sup> annual food safety poster competition for schools, this is an excellent opportunity to:

- raise awareness of good food safety
- take part in a high profile national initiative
- win a cash prize for the school



There are three age categories; 7 years and under, 8 -11 & 12 years and over. The topic is very relevant and could complement curriculum work. The deadline for applications is 28 April 2006, for further details please visit [www.foodlink.org.uk/poster.asp](http://www.foodlink.org.uk/poster.asp)

### Update from the School Health Team

The School Health Team is composed of:

- **School Nurses** - their role involves the delivery of the Core programme, (Hall 4) health improvement (in its widest sense) and health protection to enable children, young people and their families to increase control over and improve their health. For more details please refer to "The Grampian School Nurse Service in the 21<sup>st</sup> Century" and "Putting Children and Young People in the Picture" available on [www.nhsgrampian.org](http://www.nhsgrampian.org)
- **Consultants & Career Grade Paediatricians** - who have specific experience in Developmental, Social and Educational Paediatrics.

Both school nurses and career grade doctors are regularly available for consultation. Services are constantly reviewed and changed according to need and evidence based practice. The team has strong links to primary and secondary care e.g. Hospital Consultants, Specialist Nurses, GPs, Health Visitors, and Professions Allied to Medicine and works across education, social work and the voluntary sector.

The aim of the Combined Child Health Service is to help children be as healthy as possible so they can gain the most from their education. The provision of a **School Health Service** is a statutory requirement (Education Act 1996). For further information contact **Elaine Allan, Lead Nurse - School Nursing** [elaine.allan2@nhs.net](mailto:elaine.allan2@nhs.net) or **Nikki Balch, Career Grade Paediatrician** [nikki.balch@nhs.net](mailto:nikki.balch@nhs.net)

### Date for your Diary - 2006 Choices for Life Event

Dates have now been set for the **2006 Choices for Life event**. It will take place on Monday 5<sup>th</sup> & Tuesday 6<sup>th</sup> June. Choices for Life is a two hour themed show, specifically for P7 pupils, focusing on the difficult choices they may face, in relation to drugs, alcohol and tobacco, when moving from primary to secondary. The show uses current bands, a local choir and youth play, to help equip young people in making the right choices. In 2005 over 36,000 children and their teachers from around Scotland saw the event and the feedback was very positive. Further details will be sent to schools in the new year.



# School Travel

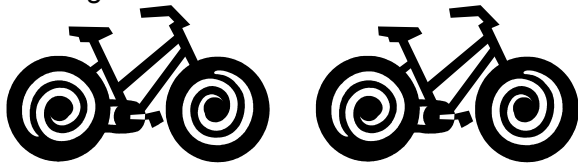


Well done to **Milltimber, Dyce, Cults and Kingswells** Primary Schools and to **Hazlehead, Oldmachar** and **St Machar** Academies who have completed their plans and have Safer Routes to School projects underway.

If you would like information on school travel plans or any of the features in this section, please contact your school travel plan co-ordinator, Dawn Haggarty by e-mail on [dhaggarty@aberdeencity.gov.uk](mailto:dhaggarty@aberdeencity.gov.uk) or call 814685.

## Cycling Provision

Road Safety, Safer Routes to School and Aberdeen Cycle Forum are joining forces to establish the level of cycle training and facilities in schools. A survey is shortly to be issued to assess the level of training and facilities available. Your assistance with this survey is greatly appreciated as it may help identify priorities and requirements for cycle training and facilities.



## Stepchange Training

Three schools, one from each neighbourhood, recently took part in classroom workshops devised by Stepchange on the theme of sustainable travel.

Stepchange hope to provide access to the materials & resources required for the workshops so that they can be run in other schools. Hazlehead, Kingswells and Skene Square hosted the first 'Travel Tracking' and 'Walk to School' workshops for P5 to P7 pupils.

Thank you for you co-operation and I hope you found the workshops useful and enjoyable.



## Sustrans Recognise 'Best Practice' at Oldmachar Academy

**Oldmachar Academy** have received national recognition for their work in the Safer Routes to School initiative from Sustrans - a sustainable transport charity which works on projects to encourage people to walk, cycle and use public transport for health, safety and environmental reasons.

The school has successfully linked the promotion of walking and cycling to their Eco Schools programme and have a comprehensive range of measures to promote walking and cycling at the school. Their work in this area also secured a successful grant application from NESTRANS for a cycle cage. Details of the case study can be viewed at <http://www.saferoutestoschools.org.uk/index.php?p=cs60>

For more information on NESTRANS, Oldmachar Academy's travel plan or Safer Routes to School projects please contact your school travel plan co-ordinator. (Contact details above).

18 primary schools participated in **International Walk to School Week** - a campaign that asks parents & pupils to incorporate regular physical activity into their journey to and from school.



At **St Peter's RC School** pupils made the effort to walk all or part of the way to school. They organised two walking buses from different parts of their catchment zone. Pupils also formed a heart in the playground based on the theme 'It's good for your heart'. They did this on National Poetry Day and had poems displayed around the playground for walkers to read - many of which were about the things we see as we walk to school.



It's good for your heart!

Another school that set up a Walking Bus was Ashley Road School. The bus was launched during Walk to School Week but has been so successful it's kept going. At last count there were 34 'passengers' on board!

Finally, schools that ordered resources for the event were entered into a prize draw and a winner was chosen at random. Congratulations to **Middleton Park School** who won vouchers for a local bicycle shop.

## Hungry for Success Update



David Leng has also had to give up the lead for HFS, however we are pleased to say Liz Godge, Education Officer has now taken on this role. Progress continues with implementing the HFS recommendations, with the focus primarily on secondary schools to meet the 2006 target. Recent actions include:

- In secondary schools - pilot of Swapits (reward scheme in conjunction with healthy eating points) in 3 schools, withdrawal of confectionery and fizzy drinks during the lunch period, removal of chips at least one day a week, removal of butteries, pies and sausage rolls and oily fish available at least once a week and bread available daily.
- Monitoring of primary school menus using the national nutritional analysis software (Nutmeg).
- The development of a draft 'Whole-School Food policy', which will be sent out for consultation in the near future.

## Active Schools Update

There are now four Active Schools Co-ordinators (primary) in post working in the St Machar, Northfield, Grammar, and Kincorth and Torry ASGs to assist with achieving national physical activity targets by 2020



Active Schools aim to offer school-aged children the motivation and opportunities to adopt active, healthy lifestyles now and into adulthood. The co-ordinators will be looking to support and enhance current programmes of physical activity before, during and after school as well as in local communities. There will also be moves to establish links between primary schools and local community groups. If you are involved with a community group or sports club that operates within the areas covered or if you would like more information please get in touch so we can involve you in this exciting new initiative.

**Contact Details** - Michelle White (St Machar) – 346267, Rebecca Davidson (Grammar) – 346301, Mark Pain (Kincorth & Torry) – 346145, Wendy Carrick (Northfield) – 346450, e-mail [activeschools@aberdeencity.gov.uk](mailto:activeschools@aberdeencity.gov.uk)



Developed with young people in Grampian, **Think B4U Drink** is a fantastic new alcohol learning game. Based on a board game, Think B4U Drink is a complete alcohol learning resource for 13-16 year olds. Visit the website for more information: [www.tb4ud.co.uk](http://www.tb4ud.co.uk)



## Some events to look out for in the coming months

### December

1 December  
3 December  
1 - 31 December

World AIDS Day  
International Day of Disabled Persons  
Children's Cancer Month

### January

27 January  
29 January  
31 January

The Big Hush  
National Potato Day  
Bug Busting Day: Head Lice Beware!

### February

5 - 11 February  
13 - 19 February  
14 February  
15 February

Eating Disorders Awareness Week  
Contraceptive Awareness Week  
Gold Heart Day  
International Childhood Cancer Day

