



Journey To Health



Hello, here we are almost at the end of the school year with the summer holidays looming - and what a year it's been!
 The **School Travel Survey** provides some interesting data. There was an increase in the number walking to school and some fantastic achievements by some schools from last year.



Health Promoting School accreditation is well underway with 13 schools having submitted portfolios at the end of March, see below for more details.

Enjoy your holidays and we look forward to working with you all next term.

Dawn, Elaine and Joanne



Health Promoting Schools



The portfolios submitted in March have now been reviewed and the results are being fed back to schools. Feedback will be shared at the health co-ordinator's twilights in May. The next submission date is the end of May and if you require any support please contact Joanne or Elaine (☎ 555367/555482).



The Executive's '**Schools Health Promotion and Nutrition**' bill is currently making its way through parliament. It will mean that health promotion will become statutory in schools and all food and drink served in schools will need to meet nutritional standards. Guidance will be sent to schools in the summer. For further information please visit www.scottish.parliament.uk/business/bills/68-SchoolsHN/index.htm

Minister Launches "What's Cooking?" in Loirston Primary -

The Deputy Minister for Health & Community Care, Lewis Macdonald MSP visited a cookery club at Loirston primary in March as part of the Food Standards Agency's 'What's Cooking?' pilot project.



The Food Standards Agency has produced a "What's Cooking?" guide which provides advice on how to set up and run community and school food clubs. Loirston who are one of four pilot projects in Scotland are using the guide to set up and run a cookery club. Pupils will learn how to plan and prepare balanced meals, read and understand food labels and budget for food.

Ron Constable a teacher at Loirston and the project leader of "What's Cooking?" at the school has found the guide a valuable resource in setting up and running the cooking club and a fantastic way to get healthy eating messages across using practical cooking skills. To find out more about the project please contact Maria Tocher (Food Standards Agency) on 01224 285163 or email maria.tocher@foodstandards.gsi.gov.uk

Food Standard's Agency visit St Peter's - Children in P4 at St Peter's RC Primary School received a visit from the Food Standards Agency. The school recently obtained a COOKIT set thanks to a grant from the Food Standards Agency. Guided by their health co-ordinator, Mrs Angela Robertson, and home economics teacher, Mrs Anda Keir, the children on the school health committee wrote a bid for the kit, citing their wish to "make muffins and gingerbread men, pizzas, cook foods from different cultures, learn about raw ingredients, taste new stuff like pasta sauce, coleslaw and make good use of our environmental garden by harvesting and using the crops."

The COOKIT set consists of basic cooking utensils which are safe, easy to handle and hygienic for children to use. The whole school is delighted and all the children are looking forward to learning basic cooking skills to enjoy freshly prepared food.





Cycling Special...on yer bike!

GRAMPIAN TIGERS ROAR INTO ACTION

Active Schools, Scottish Cycling and local cycling clubs have launched Aberdeen's first youth cycling club as part of Go-Ride, British Cycling's club development programme for young riders. The first training session of the **Grampian Tigers** took place on 30th April with almost 30 children from across the City taking part.



The club is open to all children aged 7-15 years and the activities are designed to introduce young people to a range of cycling disciplines, such as: BMX, Cycle Speedway Cyclo-Cross, Mountain Biking, Road and Track Riding. So whatever their age or ability, there's something for everyone. For more information about Grampian Tigers contact your Active Schools Coordinator or visit www.grampian-tigers.co.uk

Try Cycling is Back for 2007

From Sunday 1st April and running every Sunday after that, **Try Cycling** rides start at 10am from Duthie Park by the pond (just off Riverside Drive).

Aimed at beginners, or those who haven't been in the saddle for a while, trained cycle leaders from the Cyclists' Touring Club and Aberdeen Cycle Forum will lead short rides (up to 3 hours) at a slow pace.

If you need some practice or are seeking to regain road confidence this is the ideal way to keep fit, to gain a healthy heart and make cycling part of a healthy lifestyle.



For more information phone Gerard on 01224 734 799 or drop them an email at trycycling@aberdeencycleforum.org.uk

Children under 18 are welcome but they may need to be accompanied by an adult. Please phone in advance.



CYCLE TRAINING SIGNS

Cycle training road signs, to alert drivers that pupils are taking part in cycling training on roads around the school, are now available.

If you would like to borrow signs for the duration of your cycle training, please contact your Road Safety Officer or Dawn.

CYCLE FRIENDLY SCHOOL SCHEME

Cycling Scotland, sportscotland, Road Safety Scotland, Learning Teaching Scotland and Sustrans are developing the **Cycle Friendly School Award** to encourage cycling and increase the number of pupils cycling to and at school. The scheme, suitable for both primary and secondary schools, will contribute to Health Promoting & Eco Schools initiatives. The scheme will link directly with cycle training completed by Primary 5, 6 and 7 pupils.

The scheme is based on self-assessment, looking at 3 key areas - Infrastructure, Incentives & Promotion, each with criteria. A form will be provided to help gauge how cycle friendly the school is and help highlight areas for improvement.

Resources available to assist will include

- Guidance Notes - to accompany the self assessment form and clarify criteria
- Frequently Asked Questions Handbook - will cover areas like cycle helmet policy, responsibility etc.
- Pupil Resource - fun & informative guide to cycling safely will be available.

If you are interested in taking part in a pilot of the scheme contact LindsayBrunton@cyclingscotland.org or Dawn.



Cycle Storage & Equipment.

Funding is available from Sustrans for cycle storage as part of their programme to Tackle the School Run and they will consider all bids from schools who want to take steps to increase the numbers of pupils using pedal power.

You could also consider applying for funds to provide pool bikes and helmets that pupils can use to fill your new cycle storage. You need to be quick though, there are only a few days left to get in your submissions.

To apply you will need to

- Get an application form
- Provide details of what you'll do to promote cycling
- Get quotes for cycle storage (locker, racks, cages), bikes etc
- Provide details of costs and your plans to increase cycling
- Be able to pay the cost initially then be reimbursed by Sustrans.



Sustrans will advise which bids have been successful by the end of June.

Then you've got until end March 2008 to complete your project. If you're looking for storage, try Broxap www.broxap.com or The Great British Bollard Company www.gbbco.com

See Dawn for more information on applying for funds.



BIKE WEEK 2007

16th to 24th June is **Bike Week**, a great opportunity to promote cycling.

If you register for the event at www.bikeweek.org.uk you'll receive a 2007 Event Organisers' Guide and free liability insurance for any events you hold.

Here are some great ideas for Bike Week activities you might want to try out -

- Set up a bike obstacle course in school grounds
- Run a cycle treasure hunt
- Hold Cycle Time Trials
- Hold 'Bling your Bike' sessions
- Invite pupils that cycle to school to a Bike Breakfast
- Local bike shops might be happy to hold 'bike surgeries' on maintenance
- Invite your Road Safety Officer or Police to talk about bike security.





School Travel News

Mile End's Mega Bus

Mile End School recently held a WOW event and asked parents, pupils and staff to Walk on Wednesday. With the help of Rebecca Lovie, Active School Co-ordinator, they managed to organise a total of **6 Walking Buses** full of passengers choosing lung power over petrol power. An incredible **73** children took part in Walking Buses with 37 teachers, parents, Active Schools Co-ordinators and a School Travel Plan Co-ordinator supporting them.



8:55am outside the school... where are all the cars???

so they could calculate the total distance travelled by the individuals on the buses. The grand total was just short of 43.5 miles, which means they made it all the way to Montrose and a little bit more.

One of the six walking buses started a year ago and is still going strong. Those involved in other buses enjoyed it so much it looks as if at least one more permanent route will get up and running.

The walking bus passengers took pedometers with them

For information on getting a walking bus started at your school contact your Active Schools Co-ordinator.



Applications are being accepted for the **Big Run** on Saturday 19th May at Hazlehead Park. Spaces are still available and the deadline for applications has been extended to Friday 18th May.

Anyone who applies after Wednesday 16th will have to pick up their number on race day but applications should be made as soon as possible. For more details contact Mark Pain on 01224 346145 or by e-mail at

mapain@aberdeencity.gov.uk

We are also organising a programme of **Football Festivals** at St Machar Academy for schools involved in the McDonalds Football Project with Aberdeen Football Club. The festivals will take place in May and will help schools achieve their 20 hours of matches as part of the project.



Get in touch with your Active Schools Co-ordinator if you would like more information.

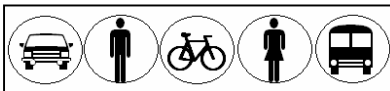
Aberdeen City and Shire Commuter Challenge

On **Wednesday 20th June** staff all over the city and shire are being challenged to leave the car at home. To take part visit www.nestrans.org.uk/commuter_challenge and make a pledge to ditch the car. If you register your journey you could win a great prize.

On Wednesday 20th June you could:

WALK RUN CYCLE CAR SHARE USE THE BUS

But why stop there! In a previous event, one commuter used his canoe to get to work so get creative and why not SKATE, SCOOT or SKIP. Send in photos of your journey to NESTRANS. For more information contact Matthew Eastwood on 01224 627675 or meastwood@nestrans.org.uk



HANDS UP TRAVEL SURVEY

In March, schools were asked to participate in the third annual city-wide survey to gather travel information on the 50,000 school journeys made in the city every day. An impressive 91% of school took part giving us a great snapshot of school travel.

Method of Transport	Scottish Average	All Schools			Primary only			Secondary only		
		2007	2006	2005	2007	2006	2005	2007	2006	2005
Walk	53	64.1	61.3	52.9	66.8	64.6	57.3	61.7	58.5	54.4
School Bus or Taxi	24	6.5	7.1	6.9	3.1	3.4	1.8	12.1	11.4	14.1
Car	21	22.3	24.3	31.3	27.0	29.1	37.0	12.4	15.9	16.8
Bike (or Scooter)	1	1.2	0.4	0.7	1.0	0.3	0.6	1.5	0.7	0.9
Public Transport	-	5.7	6.6	7.2	1.9	2.5	2.2	11.9	13.4	13.4
Other	2	0.2	0.2	1.0	0.1	0.2	1.1	0.3	0.2	0.4

Top 10 Primary Schools Highest Walking Rate		
1	Bramble Brae	85.7
2	Seaton	85.0
3	Smithfield	83.7
4	Victoria Road	83.0
5	Tullos	81.4
6	Milltimber	81.3
7	Ferryhill	80.6
8	Forehill	79.6
9	Airyhall_Braeside	79.5
10	Westerton	79.1

Top 10 Primary Schools Most Improved Walking Rate		
1	Kingswells	30.4
2	Ferryhill	23.7
3	Hazlehead	19.1
4	Middlefield	18.8
5	Greenbrae	15.4
6	Milltimber	13.7
7	St Joseph's RC	11.6
8	Cornhill	11.4
9	Victoria Road	10.6
10	Upper Westfield	10.1

Top 10 Primary Schools Lowest Car Rate		
1	Seaton	6.5
2	Smithfield	8.4
3	Bramble Brae	12.5
4	Sunnybank	13.3
5	Milltimber	16.0
6	Victoria Road	16.1
7	Tullos	16.5
8	Ferryhill	16.8
9	Westerton	17.7
10	Middlefield	18.0

Top 10 Primary Schools Highest Bike/Scooter Rate		
1	Charleston	6.8
2	Sunnybank	3.1
3	Byron Park	3.0
4	Hanover Street	2.9
5	Westerton	2.7
6	Ashley Road	2.4
7	Cornhill	2.2
8	Airyhall_Braeside	2.1
9	Dyce	2.1
10	St Joseph's RC	1.9

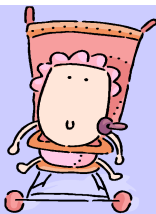




Baby Think it Over

My name is Maureen Yeats and I am the Baby Think It Over (BTIO) Programme Co-ordinator.

BTIO aims to facilitate exploration of the social issues relating to teenage pregnancy and young parenthood by using real-life infant simulators alongside a six week educational programme. The programme, planned to suit individual school requirements, is delivered in partnership with health visiting, midwifery, family planning and welfare and benefits.



My contact details are ☎555377 or email m.yeats@nhs.net

'Mikki has Cancer' and 'Mum has Cancer' - CLAN is a charity operating in North East Scotland. It provides support and information to anyone affected by cancer. CLAN has published two books primarily for primary aged children but can also be used in secondary. The books are about the impact a diagnosis of cancer in the family can have on children. The books are designed to be read initially by children and adults together. *'Mikki has Cancer'* looks at childhood cancer of a sibling, and is equally relevant for other long term medical conditions. *'Mum has Cancer'* addresses cancer of a parent.

Both books are available from CLAN, priced £6 each, including post and packaging. For more information ☎ 647000 or visit www.clanhouse.org



Scotland's Health at Work
part of the new Scottish Centre for Healthy Working Lives

SHAW Awards for City Schools - Hazlehead Academy has become the first school in Aberdeen City to be awarded a silver Scotland's Health at Work (SHAW) award. Some of the activities available to staff include participation in the W8Wise@work campaign, cycling and walking routes, bike storage, weekly aerobics and participation in the Race for Life event annually. They also held a mental health seminar for staff.

Bridge of Don and Oldmachar academies have both recently been awarded bronze SHAW awards. Bridge of Don held a world aids day quiz, they also offered staff a range of activities to sample including rock it ball, basketball, hockey and tennis and they run weekly 5 a side football. Oldmachar offer health checks and smoking cessation to staff through their school nurse. They have also arranged discount for staff to join JJB's gym and hold lunchtime keep fit sessions, power walking and staff v pupils football weekly. Congratulations to all three schools.

SHAW has recently been replaced by the Healthy Working Lives Award Programme. The new programme will focus not only on health promotion, but will also include health and safety, employability, health and the environment, mental health and well-being and community involvement. For more information contact ☎ 0800 019 2211, www.healthyworkinglives.com or Pauline MacKinnon ☎ 01224 558501.



Some events to look out for in the coming months

May

- 13 May - 12 June National Smile Month
- 21-25 May Walk to School Week
- 25 May Fruity Friday - www.fruityfriday.org

June

- 1 - 30 Everyman Male Cancer Awareness Month
- 1 - 30 Barnardo's Big Toddle
- 4 International Day of Innocent Children Victims of Aggression
- 5 World Environment Day
- 11 - 15 National School Grounds Week
- 16 - 24 Bike Week
- 18 - 24 Child Safety Week
- 29 Wrong Trousers Day

September

- 1 - 15 Organic Fortnight
- 28 World's Biggest Coffee Morning

For more information visit www.countmeincalendar.info



The Aberdeen and District Disabled Multisports Coaching Group

are a group of volunteer coaches who would like to give something back to sport. They want to coach disabled and non-disabled children (from nursery to primary 7 during the school day) and adults.

They can offer coaching in different sports such as boccia, bowling, new age curling and athletics. They also do taster sessions. For more information contact Alistair Williamson, ☎ 645517 or visit

www.aberdeencn.info/web/site/Networks/ADDMCG.asp

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