Welcome to the third issue

This will be the last for this academic year. Issue 4 will be published in September.

STOP PRESS
Schools Crime Reduction Drama Competition
17th November 2015
Secondary schools can still enter for the annual drama competition. The theme this year is “Hate Crime” and for more details please contact Romy Freiburghaus Neighbourhood Policing and Partnership Romy.freiburghaus@thamesvalley.pnn.police.uk

Your feedback, comments and suggestions for the Health and Wellbeing in Schools Hub bulletin is welcomed. Please contact Nikki Davies Health and Wellbeing in Schools Coordinator email ndavies@westberks.gov.uk or call 01635 503654

You can find all the previous issues of the Hub at www.westberkseducation.co.uk or www.westberks.gov.uk/schoolshwb

June 2015
Issue 3

Health and Wellbeing in Schools Hub

Young Carers – Carers Week
8th – 14th June

Thank you to those schools that completed the Public Health young carers survey last month.

In May the Supporting Young Carers in schools programme was launched. This is free resource and includes a school awards programme. Find out more by visiting https://professionals.carers.org/stepbystep

A group of West Berkshire Young Carers made a very powerful video last year which features the drama they created at the Watermill Theatre. The video can be found at https://www.youtube.com/watch?v=doQtdNfh5dk&feature=youtu.be

If you would like advice about how young carers can be supported in West Berkshire please contact:

Rhys Lewis Young Carers Coordinator
Young Carers, Castlegate, Love Lane, Donnington, Newbury, West Berkshire RG14 2JG (01635) 529735, Blackberry: 07768310593
E-mail Rlewis@westberks.gov.uk

Advice

Two new advice and guidance documents regarding mental health and wellbeing have recently been published.

Advice, guidance and research articles featured in previous issues can be found at www.westberks.gov.uk/schoolshwb or: www.westberkseducation.co.uk

This will be the last for this academic year. Issue 4 will be published in September.

You can find all the previous issues of the Hub at www.westberkseducation.co.uk or www.westberks.gov.uk/schoolshwb
West Berkshire Peer Mentors

Throughout West Berkshire, young people are making a positive difference and a very valuable contribution to their peers and to their school communities as peer mentors or buddies. We are fortunate to have Peer Mentoring schemes operating in each of our secondary schools and mentoring and buddying schemes are at work in many of our primary schools. As individual schools, and as an authority, we are very proud of young people and very grateful to them for the work that they do to support others.

The West Berkshire Peer Mentoring Network has existed for the last ten years and is made up of co-ordinators from each of the secondary schools plus representatives of the local authority and Pc Tim Emery, Safer Schools Officer for West Berkshire. It exists to facilitate ongoing support for Peer Mentoring and the sharing of good practice amongst our schemes.

Little Heath School in Tilehurst tell their story....
At Little Heath School, the SMILE team (our name for our Peer Mentors) is made up of more than fifty Year 10 students who provide a friendly face and a source of support for our Year 7 pupils. They are supported by Sixth Form students who have previously been SMILE mentors.

The SMILE team, like their counterparts in other secondary schools, have taken part in a nationally recognised programme of training to prepare for their role as a SMILE member. We have two groups of SMILE members - one who are individual mentors to a specific child and the other consists of smaller groups who go into Year 7 forms and do group work with them.

This happens on a weekly basis, allowing SMILE members to build relationships with the Year 7s. The aim of SMILE is to allow younger students to have a familiar face with whom they can talk about any concerns they have, whether it be homework concerns, friendship issues or a confidence boost from a fellow student. Year on year, evaluations from both mentors and mentees, and feedback from staff and parents, suggest that SMILE is a worthwhile and very positive experience for all involved. In our 10th year of SMILE at Little Heath, our scheme appears in robust health.

Among quotes from our SMILE mentors:

- “I have gained confidence, and so have my mentee”
- “SMILE supports the mentees from the beginning of secondary school”
- “It’s so nice to see younger children happier through being a part of SMILE”
- “SMILE helps everyone”
- Student Voice Leaders, who are in Sixth Form, also regularly help at SMILE, supporting the Year 10 mentors in their work. They comment that
  - “SMILE brings people of different ages together”
  - “it has improved my social skills”
  - “it has made me aware how to communicate with those of different ages”
  - “I like seeing the mentors making their mentees comfortable to share their worries with them.”

As well as the weekly sessions, we have a SMILE email, which is checked daily, that anyone can email, if they perhaps do not want to speak to someone in person, about any concerns or worries they may have.

For more information about Peer Mentoring in West Berkshire, please contact Jon Linz, West Berkshire Peer Mentoring Lead at jlinz@littleheath.w-berks.sch.uk.
Cycling in West Berkshire

3rd August at the Newbury Showground
11am – 3pm.
There will be skills coaching, time trials and racing opportunities with British Cycling Coaches and the opportunity to get on your wheels whether it be on a bike or a scooter, £3 per child for cycling skills and free of charge for scooting.

Contact: Publichealthandwellbeing@westberks.gov.uk for more information. Under 12's must be accompanied by an adult. Or visit https://www.britishcycling.org.uk/events/details/130768/West-Berkshire-Health-&-Wellbeing-Go-Ride-racing-and-coaching#summary For more information.

Activities and Programmes

Safer Steps Project for all Year 3

The Road Safety team is rolling out their programme once again this year, during June for the Safer Steps Project.

All schools will receive these resources from Road Safety to give out to every Year 3 child.

- An Activity Book – to help build a child’s road safety skills including activities for parents/carers to share their knowledge.
- A DVD – For parents/carers to watch with their child to support them with better understand of crossing roads including how to decide where is a safe place to cross.
- A High visibility boot bag.

The Road Safety team will be visiting a number of schools during the summer.

Parent Packs – New packs be going into all Primary schools for the children starting school in September. The Road Safety Team will also be attending a number of New Parent Talks during the summer term.

For further information please contact Liz Aldred - Road Safety Officer, Traffic & Road Safety Team Tel: 01635 519672 Mob: 07747 761287 ealdred@westberks.gov.uk

Signposting

Stressheads – a clever new mobile app to help 16-25 year olds to cope with stress – launched by digital charity, YouthNet.

Stress is a consistent factor in young people’s lives. It was recently reported that more than one in ten of young people in the UK often feel too anxious to leave the house, while more than a third often feel anxious about everyday situations. http://www.youthnet.org/2015/04/youthnet-launches-free-youthnet-launches-free-mobile-app-to-help-young-people-cope-with-stressmobile-app-to-help-young-people-cope-with-stress/

A new website - Emotional Health and Wellbeing West Berkshire website, is a new guide to local mental health services in West Berkshire. This site has been put together to give users a collection of information, advice and resources. www.emotionalwellbeingwestberkshire.co.uk
Safeguarding

Internet Safety
The NSPCC has asked 600 primary school children what information they needed to stay safe online. More than 80% said they needed to know more about privacy settings on mobile apps and games. The survey coincides with an update to the Net Aware guide which keeps parents informed of issues around social media sites and online platforms popular with their children. 12 new sites have been added to NetAware which now has over 60 social networking sites, apps and games which children use. [http://www.net-aware.org.uk/](http://www.net-aware.org.uk/)

Education Toolkit – Prevent within Schools
In May the first phase of “train the trainer” sessions were held, along with training for school Governors. A toolkit for schools is now available on the schools portal [www.westberkseducation.co.uk](http://www.westberkseducation.co.uk)

Anti-bullying E-Newsletter
The next newsletter will be published in June and can be found at [http://westberksanti-bullying.tfhost.co.uk/](http://westberksanti-bullying.tfhost.co.uk/)

Training

Schools Information Sharing Agreement (ISA) Workshop
Thank to all those colleagues who attended the workshops and signed up to the exchange of information between Thames Valley Police, West Berkshire education welfare service and education professionals in the relation to incidents of domestic abuse where there are children within the family. Another session will be held in July.

Next workshop
Date 13th July 2015
Time 16.00 to 17.00
Location Council Chambers,
Market Street
Pre Course Requirements – Please complete the Domestic Awareness e-learning [www.kwango.com](http://www.kwango.com) prior to attending (details available from CYP Training)

To book your place, please email [Cyctraining@westberks.gov.uk](mailto:Cyctraining@westberks.gov.uk) with a copy of your DA e-learning training certificate.

Calendar of events

**Carers Week 8th -14th June**
**Carers Week 2015**
[www.carersweek.org/](http://www.carersweek.org/)

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK. This year we’re focusing on building Carer Friendly Communities. Communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own.

**Drowning Prevention week**
20th – 28th June