



Gateshead Schools Health & Wellbeing Programme

Newsletter - Issue #1

We hope that you are keeping safe and well in what continues to be an extremely difficult and unusual period. We recognise the demands on our schools and staff at this time and have therefore limited our communications in recent weeks. We do however remain committed to providing high quality support opportunities, accepting that we must adapt to new ways of working. This newsletter represents the first step in our adapted approach with the aim of reducing unnecessary correspondence, providing key service updates in one place for you to access as and when it is convenient to do so. Wishing you, your families and colleagues good health.



All aspects of the Gateshead Schools Health & Wellbeing Service are currently suspended until Friday 22nd May 2020. This will be reviewed towards the end of the current period of lock-down in line with Government policy at that time. We hope to be in a position to provide more details as of Monday 11th May.



Today marks the launch of our first virtual event; '#DANCEUNITE'. We've worked with a number of our partners to design and develop a virtual mass dance activity which will be shared across all of our social media platforms. This will consist of a range of dance tutorials for people to learn over the course of w/c 11th May with the ask that they perform the full routine on the afternoon of Friday 15th May. We're asking everyone to get involved; staff, pupils, parents, friends, EVERYONE.



This is a NEW addition to the existing Award Framework. Our Innovation Awards have been developed following feedback from member schools.

They are designed to recognise schools who are undertaking innovative and/or in-depth work within a specific area of health and wellbeing (e.g. staff wellbeing, anti-bullying, healthy eating etc.).

All successful award applications will be developed into a bank of case studies to facilitate the sharing of good practice across member schools.

We'd also be really interested to hear from schools who have successfully tailored their approach to prioritise health and wellbeing outcomes for their staff/pupils during the Coronavirus pandemic.

[Read More](#)
[Complete Application](#)

Click below for a 'sneak peek' of the official launch video which will be shared formally tomorrow via all of our social media platforms...

[Click to view Launch Video](#)



The Gateshead Schools Health & Wellbeing Award Framework has been designed to reward schools who demonstrate a clear commitment to the development of a comprehensive, high quality health and wellbeing 'offer' for both pupils and staff. The framework is underpinned by a comprehensive self-review tool designed to support member schools with the identification of areas for improvement. Owing to the current situation we've relaxed the application windows meaning you can now apply at any time.

[Read More](#)
[Supporting Information](#)

Gateshead Schools Health & Wellbeing Conference

Friday 12th June, 12:30-16:00 - VIRTUAL EVENT

"It's a perfect blend of scientific research, real-world experience and practical ideas that really make a difference. Highly recommended."

Mark Williamson,
Action for Happiness

BLOOMSBURY EDUCATION

Headline Speaker - Adrian Bethune

We are delighted to confirm Adrian as our headline speaker for this year's 'virtual' conference. Adrian has over nine years' experience as a primary school teacher across both Key Stages, consistently observed to be good and outstanding.

Adrian's teaching practice has been strongly focussed on the best ways of developing children's levels of happiness and wellbeing, whilst ensuring they achieve their best academically. He has a strong conviction that children learn best and flourish when they are happy and that their education should be set up to allow them to become responsible, well-rounded people.

His book 'Wellbeing in the Primary Classroom - a Practical Guide to Teaching Happiness' was published in 2018 with the intention of supporting other schools in developing their work on wellbeing.

Adrian will be delivering a keynote session and workshop as part of this year's conference. All registered delegates will also receive a copy of his book FREE of charge. To provisionally register for a place please follow the link below. As part of your registration you will be asked to provide your preferences for additional content, helping us to develop a final programme aligned to local need.

Application Deadline: Friday 15th May 2020

[click here to register your place](#)

Mid-Year Report

As a developing service, we are committed to the regular monitoring and evaluation of the support and opportunities we provide.

2019-20 has been another positive year for the Gateshead Schools Health & Wellbeing Service with many new initiatives and support opportunities provided.

Click on the link below to find out more about some of the highlights.....

[Read More](#)

57%

of Gateshead Primary Schools affiliated in 2019/20. A 6% increase from 2018/19

Supporting the development of high quality school health and wellbeing provision for approx.

7,000 Children

18 Schools engaged with the Gateshead Schools Health & Wellbeing Award Framework

4 x Focusing, 5 x Bronze & 2 x Silver Awards

62 Staff Places

accessed on service specific professional development and networking opportunities; Mental Health & Well-being, PSHE, RSE, award Drop in sessions etc.

"Great to look at the PSHE curriculum and support on how to implement it"

"Learn how to embed PSHE into the wider curriculum and how to evidence PSHE and how to effectively assess it"

A well delivered training course with a lot of useful information. Understanding the workings of your head and your children. Strategies used to help children dealing with issues in their mind."

Website & Social Media

Our website remains a great place to download up to date resources and access links to some of the best supporting materials available to your school. The site is only accessible to affiliated schools with a current user account. If you are unable to login please click on the link below to be issued with your username and password.

We have also been busy compiling a host of resources to support schools through this difficult time. These are shared regularly on our Twitter page, @GatesheadHWS as well as being hosted on our main Gateshead School Sport Partnership webpage.....

[Request GSHWS website username and password](#)

[View open access resources hosted on GSSP website](#)

