



Gateshead Schools Health & Wellbeing Programme

Newsletter - Issue #2

Firstly, we hope you and your loved ones continue to stay safe and well during this difficult period. As always, we remain committed to providing you with high quality support opportunities, which is why we are pleased to bring you Issue #2 of our Health & Wellbeing Service Newsletter. This monthly series aims to consolidate all of the key updates/information you require in relation to both our service and the wider Health & Wellbeing landscape. We would love to work with schools to shape the content of these publications and so should you wish to see a particular topic covered in our next newsletter then please don't hesitate to [contact us...](#)



As we move into the final half term of the academic year, there still remains much uncertainty around the phased wider re-opening of schools and the measures that will need to be enforced to ensure the safety of pupils and staff.

Owing to this our delivery programme (including in-school activities and interventions) will NOT be taking place as planned. However, please be assured that we are implementing a contingency programme of alternative provision to support your staff and pupils at a time when wellbeing is more imperative than ever!

Further details of some of our contingency activities can be found in this newsletter, such as our Virtual Conference, Mental Health CPD and the #UNITE Programme.



Don't worry if you missed our recent #DANCEUNITE project, as all of the resources are still available on our [YouTube channel](#) if you still wanted to get involved.

Due to the success of #DANCEUNITE, WE'VE GOT SOME GOOD NEWS.....We have decided to extend the #UNITE project series throughout the remainder of the academic year, providing schools and families with further opportunities to get involved. Whilst still placing a strong emphasis on physical activity, we see #UNITE as an opportunity to support and engage the community in many other ways and will continue to embrace the '5 Ways to Wellbeing': Connect, Be Active, Learn, Give & Take Notice.

Keep a close eye on our social media platforms for more information coming soon and take a look at the [#UNITE launch video to find out more.](#)



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](#)



The Gateshead SSP Health & Wellbeing Service remains available for purchase despite the closure of the Services for Schools North East (SfSNE) platform for academic year 2020/21.

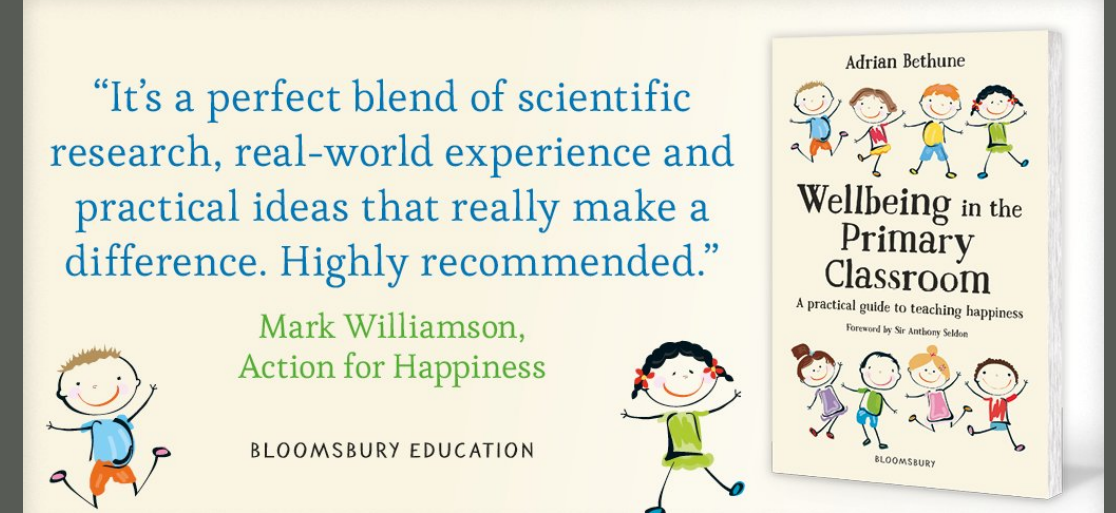
We would like to take this opportunity to thank all schools that have recently affiliated. We are delighted with the positive response we have received.

Any schools yet to affiliate may [contact us directly](#) to do so or to direct any specific questions/queries.

Gateshead Schools Health & Wellbeing Conference

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

FINAL OPPORTUNITY TO REGISTER



"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 2 workshops (tailored to the current situation) as part of this year's conference:

- Keynote:** Support the Mental Health & Emotional Wellbeing of Primary Age Pupils
- Workshop 1:** Creating Positive Classroom Environments
- Workshop 2:** Staff Wellbeing

All registered delegates will also receive a copy of his book **FREE of charge.**

Attendance at this conference is provided **FREE of charge** to schools affiliated to the Gateshead Schools Health & Wellbeing Service and a maximum of 2 delegates per school is allowed. Delegate confirmation and joining instructions will be sent out by the end of the week and so **we are still able to accept the late enrolment of delegates until 5pm on Thursday 4th June 2020.** In order to register attendance, please click the link below:

[click here to register your place](#)

Gateshead Schools Health & Wellbeing Awards

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.

[Click to access supporting information](#)

Congratulations to the following Gateshead Schools who have achieved an award...

Gateshead Schools Health & Wellbeing FOCUSING AWARD	Gateshead Schools Health & Wellbeing BRONZE AWARD	Gateshead Schools Health & Wellbeing SILVER AWARD	Gateshead Schools Health & Wellbeing GOLD AWARD
Dunston Hill Community Primary	Glynwood Community Primary	Birtley East Community Primary	
Harlow Green Community Primary	Roman Road Primary	Brandling Primary*	
Ryton Infant and Junior Schools Federation*	St Annes's Catholic Primary	Wardley Primary*	
St Joseph's Catholic Primary, Blaydon	Windy Nook Primary		

*Subject to updated action plan submission

If you would like one to one support with your application then please [contact us.](#)

Child Mental Health CPD

Following feedback from Health & Wellbeing Co-ordinators in our schools, we have received several requests to provide Child Mental Health CPD. In these challenging times, traditional CPD is not currently possible and so we are delighted to offer you a FREE online Child Mental Health CPD opportunity.

This opportunity is provided for 1 delegate per school affiliated to our SLA, although please [CONTACT US](#) if you would like to negotiate additional delegate licences. This Child Mental Health training course explains common child mental health difficulties, how to recognise them, how to respond to them, and further steps you should take. Upon completion of the training, you will have improved confidence in supporting any child who is struggling.

- Developed by safeguarding professionals
- Accredited by the CPD Certification Service
- Fully online course and assessment with no time limits
- Full audio voiceover
- Approximate duration: 2-3 hours
- Certificate in completion

Additional course detail can be view [HERE](#)
Please click to [REGISTER FOR THIS COURSE](#)

National Campaigns

We will continue to keep you up to date with any relevant national campaigns, days, weeks via social media, but please find links below to those taking place this month:

- 6th June 2020 – [National Bike Week](#)
- 12th June 2020 – [Drowning Prevention Week](#)
- 15th June 2020 – [Learning Disability Week](#)
- 20th June 2020 – [National School Sport Week](#)



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