

Health Promoting Schools Newsletter



Wokingham | March 2025

Issue 1

The Wokingham Public Health team in partnership with schools and Wokingham Secondary Federation aim to support young people and families to live well in the Wokingham Borough through the Health Promoting Schools programme. The Health Promoting Schools programme strives to create a healthy environment for schools, including pupils, staff, and the wider community through connecting schools with local services that support PSHE provision and health and wellbeing needs.

This issue of the Health Promoting Schools newsletter provides local and national updates, and links to resources and training opportunities to support teachers and students with health and wellbeing in school.

Love Your Lungs Campaign

The government is rolling out its first-ever nationwide campaign to inform young people about the hidden health dangers of vaping.

The campaign, Love Your Lungs, exposes the harms of vaping and nicotine addiction, highlighting that with their lungs and brains still developing, young people are more vulnerable to health risks.

Aimed at 13 to 18 year-olds, the campaign will roll out primarily on social media, using influencers to speak directly to its younger audience.

Read more - [10-year study to shed light on youth vaping - GOV.UK](#)



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Big Sister Project

Places Leisure are excited to launch their Big Sister initiative with Women in Sport, which empowers girls aged 9-15 to stay active and engaged in sport & physical activity throughout puberty – a time where many girls typically fall out of love with exercise.

As part of this initiative, girls aged 9-15 can access free and discounted memberships at Places Leisure facilities in Wokingham, which offer access to gym, swimming, weekly 'We Move' classes specifically for girls, and the Places Leisure Virtual Studio. For more information, see [here](#), and to sign up, please visit the centre, or submit details via the [online form](#).

Read the [case study](#) of girls taking part in the Big Sister Project at Arborfield Green.



To support your pupils to access our Big Sister Project, Places Leisure can offer:

- Delivery of assemblies
- Talks or Q&A sessions with groups of students
- Delivery of 'We Move' style session within your PE lessons
- Delivery of 'We Move' session within our leisure centre
- Group gym inductions
- Marketing material: posters, X-Frame banners

Please get in touch with mollyhale@pfpleisure.org to discuss.

Storyy Group

Storyy Group are currently offering free assemblies for secondary schools covering topics such as knife crime, drugs and alcohol, county lines, mental wellbeing and anti-bullying.

Find out more: [Assemblies-Workshops-Storyy-Group.pdf](#)

Get in touch to organise an assembly or workshop:

Email: lee.barefoot@storyy.group

Phone: [07539983976](tel:07539983976)



Domestic Abuse: Supporting your students and parents

Research indicates that approximately 1 in 5 children in the UK have lived with an adult perpetrating domestic abuse, meaning that in a classroom of 30 pupils, around 6 children may be affected by this issue. Creating a safe environment where children feel able to access help and support can make a real difference to their short and long term wellbeing.

The impact of domestic abuse can have profound impacts on school aged children including:

- Emotionally they may experience anxiety, depression and low self esteem
- Psychologically they might develop symptoms of post-traumatic stress disorder (PTSD) such as nightmares and flashbacks
- Academically, children often struggle with concentration and may have poor school performance – they might also be doing extremely well at school as they don't want to get in trouble or focus on school work as a means of validation and escape from their home situation
- Socially they might withdraw from peers or exhibit aggressive behaviour.

The commissioned service for domestic abuse in Wokingham is delivered by Cranstoun and they can be contacted on [0118 402 1921](tel:01184021921) or email dass@cranstoun.org.uk. Support includes a 1:1 programme for children and young people; helpline for individuals and practitioners; outreach support for adult victims; and support for those who recognise the impact of their behaviour and want to make long term changes.

Kaleidoscopic UK offer free workshops in schools on healthy relationships which includes staff training and can be contacted on kaleidoscopicuk@gmail.com.

If you feel that you would welcome some additional information relating to any of the above then the following are some resources you may find helpful.

- [Domestic Abuse](#)
- <http://directory.wokingham.gov.uk/domestic-abuse>
- www.wokingham.gov.uk/domesticabuse
- [Information booklet for schools and colleges](#)



Reading Well for Teens

Reading Well for teens suggests recommended reading and digital resources to help young people understand their feelings and boost their confidence. Teens and health and wellbeing experts have chosen the books to help young people manage their emotions and cope with difficult times. For more information, including the recommended reading list, visit: reading-well.org.uk/teens

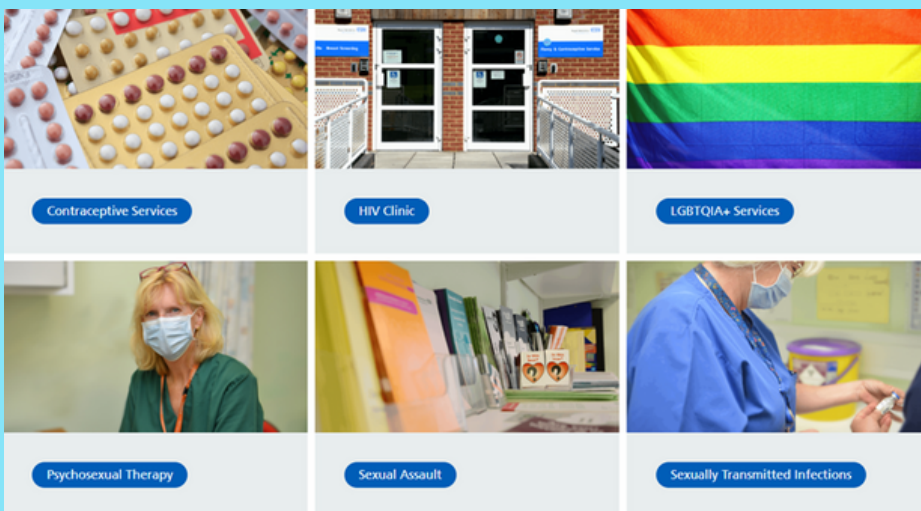
Books can be found for free at your local library: [Home | Wokingham Library Service](#)

Sexual Health

The Florey Clinic offers a full range of sexual health services including testing for and treatment of sexually transmitted infections (STIs) and contraception. The team will provide accurate information, confidential care and support for all aspects of sexual health.

This specialist service includes:

- Sexually Transmitted Infection (STI) testing and treatment
- Contraception (including injection, implants and coils)
- Emergency contraception
- Pregnancy testing
- HIV testing, treatment and care
- Psychosexual Therapies (by GP referral only)
- LGBTQIA+ services



Tellmi

The Tellmi app has been specifically designed for young people and is available for free to all 11-17 year olds living or going to school in Reading, Wokingham and West Berkshire. It is a safe, anonymous app where you can talk about anything.

[Tellmi Digital Launch page](#) - a step-by-step guide to launching Tellmi in schools including a series of digital assets such as videos, logos and presentations to help students and staff get the most from the Tellmi service

[Order free physical resources](#) - from absentee packs to stickers, QR code cards to posters, the Tellmi shop has everything you need to promote Tellmi in your setting and support your community.

[Tellmi Therapy](#) - Tellmi Therapy is a text-based service delivered via the Tellmi app. Students can refer themselves or a referral can be made by parents, carers and professionals.

BEAT SPOT eLearning

The [SPOT](#) platform encompasses interactive e-learning modules where school staff can learn more about spotting the early signs of an eating disorder and how to talk to a pupil who may be exhibiting them. There are spaces to ask questions and get advice from eating disorder clinicians with weekly drop-ins and forums. Additionally, there are downloadable resources on SPOT, including PSHE lesson plans and resources to use within lessons on topics, such as eating disorders, body image, self-esteem, and social media – these can be found within the Spotting the Signs e-learning module.

Completion of all the learning units on the platform should take around 7 hours, but this is very much dependent on the learner. There is no time limit, and the units can be partially completed and returned to at a later date. There is no limit on the number of staff from an individual school that can sign up.

SPOT is currently fully funded for all primary, secondary and sixth form schools/colleges in the United Kingdom, providing its users access to a plethora of resources for free.

Sport in Mind Youth Community Sessions

Young people are invited or can be referred to join Sport in Mind sessions after school to get active and have fun with others in a relaxed, supportive, friendly environment. Please see the posters at the end of the newsletter for more information.

Upcoming campaigns and awareness days

World sleep day - 14th March

Theme: Make sleep health a priority

Neurodiversity celebration week - 17th - 23rd March

World oral health day - 20th March

Theme: A happy mouth is a happy mind

UN International day of happiness - 20th March

Theme: Caring and sharing

Stress awareness month - April

Theme: #littlebylittle

Fibre February

The Fibre February activity pack has been designed to support teaching and learning about the importance of fibre in the diet, with free teaching resources and activities aimed at all year groups.

[Fibre activity pack - Food A Fact Of Life](#)

If your school has a health and wellbeing success story which you would like to share in the Health Promoting Schools newsletter, or if you have any queries about the Health Promoting Schools programme, please contact caitlin.airey@wokingham.gov.uk (Wokingham Borough Council Public Health Children and Young People Project Officer).

For further health and wellbeing resources, please visit the [Health Promoting Schools website](#)

Next Health Promoting Schools/ PSHE network meeting:
Wednesday 12th March 2025 3:45-4:45pm





SCAN HERE

FREE!

Sport & Games - for Youth Mental Wellbeing

Time Tuesdays 5-6pm, every week during termtime
(10-14 year olds)

Venue Bulmershe Leisure Centre - Sports hall
Woodlands Av, Woodley. RG5 3EU

Description Fun, free and interactive sessions to help improve the mental wellbeing of young people. A great way to help build confidence and self-esteem and meet new people!

This group is provided **FREE** by the mental health charity Sport In Mind for the benefit of local young people. Your local representative is Kieran.

   @sportinmind  youth@sportinmind.org  www.sportinmind.org  01189479762



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NHS
Berkshire Healthcare
Children, Young People and
Families services



**Places
Leisure**

Part of Places for People



SCAN HERE

FREE!

Yoga, Dance & Movement for Youth Mental Wellbeing

Time Thursday 4-5pm, every week during termtime from
February 2025 (12-16 years)

Venue Loddon Valley Leisure Centre (Studio), Rushey Way,
Lower Earley, RG6 4GD

Description Fun, free and interactive sessions to help improve
the mental wellbeing of young people. A great way
to help build confidence and self-esteem and meet
new people!

This group is provided **FREE** by the mental health charity Sport In Mind
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Introducing School Professionals Online Training for eating disorders

Beat is the UK's eating disorder charity. Learn more about SPOT, our platform to help school staff support someone with an eating disorder, at elearn.beateatingdisorders.org.uk, or contact the training team on training@beateatingdisorders.org.uk or 01925 912829

"The training has been extremely informative and has provided me with more confidence in working with young people with eating disorders."

SPOT

Eating disorders in schools

School-age children are at a particularly high risk of developing eating disorders, with the pressures and transitions that come as part of school life among the possible triggers for these serious mental illnesses. Bullying, exams, difficulty adjusting to a new environment or way of working, and worry about the future can all affect someone who is vulnerable to an eating disorder. That means school staff are some of the best placed people to spot the early signs, and give pupils they're worried about support to get better.

The sooner someone is able to get help for an eating disorder, the better their chance of making a full recovery. With School Professionals Online Training (SPOT), Beat intends to give those working with school-age children the support they need to recognise an eating disorder, make an early referral to treatment, and support pupils with eating disorders through their recovery journey.

"Children are nine times more likely to talk to a teacher than to a parent about their eating disorder."

*Knightsmith P (2012). Eating Disorders pocketbook. Hampshire: Teachers' Pocketbooks. p60

What does SPOT offer?

SPOT is an online platform available to anyone working in schools. SPOT provides you with online modules, resources and spaces to talk with other school professionals, and weekly drop-ins with clinicians, allowing you to share knowledge and advice, as well as discuss what you've learned.

SPOT also offers PSHE resources and lesson plans that have been written by our clinical trainers to help you to share positive messages around eating disorders, body image and importance of looking after our mental health.

SPOT is a confidential space for teachers and other staff such as pastoral workers.

E-learning and peer support

We offer a wide range of modules that enable you to learn about what eating disorders are, the psychology behind them, and the importance of early treatment. You'll also gain tools and resources to help you support pupils who are living with an eating disorder at all levels of education and through all stages of their journey to recovery.

You'll be able to connect with others who work in the school environment, using our moderated forums as a safe space to ask questions, get advice, and share what you've learned.

"Great training and information... It made me look at eating disorders from a different angle..."

"Aside from the compelling topic, [the training] just left me feeling empowered and made me feel something that most training courses don't – that I can help the young people in my care with very little if any extra workload or sense of dread!"

Joining SPOT

SPOT has been funded in your area. Go to elearn.beateatingdisorders.org.uk to register for free.