



Gateshead Schools Health & Wellbeing Programme

Newsletter - Issue #5

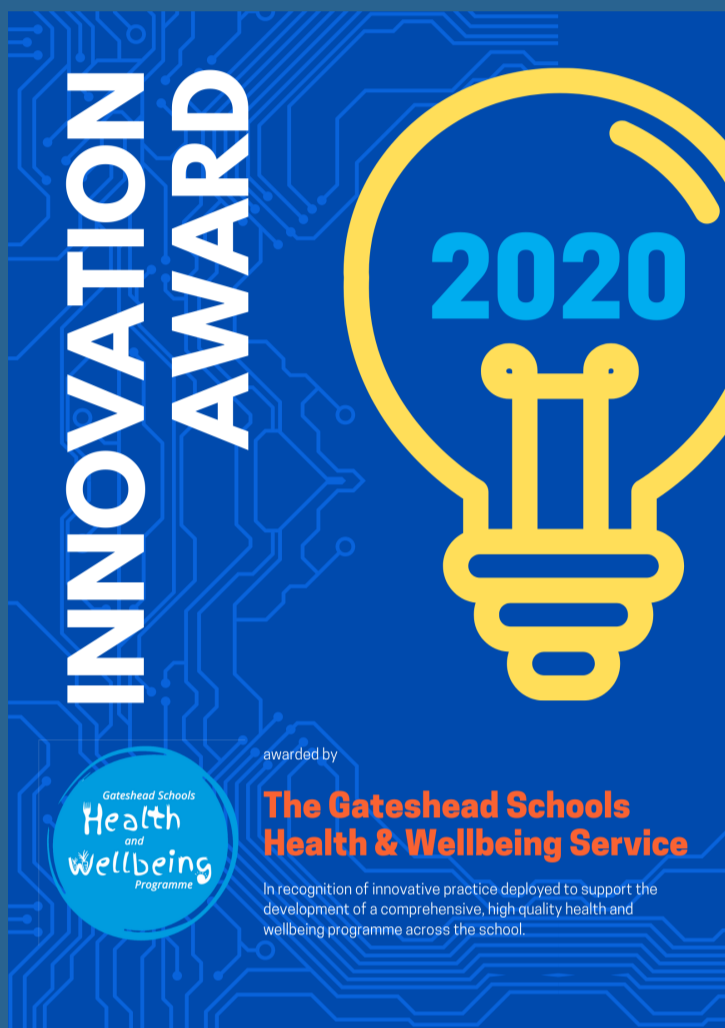
Welcome to your latest Health & Wellbeing Service Newsletter. In this edition you will find key details relating to our services and opportunities. Should you have any queries in relation to the content of this newsletter please do not hesitate to [CONTACT US](#).



Following the success of last year's #UNITE programme and in consultation with our Primary Head Teacher Advisory Group (PAG), we are delighted to share initial details of an exciting new offering for next half term; #INSPIRE.

Although predominantly aligned to our PE & School Sport Service, our #INSPIRE programme will consist of numerous resources to help support engagement in physical activity, a key component of health & wellbeing.

Specifically, however this new programme will include a discrete offering for schools affiliated to the Gateshead Schools Health & Wellbeing Service. Watch this space.....



Innovation Awards

Developed following feedback from member schools, these awards recognise schools who are demonstrating innovative practice and/or in-depth work within a specific area of health and wellbeing (e.g. staff wellbeing, anti-bullying, healthy eating etc.).

Congratulations to **Dunston Hill Community Primary School** who join **Glynwood Community Primary School** as early pioneers in this process.

To find out more about this opportunity and how to apply, please click on the link below.

[Complete Innovation Award Application](#)

Award Framework & Drop In Sessions

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. To access this self-review tool please [CONTACT US](#). Additional information relating to this process can be accessed [HERE](#).

To support schools with engagement in this framework we offer a number of dedicated 'drop-in' sessions. At the time of writing these will be conducted VIRTUALLY on the following dates:

1. Wednesday 4th November
2. Wednesday 18th November

Hourly slots will be available between the times of 13:00 and 17:00 on BOTH dates. To book a support session please [CLICK HERE](#).

Physical Health & Wellbeing Training Module (VIRTUAL) Wednesday 25th November (MS Teams) - 13:00-16:00

This workshop will explore the issues related to the physical health and wellbeing (PHWB) of your pupils. Specifically, it will cover the following:

1. The contribution physical activity makes to good physical and mental development
2. Where/how physical activity fits in the new PSHE curriculum and the new Ofsted Inspection framework
3. CMO Physical Activity Guidelines and Government strategies
4. How to develop positive physical activity habits and the importance of regular physical activity
5. Practical ideas for achieving 30 minutes of physical activity a day (including the Daily Mile)
6. Ideas to develop more active environments enabling pupils to move more during the day

To find out more and to book a place please [CLICK HERE](#)



Something else you might find useful... All About Autism, All About Me (Youth Sport Trust)

An exciting new E-Learning resource developed by the Youth Sport Trust, and endorsed by the National Autistic Society. This is a digital and practical toolkit, building upon knowledge of autism spectrum conditions (ASC) and some of the key considerations for making PE and sport inclusive to all. It is free for schools across England to access throughout 2020-21.

[Click here to access the e-learning](#)

