

# HARROW CHILDREN AND YOUNG PEOPLE'S PUBLIC HEALTH NEWSLETTER



## HELLO

Welcome to the September 2023 CYP Public Health Newsletter. This newsletter has been put together by the Harrow Public Health team and is aimed at frontline workers and professionals working with children & young people.

For more information on any of these areas please contact:

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- And more!

*Image: Sukhi Cooper, School Business Manager at The Jubilee Academy, presenting their Healthy Schools Gold award at the annual Healthy Schools celebration event*

# HEALTHY EARLY YEARS & HEALTHY SCHOOLS LONDON CELEBRATION EVENT

## ON THE 12TH JULY, HARROW HOSTED ITS SECOND HEYL & HSL CELEBRATION EVENT AT THE HARROW COUNCIL HUB

We had the pleasure of being joined by staff from 10 schools and early years providers, listened to some brilliant examples of best practice in health and wellbeing and enjoyed a delicious buffet catered by London's Community Kitchen. We would love for you to join us next year!



*David O'Farrell, headteacher at St Bernadette's Primary School, presenting their Gold award on improving oral health in reception & fitness in year 6 children*



*Heena Mehta, PSHE lead at Newton Farm Primary School, presenting their Gold award on mental health & emotional wellbeing*

## THANK YOU...

...to the following schools and colleagues who delivered fantastic presentations on their HSL awards and other health initiatives. Special thanks to St Bernadette's & Newton Farm primary schools who presented their silver awards last year and returned this year to present on their gold awards!

- **St Bernadette's Catholic primary school** – Gold award on oral health and fitness
- **Newton Farm primary school** – Gold award on mental health & emotional wellbeing
- **The Jubilee Academy** – Gold award on sexual health and healthy relationships
- **Teresa Ruddy, Specialist Community Public Health School Nurse** – overview of the Harrow School Nursing service
- **Khalid Ahmad, Project Manager at London's Community Kitchen** – Plant 2 Plate Programme

For further information please email  
[mathilde.kerr@harrow.gov.uk](mailto:mathilde.kerr@harrow.gov.uk)

# HEALTHY EARLY YEARS & HEALTHY SCHOOLS CELEBRATION EVENT

## AWARDS CEREMONY 2022-23 PHOTOS!



*Ghanshyam Nursery,  
HEYL Bronze award*



*Earlsmead Primary School,  
HSL Bronze award*



*Kenmore Park Junior School,  
HSL Bronze award*



*Pinner Park Primary School,  
HSL Bronze award*



*St George's Primary School,  
HSL Silver award*



*Newton Farm Primary School,  
HSL Gold award*



*The Jubilee Academy,  
HSL Gold award*

...P.s. if your early years setting/school didn't attend the awards ceremony but has achieved an award this year (up to the end of August 2022), you will have received/will be receiving your certificate and £25 voucher per award in the post, and via email, by the end of September. If you don't receive this by then, please let Mathilde know.

If you would like a copy of your photo, please email [mathilde.kerr@harrow.gov.uk](mailto:mathilde.kerr@harrow.gov.uk)



# HSL AND HEYL AWARDS 2022-23



## HEALTHY EARLY YEARS



- St George's Dragons Nursery 03/04/23
- Ghanshyam Nursery 29/06/23
- Little Avanti Stanmore Nursery 29/06/23
- Boys & Girls Stanmore Nursery 01/08/23



- Kiddicare Nursery 14/09/22



- Bright Little Stars Harrow 22/09/22



## HEALTHY SCHOOLS



- Stag Lane Primary 27/09/2022
- Aylward Primary 20/10/2022
- Kenmore Park Junior 20/10/2022
- Earlsmead Primary 07/12/2022

- Roxeth Primary 07/12/2022
- Pinner Wood Primary 02/05/2023
- Pinner Park Primary 20/06/2023
- St John's CoE Primary 20/07/2023



- Cannon Lane Primary 07/12/2022
- West Lodge Primary 07/12/2022
- The Jubilee Academy 15/12/2022
- St George's Primary 21/04/2023

- Grimsdyke Primary 02/05/2023
- Krishna Avanti Primary 21/06/2023
- Belmont Primary 17/07/2023



- Kenmore Park Infant and Nursery 06/09/2022
- St Anselm's Primary 23/06/2023
- Newton Farm Primary 23/06/2023
- Cannon Lane Primary 06/07/2023
- St Bernadette's Primary 06/07/2023
- The Jubilee Academy 11/07/2023

**AWARD YEAR IN LINE WITH ACADEMIC YEAR.**

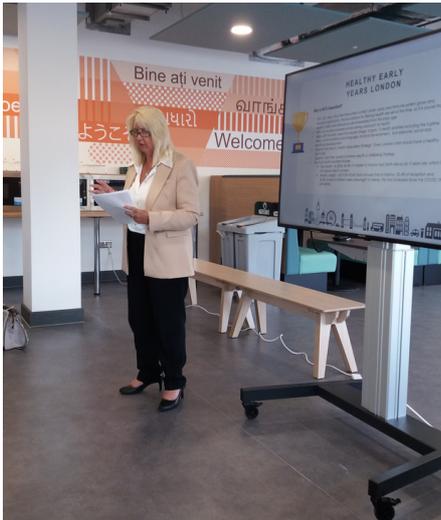
**ACHIEVE AN AWARD BETWEEN SEPTEMBER 2023 - AUGUST 2024 TO BE LISTED FOR NEXT YEAR**

If you would like to start an award, please email [mathilde.kerr@harrow.gov.uk](mailto:mathilde.kerr@harrow.gov.uk)



# SS4E TRAINING PLATFORM

## TRAINING SPOTLIGHT: **THE GENDER DIVIDE IN EARLY YEARS**



Dr Dianne Borien, Early Years Consultant, supports the HEYL programme in Harrow and has developed a new training on the Gender Divide in the Early Years. This training is based around the fact that boys don't achieve as well as girls by the end of the Early Years Foundation Stage.

### **WHAT CAN ATTENDEES EXPECT TO LEARN?**

This training session will help practitioners:

- to understand the differences between boys and girls
- to understand how boys develop
- to know how to engage effectively with boys
- and how to encourage boys to participate in early reading and writing activities



The first training session will be held face-to-face at the Harrow Council Hub, Forward Drive, HA3 8NT on **Saturday 14th October, 10am - 1pm.**

Please book your place for FREE via SS4E here: <https://ss4eharrow.uk/Event/211447>

For further information please email  
[mathilde.kerr@harrow.gov.uk](mailto:mathilde.kerr@harrow.gov.uk)

# HARROW HAPPY SMILES

## HARROW HAPPY SMILES IS THE NEW NAME OF THE SUPERVISED TOOTHBRUSHING PROGRAMME

**Harrow Public Health Team along with Whittington Health's Community Oral Health Promotion team are offering a free oral health improvement programme "Supervised Toothbrushing" to targeted early years settings across Harrow in the most deprived areas.**

This is part of a collaborative programme which in addition to improving children's oral health also aims to raise awareness about the importance of oral health and the benefits of early intervention. The programme promotes routine tooth brushing with appropriate fluoride content tooth paste from a young age.

Children whose parents/guardians provide consent to participate, will be enrolled on the daily tooth brushing activity in their classroom, supervised by staff. A leaflet will be given to all participating settings and they will be contacted by a member of the Oral Health Promotion Team

**Harrow has historically had high levels of oral health need.** Several oral health initiatives have been implemented over past few years. Despite this many challenges remain, and inequalities in oral health outcomes persist. Developing good oral health habits and behaviours in childhood is a vital part of preventing oral diseases throughout life, and toothbrushing is a central part of this.

### **The impact of poor oral health may result in poor general health, together with:**

- School absence because of sleepless nights due to toothache or visits to the dentist
- Potential reduced academic achievement
- Difficulty eating, sleeping, talking, and socialising due to pain.
- Sepsis and discomfort



For further information please email  
[andrea.lagos@harrow.gov.uk](mailto:andrea.lagos@harrow.gov.uk)

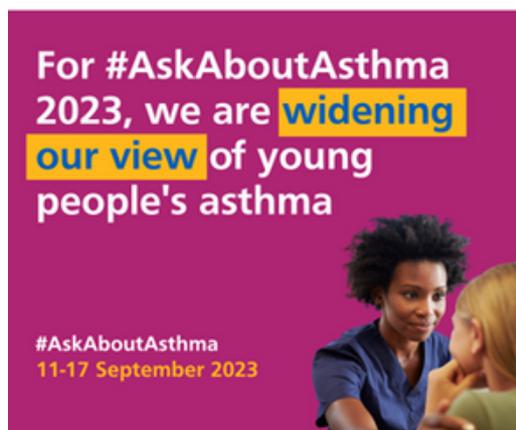
# #ASKABOUTASTHMA CAMPAIGN

## THE SEVENTH ANNUAL #ASKABOUTASTHMA CAMPAIGN RETURNS THIS SEPTEMBER 11-17 2023

This year's theme is "widening our view": shining a light on the wider factors of children and young people's asthma care including issues such as housing, mould and vaping. By widening our view, we can help to raise the profile of asthma by reaching out to everyone who has asthma, their friends, families and the whole system that cares for them.

Throughout the week there will be webinars, podcasts, blogs and a virtual conference. Click [here](#) to access the schedule.

**We are proud to say that in Harrow,  
49 schools have Asthma Friendly  
Status**



The #AskAboutAsthma campaign encourages children and young people, their families, and those involved in their care, to ensure four simple and effective measures to help them control their asthma:

### **1) Get an asthma action plan in place**

A written asthma action plan drawn up between a clinician and patient means people are four times less likely to have to go to hospital for their asthma.

### **2) Understand how to use inhalers correctly**

Less than three-quarters of children and young people have any form of instruction in how to use their inhaler. Poor inhaler technique means patients don't get the full benefit of their asthma medication.

### **3) Schedule an asthma review – every year and after every attack**

An asthma review by an appropriately trained clinician after every attack helps to work out what went wrong. An annual review ensures effective management of the condition.

And for 2023, we've added a fourth ask:

### **4. Consider air pollution and its impact on lung health**

We want to ensure that every asthma conversation considers the impact of outdoor and indoor air pollution on children and young people's asthma.

For further information and to access resources click [here](#)

# CLEAN AIR DAY POSTER COMPETITION

## CONGRATULATIONS TO GRANGE PRIMARY SCHOOL!

Throughout May, the Mayor's Clean Air Day poster challenge encouraged school children across London to design posters about why clean air is so important to them and to our city.

Over 630 school children aged four to 14 from 83 London schools took part, designing posters explaining **'What clean air means to me'**. It was an overwhelming response, highlighting how much young Londoners care about the environment and health.

The winning designs from the poster challenge were launched on Clean Air Day on Thursday 15 June. The designs will be featured on posters across London including on high streets in outer London and on the Mayor of London's social media channels.

The Harrow Public Health team were very proud to see that one of the ten winning entries was by a pupil from Grange Primary School who had designed this fantastic winning poster below, named 'Stop Pollution, Save the Earth'. Well done!



For further information and to see the other winning entries please click [here](#)

# SEXUAL HEALTH WEEK

## 11-17 SEPTEMBER

### BROOK BIG RSE LESSON

On Wednesday 13 September at 10am Brook will be broadcasting a 1-hour RSE lesson for students across England and Wales.

In celebration of our Sexual Health Week theme of 'Playing it Safe', our Big RSE Lesson will empower young people to understand and challenge gender stereotypes.

Over 57,000 people tuned into our last broadcast, so [sign up](#) today to make sure you don't miss out.



This free 60-minute live broadcast is aimed at students in Year 9 and above. By the end of the session, students will be able to:

- Describe how gender stereotypes can negatively affect wellbeing.
- Identify sources of gender stereotypes that put pressure on young people.
- Understand the real-world impacts of misogyny on young people.
- Identify types of online gender-based abuse and ways to tackle it.
- Know where to get help and support with gender pressures and stereotypes.

### EXCLUSIVE HIV TESTING EVENT

Compass is partnering with Terrence Higgins Trust to offer FREE confidential walk in HIV testing on Wednesday 13th September, from 4 - 6pm at the Compass office. This event is tailored especially for young individuals aged 11-24 years old seeking accessible and informative sexual health resources, and as it is a walk in no appointments need to be made.



Help us spread the word and let's unite to mark this important week with action and awareness. Please don't hesitate to get in touch to get more information:

[Location address and contact details](#)

Compass Harrow Drug & Alcohol Service  
The Twenty-One Building  
21 Pinner Road  
Harrow, HA1 4ES  
Email: [adminharrow@COMPASS-UK.ORG](mailto:adminharrow@COMPASS-UK.ORG)  
Telephone: 020 8861 2787

# STREET TAG & YOUTH HEALTH CHAMPIONS

## CONGRATULATIONS TO THE STREET TAG WINNERS OF SEASON 5 (31ST MARCH TO 10TH JULY 23)

Street Tag is an app-based physical activity initiative. It works by encouraging pupils and families to be more active by turning the world around them into a virtual playground. Users win points by actively walking, running or cycling to the virtual tags that have been placed throughout their community.

Winning schools receive:

- First Prize: £100 for the School PTA
- Second Prize: £75 for the School PTA
- Third Prize: £50 for the School PTA

To sign up your school, EY setting or workplace, please email

[meenakshi@streettag.co.uk](mailto:meenakshi@streettag.co.uk)



## YOUTH HEALTH CHAMPIONS: COHORT 4

The next Youth Health Champions cohort will be trained on 31st October and 1st November. The following schools are confirmed so far:

- Harrow College
- The Jubilee Academy
- Rooks Heath

If your secondary school would like to take part in cohort 4, please let Mathilde know by 30th September latest. There will be another cohort trained in spring 2024 so you can also express your interest ahead of time.



For further information please email  
[mathilde.kerr@harrow.gov.uk](mailto:mathilde.kerr@harrow.gov.uk)

# PARENTING TRAINING SESSIONS

For PDF copies of posters please email [mathilde.kerr@harrow.gov.uk](mailto:mathilde.kerr@harrow.gov.uk)

## Conflict Zone

**An interactive performance exploring Reducing Parental Conflict**

This interactive performance, which follows two fictional families, explores some of the issues which exacerbate parental conflict. It also examines the differences between parental conflict and domestic abuse.

The two contrasting stories powerfully depict the effects of destructive conflict on children, whether parents are living together or apart, and allows audience members to discuss how professionals can help parents understand their children's needs and manage conflict constructively.

**Geese Theatre Company:**

Geese Theatre Company has been a sector leader in the arts in criminal justice and social welfare fields for 35 years. The company delivers dynamic, interactive performances for training to professionals working within education, social care, health and mental health settings.

**Date and location:**  
**Thursday 14th September 2023**  
**Morning performance:**  
 10:15 am - 12:00pm  
**Afternoon performance:**  
 1:00pm - 2:45pm

**Address:**  
 Harrow Arts Centre, 171 Uxbridge Road, Pinner, HA5 4EA

**Booking:**  
 This is a **free** event.  
 Visit Eventbrite to book:  
<https://www.eventbrite.com/e/conflict-zone-interactive-performance-exploring-reducing-parental-conflic-tickets-667460110157>




LONDON BOROUGH OF  
**HARROW**



An online course to help parents communicate better with each other

## Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

*Arguing better* is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

**You will learn:**

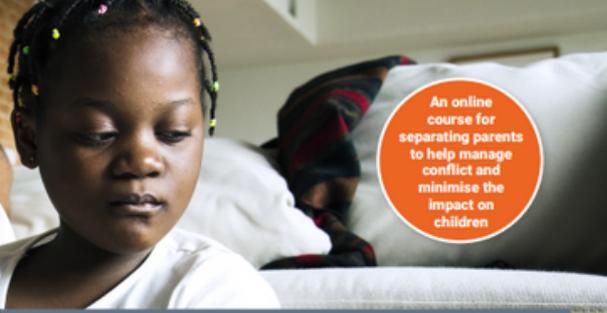
- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address  
[www.oneplusone.org.uk/parent-resources-for-england](http://www.oneplusone.org.uk/parent-resources-for-england)  
 or scan the QR code

- Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.





An online course for separating parents to help manage conflict and minimise the impact on children

## Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

*Getting it right for children* is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

**You will learn:**

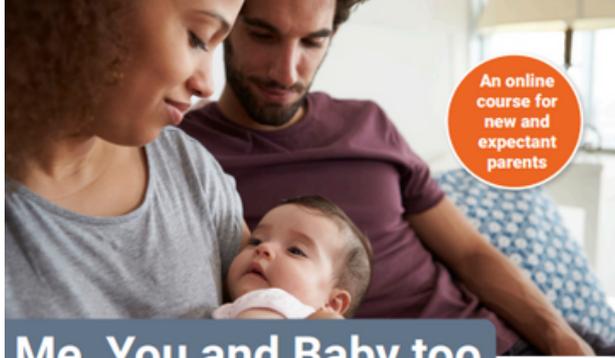
- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address  
[www.oneplusone.org.uk/parent-resources-for-england](http://www.oneplusone.org.uk/parent-resources-for-england)  
 or scan the QR code

- Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.





An online course for new and expectant parents

## Me, You and Baby too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

*Me, You and Baby Too* is a free online course that can help you navigate these changes and keep moving forward together.

**You will learn:**

- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address  
[www.oneplusone.org.uk/parent-resources-for-england](http://www.oneplusone.org.uk/parent-resources-for-england)  
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- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



## IMMUNISATIONS

The start of the school year is a good time to remind parents/carers to make sure their child has been immunised, as they will be learning and playing with more children and could be at risk of catching preventable diseases if they haven't had all their childhood jabs. Click [here](#) to access promo resources.

Pre-school jabs include:

- 2nd dose of MMR
- 4 in 1 Pre-school booster

Coverage for these jabs is recommended to be >95% by 5 years old, but Harrow scores lower than this at 88.7% for the booster and 81.2% for the 2nd dose of MMR, so we need your help to encourage families.



## FLU VACCINATION PROGRAMME – AUTUMN TERM 2023

This year the flu vaccination programme will commence mid September and will end by 15th December. No further vaccines will be offered after this date as the aim is to ensure the maximum protection for children and their families is achieved prior to the Christmas holidays.

Please encourage the families in your school to complete their vaccination consent form prior to the school session as there is limited time for catch up sessions during the school term.

If any pupil has missed the session please ask them to contact the Harrow Immunisation Team on 02081026333 to book an appointment in the catch up clinics which will be held after school and during the October half term

# OTHER UPDATES/ REMINDERS

## VAPING RESOURCES

With a rise in the number of children vaping, Better Health have created teaching resources aimed at helping key stage 3 children understand the impact that vaping has on their physical and mental wellbeing. Written by teachers and featuring films co-created with young people, they encourage discussion about nicotine, what vaping is and the impact it has on both young people and the environment. The flexible resources can be used individually during form time or together as a full lesson plan. They are available to download free on the [School Zone](#) website and there is a [teacher email](#) and [social media toolkit](#) to promote the teaching resources through your networks.



## SCHOOL READY CAMPAIGN



The holidays have drawn to a close and for many children and families this is their last summer before starting school for the first time. That means excitement and a bit of worry for children and parents / carers. Harrow Council and its partners in health and the voluntary sector have put together some resources with tips on having conversations about school, how to prepare your child as well as possible: [SCHOOL READY](#).

We wish all children and families a great start to the school year!

For further information please email  
[mathilde.kerr@harrow.gov.uk](mailto:mathilde.kerr@harrow.gov.uk)