



## **Wellbeing Service – Public Health, North East Lincolnshire**

### **Relationship, Sex and Health Education Questionnaire 2022**

A comprehensive programme of RSE and HE gives children and young people essential skills for building positive, enjoyable, respectful, and non-exploitive relationships and for staying safe both on and offline. During these very challenging two years, we have continued to support schools in many ways including:

- Continued development and updates to the professionals and young people's websites.
  - [www.together4all.co.uk](http://www.together4all.co.uk) (which has had two extra sections added to, including Wellbeing and Early Years)
  - [Your health and wellbeing - LiveWell \(nelincs.gov.uk\)](http://Your health and wellbeing - LiveWell (nelincs.gov.uk)) websites.
- Creating and delivering a virtual training offer, which was developed from the previous questionnaire from the needs identified.
- The coordination of the PSHE primary and secondary termly network sessions, which continues to grow and has regular guest speaker.
- The production of the Health and Wellbeing termly Newsletters.
- Providing one-to-one support and advice.

All the above has been preparing and developing schools for the statutory guidance responsibilities and curriculum roll out. You have all been working so hard towards this goal and there has been growth and development in this area throughout the authority.

To continue with this success, We have produced this year's questionnaire to help me to assess further developed across the authority.

The link to the questionnaire: <https://pshe.questionpro.eu>

Please take the time to complete it honestly and the best you can. It should only take 10 minutes. This will really help me to review the local offer and support; but also, identify the areas that may need more development ready for September role out. This will also facilitate me to target the support more efficiently.

Completion date is 6<sup>th</sup> June 2022.



#### [Healthier Families - Home - NHS \(www.nhs.uk\)](http://www.nhs.uk)

- Download the free NHS Food Scanner app
- Sign up to the newsletter
- Sign up for Cook together emails
- Healthier food swaps
- Barbecue and picnic recipes
- Play a 10 minute shake up game

# Immunisations

Between now and the summer holidays, we will be visiting your school to deliver the Human Papilloma Virus (HPV) vaccination to the year 8 and year 9 students. The year 9 students will be having their 2<sup>nd</sup> dose HPV and the year 8 students will be having their 1<sup>st</sup> dose.

All the parents and carers of the year 8 students should receive information from school about giving consent for the HPV vaccination. The form needs to be completed by the 25<sup>th</sup> May.

## About HPV...

### What is HPV?

A common group of viruses that affect your skin and mucous linings of the body.

### HPV can cause...

Genital warts, cancer of the cervix, anus, penis and some mouth and throat cancers.

### How is HPV spread?

It can be transmitted by any skin-to-skin contact in the genital and oral areas

**For parents/carers;** further information can be found at

[www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations) or <https://vk.ovg.ox.ac.uk/vk/>

Or contact the school Nursing Immunisation Team on 01472 323660 or email on [School.Immunisations@nelincs.gov.uk](mailto:School.Immunisations@nelincs.gov.uk)

### **For Students**

If you wish to discuss this with your school nurse, please use the text service offered by the School Nursing Team on 07507 331620



## National Smile Month 2022

(This campaign is set to run Between 16 May and 16 June 2022)



### Everyone deserves a healthy smile

National Smile Month 2022 is all about shining a light on inequalities within oral health.

Millions of people every year are affected by oral health problems. Oral diseases can leave you in extreme pain and affect your quality of life. Sadly, oral diseases may also be life-threatening.

Oral health inequalities affect lots of different people and groups within society. Your age, wealth, level of education and where you live can all determine how healthy, or unhealthy, your mouth might be.

Inequalities are often preventable. They are also unfair and unjust.

In the UK, oral health inequalities can lead to a greater risk of:

- Oral diseases such as [tooth decay](#) and [gum disease](#).
- Tooth loss and tooth extractions.
- [Mouth cancer](#).
- Dental phobias and anxiety.
- Less access to frontline care and support services.

Good oral health has many benefits, not only for your mouth but for your overall wellbeing too.

Taking good care of your oral health goes far beyond keeping your teeth and gums healthy. It also improves your quality of life.

In recent years, poor oral health, specifically gum disease, has been linked with a number of general health conditions.

Problems which may be caused or made worse by poor oral health include:

- Heart disease
- Strokes
- Diabetes
- Cognitive impairment e.g. Alzheimer's
- Giving birth to premature or low birth weight babies
- Respiratory (lung) disease

Here are our top tips for great oral health.

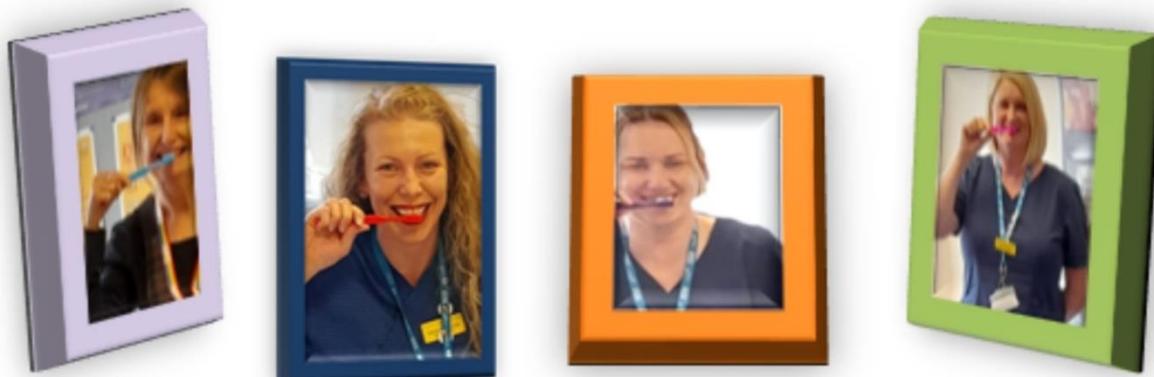
- Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- Spit don't rinse away the toothpaste
- Clean between your teeth every day.
- Cut down how much and how often you have sugary foods and drinks.
- Visit a dentist regularly.
- For more information visit:

**Getting involved is simple! Why don't you join in with the 'Great British Brushathon' which will be taking place on Wed 15<sup>th</sup> June @ 9AM? This event connects people from all around the country in one giant communal brushing event.**

**Take a selfie whilst brushing your teeth and post it on social media.**

Other activities include 'Rate my Plate,' 'Nominate a smile' and arts and crafts can be found using the link below.

For more information on how you could be a part of National Smile Month, please visit <https://www.dentalhealth.org/national-smile-month>



*Here are some of our selfies!*

# RSE DAY

Celebrating relationships & sex education

#RSEday

30 June 2022

[www.RSEday.com](http://www.RSEday.com)

We are launching the RSE Day materials today, they are all live on the website [Resources | RSE Day](#). You can download pdf versions of the lists of things to do from here if you'd like to host on your own websites/platforms.

For those who are not aware, RSE Day takes place on the last Thursday in June each year, this year 30 June. It is a celebration of good practice in RSE that began in Nottingham in 2018 and is now celebrated nationally. Lots of schools around the country get involved in practical activities and share them on social media using the hashtag #RSEday.

The day will open with a 30 minute livestream from 9am to 9.30am, this includes the national assembly from [Discovery Education Health and Relationships](#) at 9.10am. This can be viewed via the [RSE Day](#) website. The assembly will launch our national task which involves children and young people thinking about why they sparkle and filling in worksheets or creating art-work to upload to our [national platform](#). As last year we will be doing shout-outs to children watching from around the country, these will happen at 11.30am and 2.15pm. Schools can sign up for shout-outs [here](#). Discovery Education are giving free access to their package from now until RSE Day for any schools that want it, details are on the primary list of things to do.

If anyone has any special activity planned in their area please let me know so I can share on the day. Any questions about RSE Day please get back to me. I'm looking forward to seeing all the wonderful ways that schools get involved, it is truly heart-warming.

I'll update you as any developments happen.

Best wishes

Catherine Kirk  
RSE Consultant  
Nottingham City Council  
Tel: 07970 271360  
[www.rseday.com](http://www.rseday.com)

## Key Dates

May/June/July 2022



National Children's Gardening Week celebrates the fun that gardens hold for kids. Children, parents, grandparents, schools or garden businesses can find ideas for fun garden projects and activities on this site.

[National Children's Gardening Week - Together, we help children grow. \(childrensgardeningweek.co.uk\)](http://childrensgardeningweek.co.uk)



Child Safety Week is an annual community education campaign run by the Child Accident Prevention Trust (CAPT), acting as a catalyst for thousands of safety conversations and activities UK-wide.

We help families build confidence and skills in managing the real risks to children's safety. We want all children to have the freedom to grow and learn, safe from serious harm.

**This year, Child Safety Week runs from Monday 6th to Sunday 12th June.**

[Child Safety Week 2022 \(capt.org.uk\)](http://capt.org.uk)



Everyone is invited to get involved in the British Nutrition Foundation's 10th Healthy Eating Week from **13 – 17 June 2022!**

Our big message for the Week this year is, Eat well for you and the planet! Each day of the Week will have a different theme:

Monday: Focus on fibre - for meals and snacks  
Tuesday: Get at least 5 A DAY - put plenty on your plate  
Wednesday: Vary your protein - be more creative  
Thursday: Stay hydrated - fill up from the tap  
Friday: Reduce food waste - know your portions

[Healthy Eating Week - British Nutrition Foundation](http://healthyeatingweek.org)



Autistic Pride Day is a pride celebration for autistic people held on **June 18th** each year. Autistic pride recognises the importance of pride for autistic people and its role in bringing about positive changes in the broader society.

[What is autism](#)



Learning Disability Week : **20th – 26th June 2022**

Living Life with a Learning Disability: This year, we want to show how people with a learning disability are reconnecting with friends and their communities. We also want to talk about the issues many people still face after the end of COVID restrictions, like still having to isolate or dealing with poor mental health and anxiety. Learning Disability Week 2022 | Mencap

[Learning Disability Week 2022 | Mencap](#)



20<sup>th</sup> – 26<sup>th</sup> June 2022

This Refugee Week, we're inviting you to explore the theme of **'Healing'**. Through creativity and conversations, Refugee Week 2022 will be a celebration of community, mutual care, and the human ability to start again.

[Home | Refugee Week](#)



**Monday 20 to Sunday 26 June 2022**

**Registrations for National School Sport Week 2022 are now open**

For National School Sport Week 2022 we're campaigning to ensure there is a place for every young person to belong in school sport.

Join us in our mission to guarantee there is a role for every young person in a school sports day this summer.

**Our theme for 2022: Belonging – a place in sport for every child**

School sport should be an important part of every child's education and development – every child should feel they have a place to belong.

But for too many children this isn't happening. They are left feeling alienated by sport, that it isn't for them and they don't have a place within it.

[National School Sport Week - Youth Sport Trust](#)



**Join millions of people reducing their plastic waste.**

Plastic Free July® is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?

[Plastic Free July – Be Part of the Solution](#)



## Training Dates

### **May - July 2022**

#### [PHSE Coordinators Meeting: ask the local experts Q&A session - Primary](#)

Online Microsoft Teams  
15:30-16:30  
Thursday, 12 May 2022

#### [PSHE Coordinators Meeting: ask the local experts Q&A Session - Secondary](#)

Online Microsoft Teams  
15:30-16:30  
Thursday, 19 May 2022

#### [Bereavement: What is normal?](#)

Online Microsoft Teams  
Various dates: May to July 2022

#### [Whole School SEND training](#)

Please see link above for courses, dates and booking instructions.