



HEWP services 09012018

18 January 2018.

Dear Teacher,

The Public Health Service team commission public health services for children, young people and families that aim to improve health outcomes. Please may we take the opportunity to share some information with you.

The 'School Zone' and 'Rise Above' websites from Public Health England.

Public Health England (PHE) has created the [Rise Above](#) website, a resource created by and for young people aged 11-16, that aims to delay and prevent them from engaging in exploratory risky behaviours and promote good mental health.

Topics covered on the Rise Above for young people website include:

- Bodytalk
- Friends
- Relationships and sex
- Puberty
- Self Confidence
- Smoking drinking and drugs
- Stress

The 'Rise Above' resource, supports teaching of PSHE to KS3 and KS4, and flexible lesson plans include:

- Bullying and cyberbullying
- Smoking
- Online stress and fear of missing out (FOMO)
- Alcohol

- Exam stress
- Body image in a digital world
- Forming positive relationships

Information is accessible from the [School Zone](#).

The [School Zone](#) also contains wider information for both Primary and Secondary Schools including Our Healthy Year, Healthy Eating and Being Active.

Change4Life announce an exciting new campaign to help families choose healthier snacks and reduce their children's sugar intake. The campaign will help parents take action by introducing a new simple tip – 'Look for 100 calorie snacks, two a day max.' Free digital resources are available for teachers to download from the [School Zone website](#) to help pupils learn about healthy eating and snacking.

We hope you find this information useful. Please feel free to share with your peers and colleagues.

Best Wishes for the spring term.

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