

# PERSONAL DEVELOPMENT PROFESSIONALS NETWORK

This networking meeting will provide information and updates on:

- Healthy Eating in schools
- MHST and Body Image training

Various organisations will be in attendance to offer updates and support. These will be confirmed on the agenda before the network meeting and distributed via email.

**Wednesday**  
**5th March**  
**2 - 3.30pm**

**via Teams Call**

**Suitable for:** members of SLT, DSLs, DMHLs, PSHE, RSE and staff supporting personal development and wellbeing within education settings in Torbay across all phases.



## Welcome!

We aim to start promptly at 2pm.

Please:

Grab a cuppa

Ensure you are on mute

Vicky Glanville – Public Health Practitioner

Kim Mason – Personal Development Specialist

# Agenda for Wednesday 5<sup>th</sup> March



- Healthy Eating in schools
  - \* Updates from PH – Vicky Glanville
  - \* Healthy Eating in the curriculum – Kim Mason
  - \* Veg Power – Dan Parker
  - \* Fresha and 'Food and Climate Change' – Paul Banks
  - \* ProVeg – Alex Jemison
  - \* Resources and support available
- Body Image
  - \* training video updates
- Mental Health Support Team updates - Nicola Legodi

# What is the Personal Development Professionals Network (PDPN)

An opportunity for education and other agencies to work together to maximise opportunities for Personal Development

A place to share expertise and make recommendations to one another

A supportive space to network

A place to ensure we all have the compulsory and contextual information

# Public Health Updates...

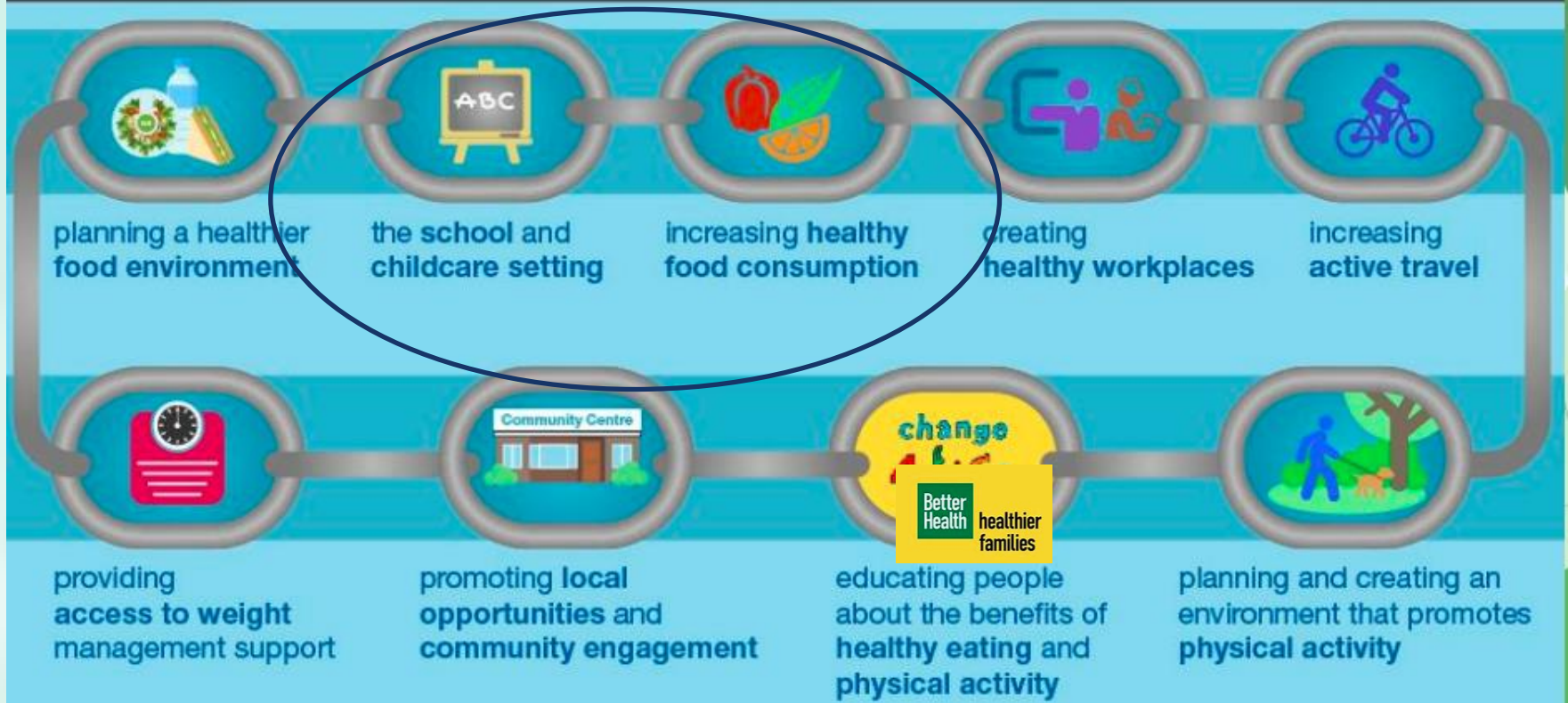
## NCMP data for Torbay

↑ Increasing / Getting worse	↑ Increasing / Getting better
↓ Decreasing / Getting worse	↓ Decreasing / Getting better
↑ Increasing	↓ Decreasing
→ No significant change	— Could not be calculated

Indicator	Age	Sex	Period	Value	Value (Region)	Value (England)	Unit	Recent trend	Change from previous
C09a - Reception prevalence of overweight (including obesity)	4-5 yrs	Persons	2023/24	27.7	21.8	22.1	%	→	↑
C09b - Year 6 prevalence of overweight (including obesity)	10-11 yrs	Persons	2023/24	34.1	32.8	35.8	%	→	→
C16 - Overweight (including obesity) prevalence in adults, (using adjusted self-reported height and weight)	18+ yrs	Persons	2022/23	64.4	62.5	64.0	%	—	→

[Public Health Outcomes Framework - at a glance summary](#)

# Common areas of obesity activity identified as part of a whole systems approach to obesity



# Public Health Updates...

Soon...

- Overview of healthy eating in schools and provide support to make improvements
  - to embed changes to environment, menus, engagement
- Healthy Eating kitemark for schools/canteens
  - Healthy Schools Award to recognise and encourage efforts in promoting good health

# Public Health Updates...

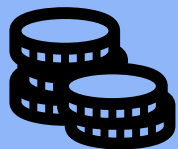
Now...

- Engaging programmes
  - Eat Them To Defeat Them, Growing to Love via Veg Power
  - Resources on Torbay Healthy Learning website
  - On-going successful Oral Health programmes
- Auto-enrolment for FSM...

# FSM auto-enrolment scheme – Sept 2025



Around 11% of eligible pupils nationally do not claim free school meals



Families miss out on savings of around £450 annually, and schools miss out on the Pupil Premium funding (Primary - £1,455 per pupil Secondary £1,035 per pupil)



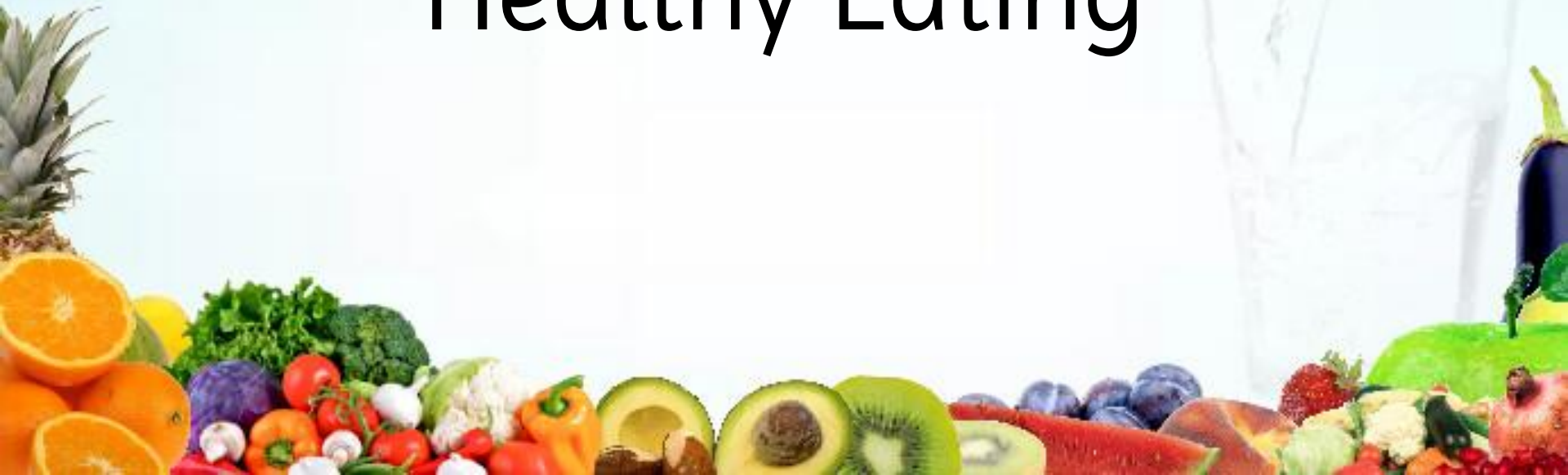
FSM auto-enrolment involves identifying children who are eligible but not claiming, and enrolling them (unless they opt out)



The process removes the barriers that families often face when applying (e.g. around language, literacy, cultural or technical issues)



# RSHE Guidance Healthy Eating

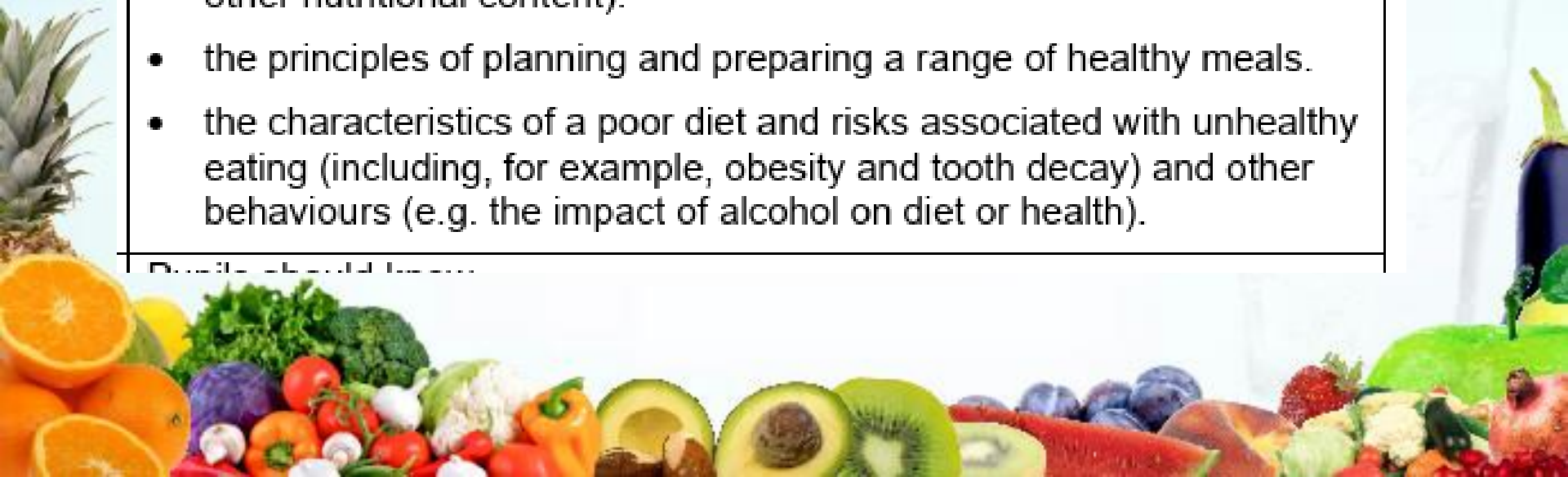


# Primary Education

Pupils should know

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

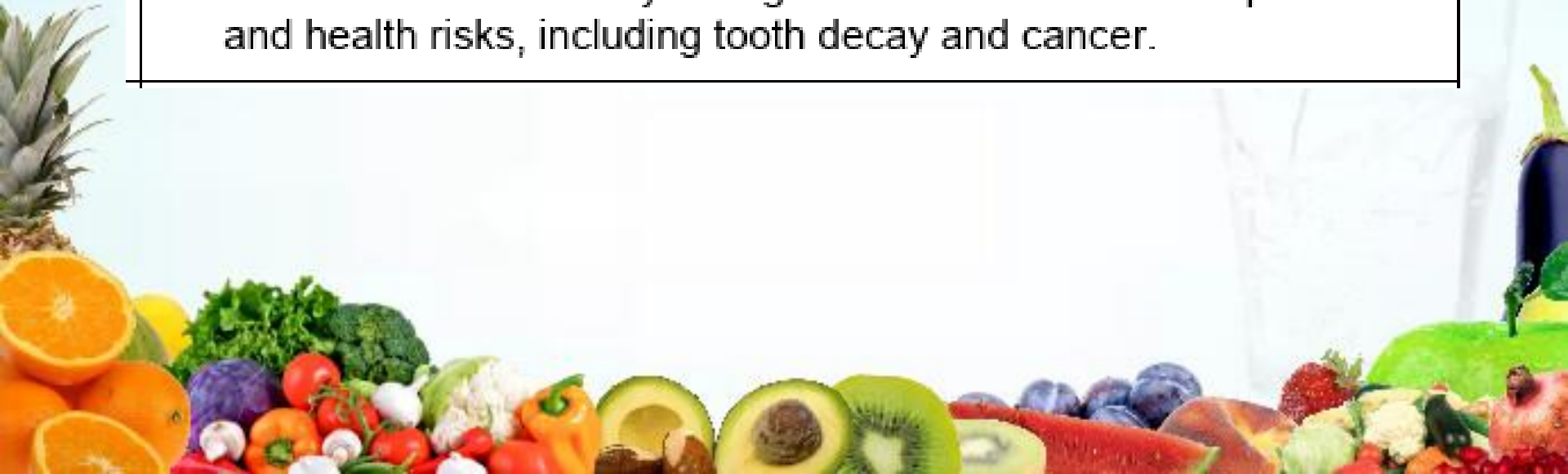
Pupils should know



# Secondary Education

Pupils should know

- how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.





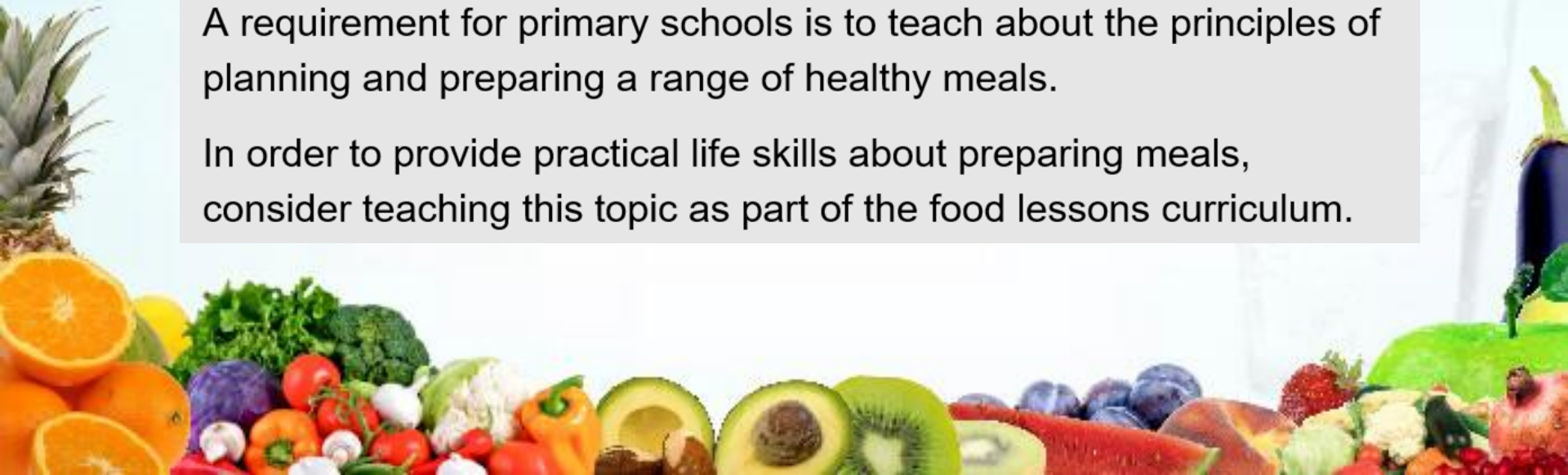
eat more of fresh fruits and vegetables.

# DfE Guidance on Best Practice

You will need to adapt these approaches to ensure they are age appropriate and developmentally appropriate for your pupils.

A requirement for primary schools is to teach about the principles of planning and preparing a range of healthy meals.

In order to provide practical life skills about preparing meals, consider teaching this topic as part of the food lessons curriculum.



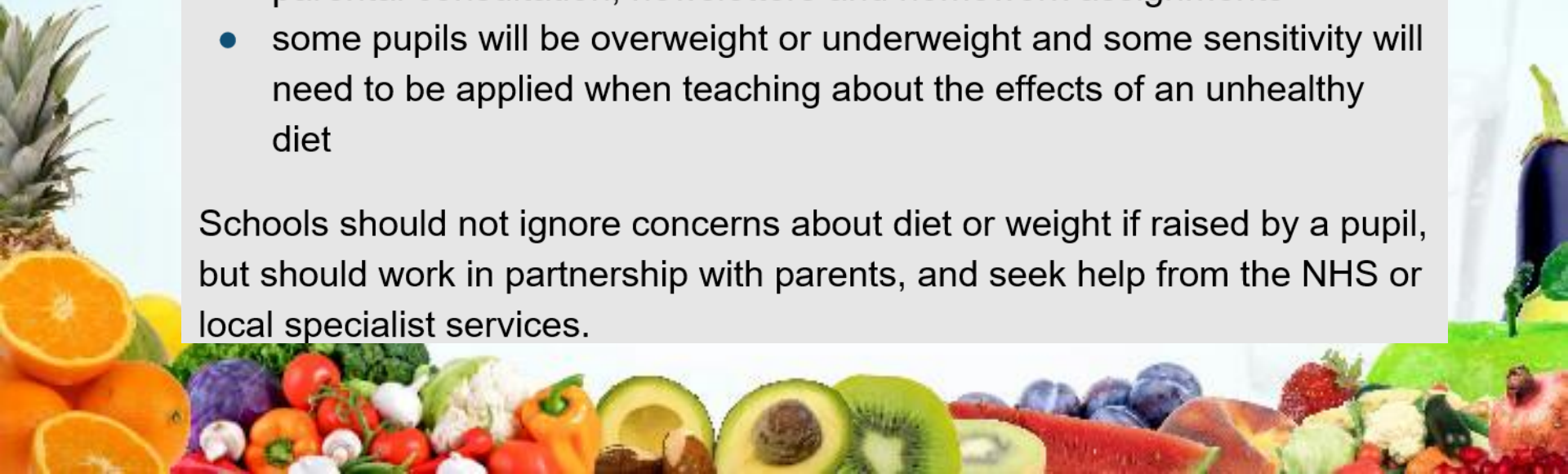


# DfE Guidance on Best Practice

Be aware that:

- many pupils will have limited control over their diet outside of school - inform parents and legal guardians about what is being taught through parental consultation, newsletters and homework assignments
- some pupils will be overweight or underweight and some sensitivity will need to be applied when teaching about the effects of an unhealthy diet

Schools should not ignore concerns about diet or weight if raised by a pupil, but should work in partnership with parents, and seek help from the NHS or local specialist services.



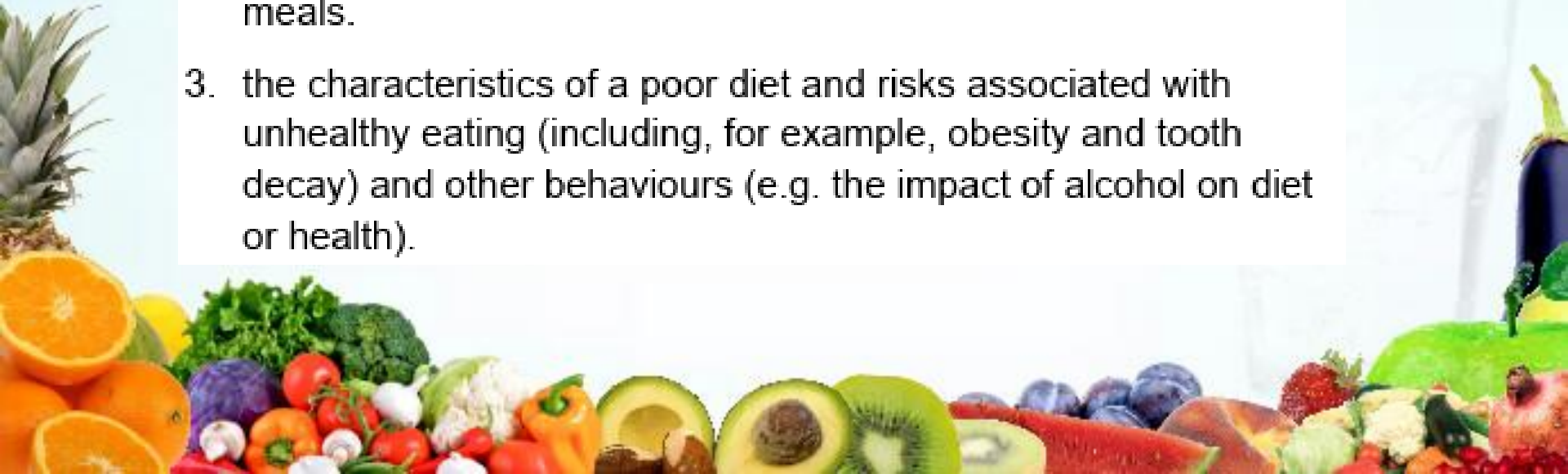
HOW THE **FOOD** YOU EAT



AFFECTS YOUR **BRAIN**

# Proposed Primary Healthy Eating (Current draft guidance)

1. what constitutes a healthy diet (including understanding calories and other nutritional content).
2. the principles of planning and preparing a range of healthy meals.
3. the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).





# Proposed Secondary Healthy Eating (Current draft guidance)

1. how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.



# Veg Power – Dan Parker

- [Veg Power](#)
- [Eat Them to Defeat Them](#)
- [Growing to Love](#)

# Fresha – Paul Banks

- Food and Climate Change

# ProVeg – Alex Jemison

FREE support for caterers and in the classroom

- [School Plates programme](#)
  - [Guide and recipes](#)
- [Canteen to classroom](#)

# Resources and support

## FREE of charge...

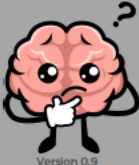
- ProVeg – **School Plates programme** helps schools improve menus by increasing the quality and availability of plant-based food, promoting healthier and more sustainable eating habits. <https://proveg.org/uk/school-plates/#h-resources>
- TasteEd - offers teachers support, training and resources to deliver a range of simple, classroom based, sensory food education lessons that are tailored to UK curriculum. <https://www.tasteeducation.com/>
- Torbay Healthy Learning – One-stop-shop for resources and information. <http://www.healthylearningtorbay.co.uk/>

# Body Image – Training Videos updates

- Joint funding (TC/DCC)
- Psychoeducation, things to look out for, tips and where to get more help
- Design April-June '25
- To be available Sept '25.
  
- 3 videos –
  - 1x Children and young people designed for school years 5-8
  - 1x Parents and carers
  - 1x Education staff
  
- Delivery by MHST in conjunction with Fresh Ground Films.

# Other MH support

- CYP Mental Health one-pager being finalised – distribution in due course







Version 0.9

# YOUNG MINDS MATTER

Mental health and wellbeing support in Torbay

Clickable links for more info

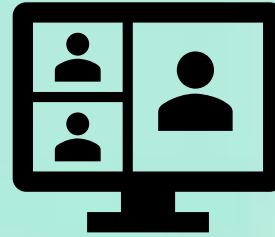
Get Advice	Get Help	Get More Help				
<div><b>YOUNG MINDS</b></div> <p>Self help for young people</p> <div><b>THE MIX</b></div> <p>Support for under 25's</p> <div><b>NHS Every Mind Matters</b></div> <p>Practical self help</p> <div><b>5 Ways to Wellbeing</b></div> <p>Wellbeing approach</p> <div><i>Mind</i></div> <p>Mental health organisation</p> <div><b>The Joy App</b></div> <p>Service directory</p> <div><b>ORCHA App Finder</b></div> <p>App directory</p>	<div><b>koeth</b></div> <p>Anonymous, free and easy to use online support</p> <div><b>Checkpoint, Torbay</b></div> <p>Phone, online and face to face help to aged 8-18</p> <div><b>YOUNG DEVON</b></div> <p>Straightforward support for young people aged 11 to 25</p> <div><b>MHST</b></div> <p>Ask your school about Mental Health Support Teams in Torbay schools</p>	<div><p>Children &amp; Family Health Devon</p><p>(CAMHS) - 03300 245321 / 0300 555 5000 (out of hours)</p></div> <div><h2>Need Help Now!</h2><table><tr><td><p>Are you in a mental health crisis?</p><div><b>NHS</b> <i>First Response</i></div><p>Call 111 - Select Mental Health</p></td><td><p>Need urgent mental health support?</p><div><b>shout</b> 85258</div><p>here for you 24/7</p><div><b>Text Shout</b> to 85258</div></td></tr><tr><td><div><p>PAPYRUS HOPELINEUK 0800 068 41 41</p></div><div><p>"It's alright to ask for help"</p><div><b>SAMARITANS</b></div><p>116 123</p></div></td><td><div><b>childline</b></div><p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk   0800 1111</p></td></tr></table></div>	<p>Are you in a mental health crisis?</p> <div><b>NHS</b> <i>First Response</i></div> <p>Call 111 - Select Mental Health</p>	<p>Need urgent mental health support?</p> <div><b>shout</b> 85258</div> <p>here for you 24/7</p> <div><b>Text Shout</b> to 85258</div>	<div><p>PAPYRUS HOPELINEUK 0800 068 41 41</p></div> <div><p>"It's alright to ask for help"</p><div><b>SAMARITANS</b></div><p>116 123</p></div>	<div><b>childline</b></div> <p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk   0800 1111</p>
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**If your life is in danger call 999**

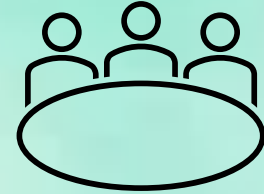
# MHST update – Nicola Legodi



Next meeting...



or



Teams or in person?



What aspect do you want covered?



What can you  
take away from  
today?

- Raise awareness of the issues
- Talk about and share the resources you've heard today
- Look at THL for advice, resources and support for schools and signpost families
- Be in touch for more information or with specific support you might require
- Do you have good practice to share?