

Health Promoting Schools Newsletter



Wokingham | June 2025

Issue 3

The Wokingham Public Health team in partnership with schools and Wokingham Secondary Federation aim to support young people and families to live well in the Wokingham Borough through the Health Promoting Schools programme. The Health Promoting Schools programme strives to create a healthy environment for schools, including pupils, staff, and the wider community through connecting schools with local services that support PSHE provision and health and wellbeing needs.

This issue of the Health Promoting Schools newsletter provides local and national updates, and links to resources to support teachers, students and parents with health and wellbeing in school and in the community.

Disposable vapes ban

As of Sunday 1st June, single-use vapes are banned from the shelves of all shops in the UK. Young people are more likely to use disposable products due to their attractiveness, affordability and marketing, so the ban aims to drive down youth vaping figures whilst reducing waste.

The ban complements the Government's Tobacco and Vapes Bill which will further tackle youth vaping and safeguard children's health. [Read more.](#)

National Smile Month 2025

The Oral Health Foundation have published a range of oral health information for national smile month, under the theme "Feed Your Smile", focusing on the connection between diet and oral health.

Explore the [Oral Health Foundation website](#) for more about how diet affects oral health, with tips for building a healthy daily oral health routine. Find downloads and resources [here.](#)



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Staying safe and well in the Summer (UKHSA guidance)

At this time of year, most of us look forward to some warm, sunny weather and the chance to spend time outdoors. There are [a few very simple things](#) we can all do to stay safe when we experience high temperatures.

This includes looking out for people who may struggle to keep themselves cool and hydrated. Get in touch with friends, family or neighbours that may need help keeping cool.

Staying cool indoors is important, taking action like closing curtains on rooms that face the sun, but also remembering that it may be cooler outdoors than indoors.

If you're out and about, try to keep out of the sun and avoid physical exertion in the hottest part of the day.

Taking a dip is a great way to cool off. Make sure the whole family, especially children, knows [basic water safety](#) and what to do if they find themselves in difficulty.

There's lots more information online to help you stay safe and well during hot weather. Some useful websites are:

- UK Health Security Agency website on [how to beat the heat](#)
- NHS website on [heat exhaustion and heatstroke](#)
- Wokingham Borough Council's Community Directory page on [staying well in hot weather](#)
- Met Office's website on the [WeatherReady campaign](#) and their [latest weather forecasts](#)

The UKHSA have also produced a blog post with guidance for parents on common seasonal infections and hazards:

www.ukhsa.blog.gov.uk/2025/06/13/a-parents-guide-to-summer-infections-and-health-hazards/

Snack-tember

[The British Nutrition Foundation](#) aims to help children and young people have healthier snacks with a campaign throughout September to support young people to make choices and form healthier habits.

See the website for further information, including classroom materials and information for parents and carers.

Mentally Healthy Schools Pride Month Toolkit

Mentally Healthy Schools have compiled a toolkit of free resources to support schools in celebrating Pride Month and building a culture of inclusion and belonging.

[Download the toolkit here.](#)

New NSPCC resources on preventing gender-based violence

In partnership with the PSHE association, the NSPCC have released a new lesson on preventing gender-based violence as part of the “Talk Relationships” programme. The lesson (for pupils aged 12-14) will support young people to identify and challenge attitudes and behaviours that might lead to gender-based violence. It explores in-school solutions and encourages young people to consider the role everyone can play in helping to prevent this issue. The lesson is available to download for free on the [NSPCC website](#).

Emotional Wellbeing

A new leaflet is available on the Health Promoting Schools website from Wokingham Emotional Wellbeing Hub, detailing support options available for [Children and Young People Emotional Wellbeing in Wokingham](#), with the second page providing some guidance for other areas of need.

Sport in Mind

Young people are invited or can be referred to join Sport in Mind sessions to get active and have fun with others in a relaxed, supportive, friendly environment. Please see the timetable attached to this newsletter for more information, or visit <https://www.sportinmind.org/youth-community>.

Support to quit smoking: SmokeFreeLife Berkshire

If a young person aged 12 or over is smoking and wants support to quit, they can be referred to their local Stop Smoking Service. These services offer specialised, friendly support to help anyone quit smoking. With treatment and support, the likelihood of success is three times greater.

They offer:

- One-to-one or group sessions over 12 weeks
- A free weekly supply of Nicotine Replacement Therapy (NRT)
- Drop-in clinics in local community settings, GP surgeries, supermarkets and other venues
- A selection of clinics operating by appointment only
- Support via Quitline, text or Face-to-Face video chat
- Home visits for people with mobility problems

Training:

VBA (Very Brief Advice) training: aims to provide trainees with information on how to approach the topic of smoking in everyday interactions. It is suitable for teachers and those who come into contact with smokers.

SmokeFreeLife can also provide sessions for students, covering the topics of smoking and vaping. These sessions look into the effects smoking and vaping have on an individual, with case studies and interactive elements.

To request training, email SmokeFreeLife.Berkshire@nhs.net

SmokeFreeLife Berkshire:

- **Phone: 0800 622 6360**
- **Text QUIT to 66777**
- [Smoke free life Berkshire](#)

LGBTQ+ Youth Group

Local Berkshire LGBTQ+ charity Support U have launched a weekly [youth group](#) in Wokingham for LGBTQ+ young people in school years 10-13.

Please see the poster attached or link above for more information.



Big Sister Project

Places Leisure's Big Sister initiative empowers girls aged 9-15 to stay active and engaged in sport and physical activity.

As part of this initiative, girls aged 9- 15 can access free and discounted memberships at Places Leisure facilities in Wokingham, which offer access to gym, swimming, weekly 'We Move' classes specifically for girls, and the Places Leisure Virtual Studio. For more information, see [here](#), and to sign up, please visit the centre, or submit details via the [online form](#).

Upcoming campaigns and awareness days

[World Suicide
Prevention Day](#) - 10th
September

Berkshire Cricket Super 1s

Berkshire Cricket are running free inclusive cricket at Emmbrook & Bearwood Cricket Club on Monday evenings. Sessions give young people aged 12-25 with a disability the chance to play competitive cricket whilst improving confidence and independence. Visit www.berkshirecricket.org/super-ones/ or see the poster attached for more information.

If your school has a health and wellbeing success story which you would like to share in the Health Promoting Schools newsletter, or if you have any queries about the Health Promoting Schools programme, please contact caitlin.airey@wokingham.gov.uk (Wokingham Borough Council Public Health Children and Young People Project Officer).

For further health and wellbeing resources and previous newsletters, please visit the [Health Promoting Schools website](#)

Next Health Promoting Schools/ PSHE network meeting: date tbc. Please email if you have requests for topics to be covered.





ChatHealth



Berkshire Healthcare
Children, Young People and
Families services

Aged 11-19?

Need some advice?

We can help with all kinds of things like:

Relationships

Healthy eating

Drugs & alcohol

Anxiety

STRESS

Low mood

Bullying

Self-harm

Body changes

SMOKING

Sleep



Text a school nurse
for confidential advice and support
07312 263266



cypf.berkshirehealthcare.nhs.uk



We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will only be seen between Mon-Fri 9am-4:30pm. If you need help before you hear back from us, contact a member of school staff, a trusted adult, or your GP. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Do you have a 5-19 year old?

We can offer advice and
support on many topics like:

- ✓ Sleep
- ✓ Behaviour
- ✓ Bullying
- ✓ Parenting
- ✓ Healthy eating
- ✓ Bedwetting
- ✓ Dealing with medical
conditions in school
- ✓ Emotional health
& wellbeing



Text a school nurse
for confidential advice and support

07312 263194



cypf.berkshirehealthcare.nhs.uk



We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between Mon-Fri 9am-4:30pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

Weekly Youth Group

CHILL OUT



School years 10–13



Every Friday, term-time



16:00 – 17:30



The Bradbury Centre, Wokingham



£1 donations welcome



SCAN HERE



FREE!

Sport In Mind

Registered Charity 1161323

Youth Activities **for** **Mental Wellbeing**

Sport in Mind provides **free sport** and **physical activity** opportunities for children and young people to help build confidence and self esteem, meet new people and support low mood and other mental health challenges.

Wokingham Sessions (Spring term)

Tue	5 - 6pm	Sports & Games	10-14 years	Bulmershe Leisure Centre, Woodlands Av, RG5 3EU
Thurs	4-5pm	Sports & Games	10-14 years	Wokingham Leisure Centre, Wellington Road, RG40 2AF
Thurs	4-5pm	Yoga, Dance & Movement	12-16 years	Loddon Valley Leisure Centre, Rushey Way, Lower Earley, RG6 4GD

Sessions restart from Monday 6th January
and run weekly excluding school holidays

@sportinmind youth@sportinmind.org www.sportinmind.org 01189479762

Working in partnership with



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Berkshire Healthcare
Children, Young People and
Families services



Free local
service!

smokefreelife
Berkshire

Want to stop smoking for good?



Quitline

Weekly consultation
via telephone, text or
face-to-face



Free 12 week programme

Nicotine Replacement
Therapy (NRT) with
behavioural support



Download on the
App Store

GET IT ON
Google Play

Quit with Bella app

Your personal stop smoking
coach, trained by expert advisors
who have helped thousands of
people quit smoking

Text - QUIT to 66777

Call - 0800 622 6360



@SmokeFreeLifeBerkshire



@BerksSmokeFree

www.SmokeFreeLifeBerkshire.com

Scan here



Super 1s



**ALL DISABILITIES
WELCOME**

AGES 12+

**FREE INCLUSIVE
CRICKET SESSIONS**

**GET ACTIVE AND
MAKE NEW FRIENDS!**

**WHEN:
5PM-6PM**

**WHERE:
EMMBROOK &
BEARWOOD CC

LOWTHER ROAD

WOKINGHAM

RG41 1JB**

CONTACT:



CHRIS BAKER



07883787499



CHRIS.BAKER@BERKSHIRECRICKET.ORG



LORD'S TAVERNERS
Empowering young people through cricket

www.lordstaverners.org/super1s
Registered Charity No. 306054 | OSCR No. SCO46238