

Health Promoting Schools Newsletter



Wokingham | January 2026

Issue 6

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 and training opportunities to support the whole school community with health and wellbeing and PSHE provision.

Let's Move!

Children's physical activity levels are likely to drop during Winter with cold weather and darker evenings. The UK Government's ["Let's Move" campaign](https://www.nhs.uk/letsmove) is supported by Sport England and Joe Wicks, and shares simple ways to build movement into everyday lives to keep families active all year round.

Visit <http://www.nhs.uk/letsmove> for simple and fun ideas to stay active.

Railway Safety

Learn Live UK have partnered with South Western Railway to produce the [Rail Safe Friendly programme](https://www.vimeo.com/1130218496), designed to educate young people on the dangers of the railway. Resources are available for free for schools, young people and parents, with an additional video interview available for teachers and parents to offer context around the wider rail safety message:

<https://vimeo.com/1130218496>.



National Youth Strategy

[Youth Matters: Your National Youth Strategy](#) sets out how the government will work together with partners to respond to young people's priorities over the next decade. It has been co-produced with more than 14,000 young people aged 10 to 21 (and those with SEN/D up to age 25) across England. The actions identified in the strategy sit alongside the [State of the Nation report](#), which shares insights into the experiences and challenges of young people in England, and identifies the following priority areas:

- Community, connection and belonging
- Physical, mental and digital wellbeing
- Skills and opportunities for life and work
- Safety and security

The strategy sets out 10 key actions over the next decade to address these priorities, including: increasing access to trusted adults; keeping young people safe online; increasing participation in sport and physical activity; creating welcoming youth spaces; and improving mental health support.

Keeping Safe in Wokingham campaign

The "Keep Safe in Wokingham" campaign is a borough-wide initiative promoting safety and wellbeing for all residents. It will run throughout February with webinars delivered by a range of partners such as Ben Kinsella Trust, the NSPCC and the police South East Regional Organised Crime Unit focussing on online and physical safety. The following sessions around supporting young people may be of interest:

- **Digital Mental Health Support for Young People:** Tuesday 3rd February 4pm
- **Young People & Digital Harms: The Shifting Face of Online Hate** – Thursday 5th February 12pm
- **Gaming and Gambling Awareness:** Friday 6th February 11am
- **Supporting Young People to Navigate Social Media:** Tuesday 10th February 4pm
- **How the Internet and Social Media are used to radicalise individuals:** Thursday 12th February 4:30pm

For the full list of sessions, and to book, visit: [Keep Safe In Wokingham](#).



Violence Against Women and Girls (VAWG) Strategy

The UK Government have launched a new [VAWG strategy](#), with a focus on prevention and early intervention, designed to better protect children from misogyny and abuse. Plans have been laid out to support schools to challenge misogyny and ensure children understand consent and healthy relationships, and investment will be made to train parents, teachers and role models to intervene early. By 2029, every secondary school in England will have a credible offer for educating students about healthy and respectful relationships, with every child able to access support. [Read more.](#)

Help us support kinship care families

Do you know a family caring for a child who isn't their own? Kinship care happens when a child lives with a relative or close family friend because their parents cannot care for them.

At Wokingham Borough Council, we're creating a local offer to make sure kinship families have the support they need – and we'd love your insight!

We want to hear from:

- ✓ Kinship carers
- ✓ Agency representatives who work with kinship families
- ✓ Children in kinship care

Please take a few minutes to complete our survey by 3 February 2026 and help shape the future of kinship care in our community.

Complete the survey here: <https://engage.wokingham.gov.uk/en-GB/projects/help-shape-our-kinship-carers-offer>

If you have any questions, contact:

Kinshipcare@wokingham.gov.uk

Strategic Project Lead: Eszter Kovacs

Eszter.Kovacs@wokingham.gov.uk

Thank you for helping us build a stronger network of support for families who need it most.



Back to school - 5 things you can do to help manage winter illness

As children and young people return to school, it's important to be aware of the winter illnesses currently circulating. A few simple habits can help keep children, families and classrooms healthy.

The UK Health Security Agency has [updated their blog](#) which sets out some of the simple actions that parents of school-age children can take to help protect their families and those around them.

This blog includes public health messaging on [staying home when unwell](#), [hand hygiene](#), [catching coughs and sneezes](#), [getting vaccinated](#), and getting more information about [staying well in winter](#).

Please share this with parents and colleagues. Resources for Wokingham schools are available on the [Public Health Guidance page](#) on the Wokingham Schools Hub.

Sex Education Forum Events

Everything you need to know about HPV and the HPV vaccination

3 February, 15:30 to 16:45 (Online)

The HPV vaccination is key to preventing HPV-related cancers. Many schools and public health teams want clearer guidance on how to cover this in RSHE and how to respond to questions from parents and carers. Run with The Eve Appeal, this session sets out the facts and supports confident teaching.

[Find out more.](#)

Delivering Inclusive RSE in Special Schools

10 March, 09:30 to 15:30 (online)

This course supports PSHE leads, SENCOs, teaching staff and senior leaders in special schools. It covers statutory RSHE requirements for learners with additional needs and gives space to explore language, values and practical approaches for the SEND classroom.

[Find out more.](#)

Sex Education Forum Young People's RSE Poll 2025

A national survey of 1001 young people aged 16 and 17 years old reveals that satisfaction with their relationships and sex education (RSE) lessons at school has stagnated, despite a steady increase in quality over the last few years, according to [Sex Education Forum's young people RSE poll of 2025](#), released on 5 December 2025.

The poll found that:

- 72% learnt either nothing at all or some but not enough about deepfakes
- 72% learnt either nothing at all or some but not enough about the law on strangulation and suffocation
- 65% said they learned nothing or some but not enough about skills for ending friendships and relationships
- 53% of respondents learnt either nothing at all or some but not enough about pornography
- 52% learnt either nothing at all or not enough about how to access local sexual health services
- The least embarrassing source of information for relationships and sex education was 'a friend who you mostly know in person', followed by artificial intelligence and health professionals.
- School was chosen as the 'most helpful' source of information, ahead of parents and online sources

Give children the best start: New Year vaccination reminder

Parents are urged to [check their children's vaccination records](#) and book any missed appointments as we head into 2026.

With almost one in five children starting primary school not fully protected against serious illnesses like measles and polio, ensuring vaccinations are up to date remains a priority.

[Vaccines](#) are free on the NHS, with catch-up appointments available through GPs and the [Berkshire School-Aged Immunisation Team](#).

We are grateful for the support of schools in hosting vaccination sessions, and in enabling communications to parents and young people to support the process. See [how education and childcare settings can support immunisation programmes](#).



Digital Safety Workshop: Protecting Your Mental Health in Online Spaces

Tellmi are offering free digital safety workshops for Wokingham schools to support young people with the mental health challenges associated with navigating the online landscape. The workshops will provide pupils with actionable tips for curating healthier online feeds, discovering positive online spaces and protecting their mental health. Visit the [Tellmi website](#) for more information and to sign up your school.

Upcoming awareness days:

[Safer internet day](#) – 10th February

Theme: Smart tech, safe choices –
Exploring the safe and responsible
use of AI

[Children's mental health week](#) –

9th-15th February

Theme: This is My Place

[International Women's Day](#) – 8th

March

Theme: Give to Gain

Junk food ad ban

As part of the UK Government's efforts to tackle childhood obesity, from January 2026, adverts for less healthy food and drink have been banned on television before 9pm and online at all times. This action is expected to remove up to 7.2 billion calories from children's diets each year, reduce the number of children living with obesity by 20,000 and deliver around £2 billion in health benefits over time. [Read more.](#)

If you have an article 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 RSHE support, please visit the [Health Promoting Schools website](#)

Next Health Promoting Schools/ PSHE network meeting:
Wednesday 11th March 2025 3:45-4:45pm



WOKINGHAM
BOROUGH COUNCIL

[Health Promoting Schools Wokingham](#)





Here to help, not to judge

Free, friendly, and confidential
sexual health care, as individual as
you are unique.

Wokingham Hospital

- STI screening
- Emergency contraception
- Contraception for those aged 25 & under

Thursday: 3 - 5pm

Please note: Times may be subject to change please check
website for up to date information

For details about our main hub at Florey
Clinic Reading, other satellite services, and
home testing, visit:

royalberkshire.nhs.uk/sexualhealth



your friends with benefits





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



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