

# Health Promoting Schools Newsletter



Wokingham | May 2026

Issue 7

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 the whole school community with health and wellbeing and PSHE provision.

## **Stronger protections for children with allergies in school**

New statutory requirements around children with medical conditions and allergies mean from September 2026, schools must:

- stock “spare” adrenaline auto-injectors for use in emergency situations
- provide allergy awareness training for all staff – covering recognition of symptoms, emergency response and the use of adrenaline devices – alongside improved incident recording and lessons learnt processes
- have a comprehensive policy for supporting children with medical conditions, including Individual Healthcare Plans to record specific arrangements for individuals like an allergy management plan

[Read more](#)

Wokingham school nursing service offer training to all Wokingham state-maintained schools to support with the management of common health conditions, including allergies and epilepsy.



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## NHS Health Survey for England

The NHS Health Survey for England is used to estimate the proportion of people in England who have health conditions, and the prevalence of risk factors and behaviours associated with certain health conditions. The children's health behaviour report presents key statistics around children's cigarette smoking, e-cigarette use, experience of drinking alcohol, and general health.

Children's health and health-related behaviours key findings:

- The proportion of children who had ever tried a cigarette decreased from 19% in 1997 to 2% in 2024.
- In 2024, 9% of children aged 8 to 15 had ever used an electronic cigarette or vaping device. 19% of children aged 13 to 15 reported ever having used e-cigarettes
- 16% of children aged 8 to 15 reported ever having had a proper alcoholic drink in 2024, with 33% of children aged 13 to 15 ever having had an alcoholic drink.

See the [full report](#).

## Tobacco and Vapes Bill

The Tobacco and Vapes Bill has been granted royal assent, making it illegal to sell tobacco to anyone born on or after 1<sup>st</sup> January 2009. The act includes measures to ban their advertising and sponsorship of vapes and nicotine products, as well as powers to restrict their packaging, branding and displays that are designed to appeal to children. It also gives powers to strengthen smoke-free protections in certain public places, particularly to protect children and medically vulnerable people from second-hand smoke.

[Read more](#)

## New NCSCT (National Centre for Smoking Cessation and Training) training materials

NCSCT has developed materials for a short (1–2 hours) training session aimed at staff who already work with young people (e.g. school nurses, teachers, youth workers, staff in children's services). Follow the link to resources about young people: [stopping smoking](#) and [stopping vaping](#).



## **Announcement of service change approved by BHFT, BOB ICB and Wokingham Borough Council – effective 4th May.**

We would like to inform you of an upcoming change to the Primary Mental Health Team for Youth (PMHT4Y). This change means that the Emotional Wellbeing Hub will no longer accept referrals effective 30th April.

From 4 May this service will become part of the Child and Adolescent Mental Health Service (CAMHS) offer. Children and young people who you would previously have referred to PMHT4Y (via the Emotional Wellbeing Hub) will still be supported but referrals will need to be sent to the CAMHS Common Point of Entry (CPE).

CPE will be responsible for screening all incoming referrals. Where appropriate for a Getting Help offer, for young people attending schools within Wokingham Borough that are supported by a Mental Health Support Team (MHST), referrals for those children and young people will be appropriately directed to the MHST to ensure timely and localised support.

For children and young people attending a school that does not yet have support from an MHST, referrals will be allocated to a Getting Help clinician who will undertake assessment and provide the relevant intervention.

Please ensure that all referrals from 4 May onwards are submitted via the CAMHS Common Point of Entry. Referrals can be made through the online referral form – [CAMHS CPE referral form](#). If you need help with the form, you can call [0300 365 1234](tel:03003651234) (Monday-Friday, 9am-5pm).

If you have any questions regarding this change, please do not hesitate to get in touch with Rhona Edwards, Service Manager CAMHS Getting Help Services (West Berkshire), on [rhona.edwards@berkshire.nhs.uk](mailto:rhona.edwards@berkshire.nhs.uk).

Addendum: with effect 1st May, the Emotional Wellbeing Hub referral process will no longer be available, emails will receive an automatic response to this effect. There will be a wind down process, during which we will share an update about general support enquiries for schools who are not supported by MHST teams. If you have any non-clinical questions relating to Emotional Wellbeing please feel free to ask as the email account will still be in use ([emotionalwellbeinghub@wokingham.gov.uk](mailto:emotionalwellbeinghub@wokingham.gov.uk)).

## Sexual Assault Referral Centres (SARCs)

NHS England has produced new campaign resources to raise awareness of sexual assault referral centres. These services offer dedicated care and support to anyone who has been raped, sexually assaulted or abused at any time in their life, and are available to call 24 hours a day across England. All materials are available on the Department of Health and Social Care [campaign resource centre](#), including:

- [General SARC animation](#)
- [SARC animation for young people](#)
- [Campaign film](#)
- [Campaign posters](#) – these feature (1) a female of sixth form / uni age and (2) a male of sixth form / uni age

To find your nearest SARC, visit [here](#) . For more information on help following sexual assault and abuse and SARCs, visit [www.nhs.uk/sarcs](http://www.nhs.uk/sarcs).

## RSHE curriculum link:

Being safe - Pupils should know:

- How to seek support for their own worrying or abusive behaviour or for worrying or abusive behaviour they have experienced from others, including information on where to report abuse, and where to seek medical attention when required, for example after an assault.

## Growing up in an online world consultation

The Government wants to ensure that children's lives online are safe and enriching. A national consultation has recently been launched to seek views on measures to improve children's online safety across social media, gaming platforms and AI chatbots.

Interventions being consulted on including restricting access to social media by age; restricting access to risky or addictive features; banning particular applications; introducing a minimum age for AI chatbots; enforcing phone policies in schools; building digital skills and media literacy; and supporting adults, including with parental controls. The Department of Science, Innovation and Technology (DSIT) will also be testing these interventions in rapid pilots, looking at children's sleep, wellbeing and physical activity.

Feed into the consultation:

<https://www.gov.uk/government/consultations/growing-up-in-the-online-world-a-national-consultation>



## Update to School Food Standards

As part of the government's 10 Year Health Plan for England, the School Food Standards will be updated to align with the latest nutritional guidance and ensure every child gets the good quality food they need to give them the best start in life. The new standards will increase fibre by ensuring schools offer more wholegrains, vegetables, pulses and fruit across meals and snacks, whilst lowering the added sugar content of everyday menu items, and restricting foods that are higher in fat, sugar and salt.

The government has launched a [9-week consultation](#) to seek a wide range of views on the reforms, including school staff and parents.

Read the [full proposed changes](#), and see a [sample secondary school menu](#).

## Children's Wellbeing and Schools Act:

The [Children's Wellbeing and Schools Bill](#) was passed into law at the end of April. Key measures include:

- Strengthening multi-agency working on safeguarding
- Universal free breakfast clubs
- Expanded free school meal eligibility
- Creating a statutory register of children not in school
- National Curriculum expectations extended to academies
- Guidance on [mobile phones in schools](#) put on statutory footing

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](mailto: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:  
Thursday 11th June 2026 3:45-4:45pm



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](http://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**



[cyf.berkshirehealthcare.nhs.uk](http://cyf.berkshirehealthcare.nhs.uk)



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