Health Promoting Schools Newsletter

Wokingham | October 2026

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.

HEALTH PROTECTION

Refreshed outbreak packs for infectious diseases in schools
UKHSA has refreshed the outbreak packs which help education and young people settings manage outbreaks of some common infectious diseases. They give an outline at-a-glance of information, helps to standardise the response, and minimises the delay in getting such advice to you. The new packs include action cards, fact sheets and template letters for parents, and are available on the Health Promoting Schools website, via the Wokingham Schools Hub: Public Health Guidance.

PHYSICAL ACTIVITY

UK Chief Medical Officers' physical activity guidelines

The chief medical officers have issued an update to physical activity guidelines for different age groups, covering volume, duration, frequency and type of physical activity required across the life course to achieve health benefits. In children and young people, regular physical activity is associated with improved learning and attainment, better mental health and cardiovascular fitness, also contributing to healthy weight status.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness and bone strength.

Children and young people should aim to minimise the amount of time spent being sedentary and when physically possible should break up long periods of not moving with at least light physical activity.
Posters are attached to this newsletter with guidance for children and young people aged 5-18, and disabled children and young people.

RSHE LINK

Curriculum content:

- The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity.
- The characteristics of a healthy lifestyle, including physical activity and maintaining a healthy weight, including the links between an inactive lifestyle and ill-health, including cardiovascular ill-health.

MENTAL HEALTH

Papyrus Prevention of Young Suicide and HopeLine24/7 are no longer operating. If you are worried about a young person, support remains available elsewhere:

- Samaritans: Call 116 123 (free, 24/7)
- Shout: Text SHOUT to 85258 (free, 24/7)
- NHS 111: For urgent mental health support
- Emergency: Call 999 or go to A&E

A new learning hub topic from the Child Safeguarding Practice Review Panel brings together practical resources to support earlier identification of suicide risk in adolescents, including a briefing paper, poster, 7-minute case study and slide deck. The page also includes learning from safeguarding reviews, case studies and reflective questions.

Suicide and self harm prevention resources

The NIHR School of Public Health Research have published new resources for suicide and self harm prevention in schools, colleges and youth organisations. These include freely available guidance and a supporting infographic to help schools.

- Principles of practice
- Principles of practice infographic
- Resources

RSHE LINK

- Secondary schools should also consider how to safely address suicide prevention. Many aspects of suicide prevention are addressed through the mental wellbeing curriculum.... It is also important to ensure pupils understand how to seek help from a trusted adult, including when they are concerned about another person.
- Schools should consult mental health professionals and put in place high quality, evidence-based staff training before addressing suicide directly with secondary aged pupils, to ensure that staff have the knowledge and skills to do this safely.

Tellmi

Digital mental health support service Tellmi have new booklets available to support signposting to their digital service offer, including:

- Tellmi's key features and functions.
- How Tellmi can support mental health and wellbeing.
- How to easily access the service.

HEALTHY EATING

Updated School Food guidance published

The Department for Education has published updated School Food in England guidance, setting out proposed revised school food standards, extension of free school meal eligibility to all Universal Credit households, and rollout of free breakfast clubs. The changes provide opportunities to support healthy weight, nutrition and reductions in health inequalities.

For further health and wellbeing resources and RSHE support, please visit the Health Promoting Schools website.

Next Health Promoting Schools/ PSHE network meeting:
Tuesday 17th November 2026, 3:45-4:45pm