



Registered Charity 1138775

# Newsletter

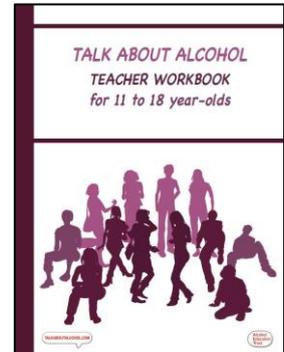
Spring Term  
Mar 2014 Ed14

## New Edition of the Teacher Workbook now available

We are thrilled to say that the third edition of our teacher workbook is now available in print as well as [online](#) (email [Jane](#) to request a hard copy).

There are new sections recommending schemes of study by year group drawing on our evaluation findings that delivering 4 lessons in Year 8 and 2 in Year 9 significantly delayed the take up of drinking and improved knowledge and engagement with alcohol education via PSHE. Along with lesson plans that accompany the BBC2 short films 'Just a Few Drinks' for use in the classroom.

We welcome any feedback to ensure the resource continues to meet your requirements.



## Teacher workbook gains PSHE Association 'tick of approval'

In addition to our CAYT top score evaluation, we submitted our teacher workbook resource for PSHE Association accreditation last month and are delighted to say we have passed the test!

[Resources quality assured by the Association - Talk About Alcohol teacher workbook](#)



This mark helps teachers choose resources that they know have been through a rigorous process of achieving the PSHE Association's Quality Assurance Mark by meeting a demanding set of standards drawn from 10 research-evidenced principles of PSHE education.

## DFE Signposting for AET Materials and Feature on TES

The Department for Education is now signposting the alcohol education resources both on its own site and through TES Connect. This is a valued endorsement of the AET's programme and work over the last 4 years and we are proud to be supporting over 1,000 schools directly and indirectly across the UK. Link to AET via TES Connect under [PSHE](#) and [Citizenship](#)

## Parent Presentations in Schools

Spring is always a busy time for AET with delivering 'talking to kids about alcohol' parent sessions in schools.



Over the last few weeks several well attended sessions have been held at Twynham School in Dorset, Heathside School, Weybridge, St Bernard's School in Slough, and the Montsaye Academy in Northamptonshire.



To book a **Parent** session or for further information contact [Sandra](#)

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## Healthy School network offers CPD

The Healthy School network for Rochdale started 2014 by providing a **CPD session** for their school leads. A relaxed and informative session generated discussion around a range of alcohol related issues, effective alcohol education, young people and their influencers and the wider context of health related behaviours.



We are proud that this was another successful training session which received positive feedback for us and certificates and a range of resources for the participants. We are looking forward to supporting these schools individually with our [resources](#) and a ['Talk about Alcohol'](#) session for parents too.

Act now; to book a **CPD** session contact [Jane](#)

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## Training of Police Officers in Brecon



The Alcohol Education Trust supports Community Alcohol Partnerships (CAP) in reducing underage drinking in communities across the UK.

CAP is featuring its work at the House of Lords next week and will include a short film which features the Alcohol Education Trust lessons being taught at Hayling Island College and a teacher training session.

The AET is providing resources for schools in over 20 community alcohol partnership areas (CAPS) and this month has provided training for Police Officers in Wales and will be supporting the launch of the Hartlepool CAP in the North East.

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## How to Deal with 'NekNominate' Drinking

It's a difficult balance to know how to deal with the phenomenon of NekNominate - as we don't want to promote the nomination online drinking game. However, now that there have been five deaths across the UK, and a near death of a girl after having 10 Jagerbombs, the topic cannot be ignored.

NekNomination unites three of our greatest worries: young people, Facebook, and binge-drinking. Speed drinking vast quantities of alcohol is dangerous enough but the desire to outperform the last person is making this game all the more dangerous. .And it's not just boys taking part. Girls are also rising to the challenge and both are adding ingredients such as raw eggs, whey protein, washing-up liquid and crushed up cigarettes to their chosen alcoholic beverage - even live goldfish. The deadly craze has now claimed the lives of two young Irish men, followed by the death of Isaac Richardson, another young man in Cardiff and rugby player Bradley Eames was the fifth young person to lose his life. Bradley died four days after filming himself drinking two pints of gin in a NekNominate challenge.

This offers good reason to say to pupils, why would you nominate your pals to take part in such a harmful challenge? An 18 year old, Jayde Dinsdale, who suffered three heart attacks on her bathroom floor after drinking ten 'Jagerbomb' cocktails, (the combination of alcohol and caffeine

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caused her heart to stop) is now warning others to avoid the drink. So thank goodness, some of our kids have the confidence to turn this craze around. Others are using a sense of humour and fun in a positive way - RAKnomination, or nice nomination, is where friends are nominated to undertake a 'random act of kindness' a 'RAK'. Videos online include, giving flowers, giving lunch to homeless people - take a look via <http://globalnews.ca/news/1132977/students-say-kindness-an-alternative-to-neknomination-drinking-game/>. Other alternatives have included 'downing' a cup of tea and other harmless responses to challenges from supposed mates. We feel the craze is beginning to pass, **but do be aware and talk about this important issue with relevant pupils if appropriate or if you hear of cases locally or at school.**

You might like to read the following blog: **Evidence is key to educating the Nekomini-nation** by Sarah Lynch <http://thenferblog.org/2014/02/27/evidence-is-key-to-educating-the-nekomi-nation/>

### **Schools with Soul - A new approach to Spiritual, Moral, Social and Cultural Education (SMSC)**

A study by the RSA finds that the requirement of schools to develop the broader human qualities of their pupils has become side-lined due to the overwhelming pressure placed on them to deliver better exam results. Schools with Soul concludes that despite schools' legal commitment towards providing spiritual, moral, social and cultural education (SMSC), too many schools took a 'scattergun approach' that risked provision being 'everywhere and nowhere'. The report argues that despite an increase in school autonomy, deeper thinking about how to equip young people with the skills, attitudes, values and capabilities necessary to succeed in the modern world has been rendered far more difficult by the constantly changing terrain of policy initiatives.



You can download the full report here: <http://www.thersa.org/action-research-centre/learning,-cognition-and-creativity/education/reports-and-events/reports/schools-with-soul>

For further information on any of the above and/or to request resources please contact  
 Helena Conibear, Founder/Director [helena@alcoholeducationtrust.org](mailto:helena@alcoholeducationtrust.org)  
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 Sandra Saint, Parent Outreach Coordinator [sandra@alcoholeducationtrust.org](mailto:sandra@alcoholeducationtrust.org)

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AET Resources comprise of [www.alcoholeducationtrust.org](http://www.alcoholeducationtrust.org) and [www.talkaboutalcohol.com](http://www.talkaboutalcohol.com)  
 Teacher Workbook, booklet 'Alcohol and You' for 15yrs+ and 'Talking to Kids about Alcohol' parent/carer guide. We offer Teacher CPD workshops and Parent Information Talks

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