

The exam season is with us and plans are already being made for the next academic year, as this term is so short! If you are planning your calendar for next year, don't forget to think about CPD on alcohol education for your teachers who tutor PSHE or to ask us to take part in any parent events you are scheduling.

As ever, contact jane@alcoholeducationtrust.org or sandra@alcoholeducationtrust.org

AET website

Visual rich resources - The Alcohol Educational Trust has just a few visual rich resources at this stage suitable for students where English is not the first language or with special educational needs. We are very keen to develop more, and if you would like to be involved, have recommendations or feedback then please email info@alcoholeducationtrust.org

We were thrilled to receive this endorsement showing how our resources helped Essex children support services receive an outstanding ofsted report:

"The resource book used in three Essex children support centres (formerly known as Pupil Referral Units) has contributed to the centres achieving outstanding Ofsted reports in January 2014. The resource helpfully provided a structured way of evidencing activities the staff have been involved in and the progress made by the students."

The health improvement team for the North East London NHS Foundation Trust's (NELFT).

Workbook chapters for each subject area - Also on the website, we have added the relevant chapter of our workbook under each subject webpage (units and guidelines, staying safe, alcohol and its effects etc.) so you can read guidance notes and full topic information without downloading the whole workbook.

Teacher Workbook - Since February, when we added email capture for anyone wishing to download our 100 page workbook, more than 300 teachers, charities, researchers, policy makers and educationalists have downloaded our workbook from all over the world!

Web traffic - Visits to the alcoholeducationtrust.org website continue to grow, with the number of visits for January to April up 20% on last year. Most commonly visited pages are those relating to core resources, Units and Guidelines and Alcohol and the Law, although the recently added pages identifying resources for specific year groups are becoming popular.

Schools required by Ofsted to publish curriculum

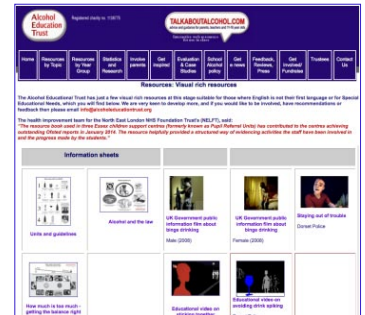
If you have been following the news you will already be aware that all schools and academies are now required by Ofsted to publish their curriculum on their website. The mandatory timeline for this was Spring Term 2014.

Ofsted are intending to check the details of what schools publish within their section 5 inspections and inspectors have a specific intention to find evidence of 'needs-led' planning within PSHE. Our 100 page Teacher Workbook, with detailed guidance and notes will help you to meet this criteria. You can download the workbook via www.alcoholeducationtrust.org or order a copy from jane@alcoholeducationtrust.org.

PSHE gaining more recognition?

The importance of PSHE seems to be recognised increasingly by Government with the announcement of an inquiry into Personal, Social, Health and Economic education and Sex and Relationships Education by the House of Commons Education Committee. The Committee has asked for written submissions by the 6th of June on the following questions:

- Whether PSHE ought to be statutory, either as part of the National Curriculum or through some other means of entitlement.
- Whether the current accountability system is sufficient to ensure that schools focus on PSHE.
- The overall provision of Sex and Relationships Education in schools and the quality of its teaching, including in primary schools and academies.



- Whether recent Government steps to supplement the guidance on teaching about sex and relationships, including consent, abuse between teenagers and cyber-bullying, are adequate.
- How the effectiveness of SRE should be measured.

To make a written submission, see details via

www.parliament.uk/business/committees/committees-a-z/commons-select/education-committee/inquiries/parliament-2010/pshe-and-sre-in-schools/

New alcohol 'craze' what next after Nek nominate?

There are two new alcohol products on the horizon to be aware of. One is the 'Vaportini'. The \$35 Vaportini heats alcohol, releasing intoxicating vapours, which are breathed through a straw after being heated by a candle to 140 degrees Fahrenheit. Bypassing the digestive system, the Vaportini causes alcohol to be ingested directly to the bloodstream through the lungs, potentially causing dangerous levels of intoxication - especially if abused.

Normally, when a drink is consumed, alcohol is absorbed through the stomach (10%) and in the small intestine (85%). The presence of food slows this process further. When alcohol is inhaled, however, alcohol enters the lungs and goes directly into the bloodstream, causing a much more rapid and stronger buzz. The danger of vaporised alcohol entering the bloodstream directly as opposed to through the digestive system is that protective impulses - such as vomiting - are bypassed.

The second product, Palcohol is a powdered alcohol which turns water into vodka and rum. It was given approval in error in the US on April 8 and was withdrawn 13 days later. The US Alcohol and Tobacco Tax and Trade Bureau had originally approved various types of Palcohol, ranging from lemon drops to cosmopolitans. If this product was obtained over the internet, the worry is that it would allow underage drinkers to take powdered alcohol into venues to 'lace' soft drinks to make them alcoholic.

Teacher CPD and parents alcohol education session at Montsaye Academy

The consistency of information given to youngsters by teachers and parents is a key ingredient to affecting behavioural change. During the spring term, Sandra visited Montsaye Academy in Rothwell, Northants. and delivered staff CPD training and a parent workshop on the same day.

At the end of the school day, a group of enthusiastic teachers gathered in the library and benefitted from a CPD session in relation to delivering quality alcohol education lessons. The session included some interesting debate and linked alcohol related issues to current local data.



Following a short break, it was the parents' turn. The session, consisting of lots of interesting discussion and questions, was well attended and positively received. As you can see, they were pleased with their information leaflets as they headed off to talk about alcohol some more.

CAP scheme in Hartlepool launched to combat underage drinking

Hartlepool recently launched a Community Alcohol Partnership (CAP). The National scheme is in place in nearly 60 areas across the UK and is proving to be an extremely effective way to address the negative consequences associated with alcohol use and community issues among young people.

The Alcohol Education Trust are both proud and pleased to be working in partnerships with the CAP programme. Sandra Saint (our Parent Outreach

Coordinator) was one of the keynote speakers at the Hartlepool launch

event alongside Sally Forth (Hartlepool CAP lead), Stephen Akers Belcher (Hartlepool Mayor), Alan Simpson (regional CAP manager), Barry Coppinger (Police & Crime Commissioner) and Derek Lewis who is the new CAP National Chairman.

The multi-agency action plan is now underway and more positive outcomes in relation to alcohol issues for Hartlepool will be seen in the near future.



Great YouTube clip explains public health

We love this short film which explains what public health through the life course means and how it differs from medicine.

Take a look via: www.youtube.com/watch?v=oy1CAMObRzc



Underage hospital admissions for alcohol continue to decline

There is good news with continued improvement in outcomes for our youngsters around alcohol. Hospital admissions caused by alcohol in England for under-18s declined by 13.9% since the last update in 2012 and by 34.4% over the past 5 years according to Public Health England and Local Authority Profiles for England (LAPes). Overall 81.3% of the 326 local authorities, showed a decline in the numbers among under-18s.

Public Health England figures also show that there were 366 children aged 12 or under referred for treatment in England 2012/13, compared with 433 in 2011/12 – a decrease of 22%. A third of under-13s referred were treated for their own alcohol misuse, while others, including the 4-year-old in South Ayrshire, were referred to services because they were deemed vulnerable to start abusing substances themselves through exposure from a parent or other relative.

Attention has also been drawn to the risk of increasing alcohol poisoning cases following the rise of 'neknominate', a drinking challenge recently spreading across social media. Alcohol poisoning was the fourth highest alcohol-related cause of death in the UK responsible for 396 deaths in 2012. The ONS said: "There has been speculation that the influence of social media drinking games may drive these figures up in the future particularly among younger people."

www.ons.gov.uk/ons/dcp171778_353201.pdf

Public Health England's Child Health Profiles snapshot of children and young people's health



The Child Health Profiles 2014, present a picture of child health and wellbeing for each local authority in England using 32 key health indicators which help local organisations work in partnership to improve health in their local area.

They contain data on a wide range of issues about and affecting child health, from levels of childhood obesity, MMR immunisation rates, teenage pregnancy and underage drinking, to hospital admissions, educational performance and youth crime.

There are simple things we can all do every day with our kids that are likely to support children's wellbeing. That's things like walking to school with them (and talking to them on the way), making sure they get a healthy breakfast, making sure they are active for the recommended 60 minutes per day and switching some of that screen time into physical activity.

PHE's Child and Maternal (ChiMat) Health Intelligence Network's website also provides interactive maps and charts for users to create their own views of the data, and links to further supporting and relevant products.

This is an annual update and the first time PHE has been responsible for publishing these statistics, previously published by the Department of Health.

www.chimat.org.uk/profiles/static

Girls and gangs report from the Centre for Social Justice



This report examines the experiences of girls in gangs and how gang life impacts on girls and young women. Drawing on information from current gang members, former gang members, charities working with gangs, government agencies and other frontline services, the report shows that thousands of British girls and young women are entangled in a brutal gang culture where sexual exploitation, guns and drug-running are a daily reality. It says that too often headteachers "turn a blind eye" to gang activity, including the sexual exploitation of girls, to preserve schools' reputations.

The report calls on the government to act with urgency to map the problem of girls and young women associated with gangs so opportunities to intervene are easier to identify. It also calls for the involvement of youth workers in major trauma units in gang-affected areas.

www.centreforsocialjustice.org.uk/UserStorage/pdf/Pdf%20reports/Girls-and-Gangs-FINAL-VERSION.pdf

For further information on any of the above please contact

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Follow us on



AET resources comprise of www.alcoholeducationtrust.org and www.talkaboutalcohol.com, a Teacher Workbook, booklets 'Alcohol and You' for 15yrs+ and 'Talking to Your Kids About Alcohol' parent and carer guide. We offer teacher CPD workshops and parent information talks.

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