



Registered Charity 1138775

Newsletter

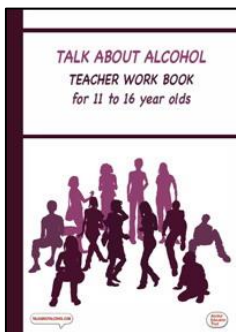
Autumn Term
Sept 2013 Ed11

Welcome back! What wonderful weather we have enjoyed over the Summer, seems to make it harder to settle into the new term! We've been very busy over the holidays as you will see! best wishes Helena, Jane and Sandra.

Lesson plans by Year Group

To help you plan your alcohol lessons we have now organised our lesson plans, film clips, worksheets and resources by Year Group as well as by subject. This will help those who are time poor and have to plan for a specific Year Group - or indeed several year groups - to see on just ONE PAGE the resources we recommend for that Year Group. Remember all resources are also online by subject area, i.e. alcohol and the law or alcohol and its effects social and physical etc.

Please visit the new area via: [Resources By Year Group](#). Thank you to those of you who gave feedback and tested this new layout for us over the Summer.



A hard copy of the whole teacher workbook can still be ordered free of charge from jane@alcoholeducationtrust.org or be downloaded by clicking [AET Teacher Workbook](#). (It does take a few minutes as it is over 100 pages long but is packed with teacher notes and advice as well as the lesson plans.)

September is also our busiest month for distributing resources, with over 60,000 parent and teenage booklets going out this fortnight! We do ask that you use our resources carefully and make sure they are well targeted as

printing is by far our biggest overhead. We are very happy to support you though, all free of charge, so do please contact [Jane](#) to order your 2013-14 entitlement.

Like our Facebook page! Do make a direct link to our [Facebook page](#) and ask all to 'like' and help other schools know about our work.

Evaluation results to be presented at the House of Commons - 31st October 4-6pm

As you know, we have been testing the effectiveness of our resources across 34 schools and 4,000 pupils over 2 years - 17 intervention schools were matched with schools with a similar ethnic mix, rural versus urban, size, free school meals and other important variables.

Well, we followed the young teenagers and their habits from the beginning of Year 8 to the end of Year 9, the evaluation is now complete and we will be reporting on The National Foundation for Education Research (NFER) findings on the 31st October, by kind invitation of Oliver Letwin MP, Minister of State for Government and initiator of the Behaviour Change Unit at the Cabinet Office.

We have a limited number of places available to attend, so no promises, but please register your interest with jane@alcoholeducationtrust.org

We will also be airing the 'Just a Few Drinks' films with BBC Learning zone and Evans Woolfe

Media and there will be a panel debate on the effect of good PSHE on pupil engagement and achievement and a case study from PSHE leads on interpreting resources in the classroom - how to engage pupils, nudge good decision making and effective strategies to deal with challenging situations regarding alcohol.

Alcohol Education Trust parent champion

As some of you may know, one of our hardest tasks is to try and engage parents as regards their children's alcohol consumption. Not only are parents the key supplier of alcohol to those who are underage (over 60%), but we also know that the example set in the home (especially maternal drinking), and the setting of boundaries (and sticking to them) are crucial in delaying the onset of regular drinking and first whole alcoholic drink. We are therefore very pleased to announce a partnership with Family Talk UK.



A Family Talk UK grant is enabling us to employ a dedicated parent coordinator - some of you have met her already - Sandra Saint. Sandra will help you arrange a 'Talking to kids about alcohol' session in school, either via your PTA, Governors, part of an induction evening, or even at the school fair - we are eminently flexible!

Family Talk UK also has engaging short video clips online with parents (dad's at football for example) and has a social media presence that will help us reach out to parents online. Do link to Family Talk via [facebook](#) and also follow Sandra on twitter via: [@AETparenthelp](#).

Parent information sessions proving popular



The Alcohol Education Trust was recently welcomed to **Eston Park Academy, Middlesbrough** to host a 'Talking to Kids Alcohol' event. The School incorporated the talk within one of their regular 'Parents Groups' forum meeting. Discussions were held on exploring units and measures and product labelling. "Thank you; that was really useful for me" was just one of the positive comments received from a parent at the end of the afternoon.

A similar approach was taken by **High Tunstall College of Science in Hartlepool**. They hold termly 'Parents Forums' as a way of communicating with their parents and AET was invited to deliver a 'Talking to' session in the summer term.



Catcote College of Business and Enterprise, Hartlepool chose to host their event to follow on from their Summer Fair meaning that they had a 'captive' audience of parents already on site. The weather was beautiful and the atmosphere relaxed as the parents were directed towards the room.



"I like to have a drink [of alcohol] so you won't put me off!" was the comment from a parent that led to an interesting discussion around the value of being a good role model in relation to alcohol.

Southampton study on teacher training and PSHE

We have worked closely with Southampton University for the last three years on their health training PSHE day for all new teacher graduates (400+) each year. Those involved have published findings from their research project 'Factors facilitating and constraining the delivery of effective teacher training to promote health and well-being in schools: a survey of current practice and systematic review'. Access the report [here](#)

New report from Children's Commissioner

An important new report from the Office of the Children's Commissioner has been published on good practice in safeguarding and child protection in secondary schools, including PSHE education.

The Children's Commissioner for England, Dr Maggie Atkinson, promotes the views and interests of children and young people in England, view the report [here](#)

Get inspired by some short films made by FE Students

Last year a local community safety campaign working with students from Wiltshire College produced some thought provoking animated videos highlighting the harms of alcohol and the consequences of drinking too much. Take a look at examples of their work via '[Friends](#)' and/or '[Mobile Phone](#)' on YouTube. The campaign also challenged some of the opinions and attitudes expressed in the student work.

Match funding with the Big Give Christmas Challenge

Due to generous support last year, AET are using the Big Give Christmas challenge match funding scheme again and are thrilled to find that our 'Charity Champion' is the Cabinet Office!

theBigGive.org.uk
helping your donations go further

Please consider giving a pledge towards our pledge target of £1,500 [here](#), or make a diary note to donate online on either the 5th/6th/7th December at 10.00am to help us raise a further £3,000!

You can view our profile and objectives at: thebiggive.org.uk/project/AET

Publication of the new National Curriculum

The Secretary of State for Education, the Rt Hon Michael Gove MP has published the new national curriculum this week. The National curriculum Review Team state:

"The new national curriculum for all subjects and key stages (except for key stage 4 English, mathematics and science) has been developed with due regard to the views of subject experts and teachers and to the findings of international best practice comparisons.... It will provide a rigorous basis for teaching, a benchmark for all schools to improve their performance, and will give children and parents a better guarantee that every student will acquire the knowledge and skills to succeed in the modern world...."

Access a copy of the new national curriculum [here](#).

The National PSE Association for Advisors, Inspectors and Consultants annual conference 2013

The 24th Annual NSCoPSE Conference “Personal & Social Development - matters more than ever!” will be held at the Kenwood Hall Hotel, Sheffield on Tuesday 15th and Wednesday 16th October 2013. Visit www.nscopse.org.uk for more details.

Educational advisors and consultants, Public Health colleagues, school leaders and teachers are invited to attend either one or both days of the national quality conference. Speakers include HMI inspector for PSHE Janet Palmer.

New website for drugs and alcohol guidance and resources



The Alcohol and Drug Education and Prevention Information Service (ADEPIS) is a project funded by the Department for Education and run by the drug prevention charity Mentor, in partnership with DrugScope and Adfam.

This website has a range of free resources, tips and guidance for schools and others working with children and young people on drug and alcohol education and prevention. AET is listed as an approved resources provider (mentor-adepis.org/resources) and we recommend accessing the website and utilising [*Mentor's toolkit for reviewing your school's drug and alcohol policy*](#)

Key Data on Adolescence 2013

The Association for Young People's Health (AYPH) - have published a fascinating report on youth in Britain, it includes the latest stats on young peoples' health, education, employment and demographics and looks at trends. There are currently 7.4 million young people aged 10-19 in the UK, forming 12% of the population.

Key findings include: In 2012, more than 25% of 16-19 year olds had visited an NHS contraception clinic, 800,000 teenagers suffer from asthma, 31% of young men and 37% of young women aged 11-18 are overweight or obese, one in seven 11-15 year olds have a long term illness or disability. More than 20% of young people are from an ethnic minority and 25% of secondary school pupils report they don't get enough sleep.

The data showed two interesting trends – an increase in the age of young people still living at home (60% of 20 year-olds) and a 50% drop in the proportion of 11-15 year olds who are regular smokers from 2001-11.

Adolescent alcohol consumption statistics for drinking draw on the ESPAD, **HSBC** and the 'Smoking, Drinking and Drug Use' surveys - which we have reported on before - all showing positive trends.

59% of 11-15 year olds do not drink; 12% report that they drank alcohol in the previous week (Fuller, 2012) and the majority of these are 14 and 15 years old, with little differentiation by gender. The rise in drinking at the age 13/14 point, makes this an important age group to target with alcohol lessons. Among the 15 year olds, 29% reported drinking in the previous week; the same proportions of young men as young women.

A full copy of the report is available as a free PDF [here](#) or visit [AYPH-Resources](#)

For further information on any of the above and/or to request resources please contact

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