





# Headteacher Briefing

## 26<sup>th</sup> March 2024

**INTENT**

Smoking and Vaping Prevention Programme



*Charlotte Iddon Public Health OCC*



# the **WHAT**

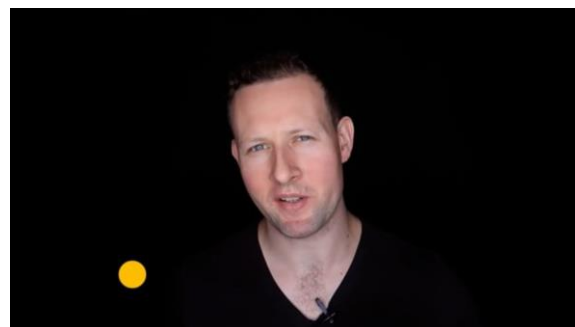
*20 years of research by  
Professor Mark Conner  
from the University of  
Leeds, published in  
2019*



- INTENT is an evidence-based, cost-effective, smoking and vaping **prevention** programme
- Commissioned by OCC and delivered in schools by teachers in Years 7-10
- A 4-year programme with 2-3 x 1hr sessions per year
- It meets the PSHE curriculum objectives, providing teachers with high quality session plans and resources



# theHOW



- INTENT is based on implementation intentions – *watch video above!*
- Students repeatedly form implementation intentions to refuse cigarettes and vapes by making simple “if...then” plans which are refined over time so that each one is unique to the individual – *a battle plan!*
- Rehearsing how to respond to offers of cigarettes and vapes reduces the need for will power ‘in the moment’



# the **BENEFITS**

- Evidence-based - 25.6% of students who received INTENT were less likely to report ever having smoked
- Helps to reduce health inequalities
- Can be used to support respiratory health
- Ongoing support and Helpdesk provided for schools for the duration of the programme



*INTENT students were less likely to move from vaping to smoking*



# the **TRAINING**

*ALL School staff involved in delivery complete **ONE HOUR** of training.*

*73% of teachers  
INTENT as being a  
high-quality  
programme*



*This can be done in a number of ways:*

- 1. Online live training, delivered by INTENT*
- 2. 1 or more teachers in a school attend training above and they cascade training to their colleagues who need it.*
- 3. Self-led training using a PPT presentation (this can be accessed via the INTENT website by any school staff or those who miss sessions)*



# theACTION



- Look at the [INTENT](#) website and watch [Implementation Intentions](#)
- Sign up, via the OCC Educational Services Portal, to an information session for Headteachers and PSHE leads - [25<sup>th</sup> April](#)
- Each teacher or staff member involved in delivery will need to sign up for training on [21<sup>st</sup> May](#) or [5<sup>th</sup> June](#) via the training portal.
- Letter and flyer being sent via email and on school news!



anyQuestions?



Thank you for your time today





# Norovirus

UKHSA report that they are currently seeing elevated levels of norovirus.

They are reminding people that if they have been sick with vomiting and diarrhoea, they should avoid visiting hospitals and care homes, and should not return to work or school, until 48 hours after symptoms have stopped.

Hand gels do not kill norovirus, so handwashing with soap and warm water is best. Using bleach-based products to clean surfaces will also help stop the virus from spreading.

UK Health Security Agency

**Norovirus**

**Norovirus cases are high.**

**What to do if you get it and how to stop it spreading.**

Swipe for more ▶

The poster features three stylized, blue, spherical virus particles of varying sizes. The UKHSA logo is in the top left, and the text is arranged in a clear, bold layout.

[Managing specific infectious diseases: A to Z - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



## UPCOMING PROGRAMMES FOR:

# Gloji Energy

Our free healthy lifestyle programme for families with children aged 4-12 years old.

### DIDCOT GROUP:

Starting Thursday 16th May,  
4.30-5.30pm  
Park Club, Didcot

### ABINGDON GROUP:

Starting Monday 13th May,  
5pm - 6pm  
White Horse Leisure and  
Tennis Club

### WITNEY GROUP:

Starting Tuesday 7th May,  
4pm-5pm  
Community Loft WOBC

### BANBURY GROUP:

Starting Tuesday 30th April,  
5pm-6pm  
St. Leonards School

### OXFORD GROUP:

Starting Wednesday 24th  
April,  
5-6pm

### BARTON GROUP:

Starting Thursday 9th May,  
5-6pm  
Barton Park School

### BERINSFIELD GROUP

Starting Tuesday 7th May  
5-6pm  
Berin Centre, Berinsfield

John Henry Newman School



Find out more and sign up here: [www.achieveoxfordshire.org.uk/services/gloji-energy](http://www.achieveoxfordshire.org.uk/services/gloji-energy).



**OXFORDSHIRE  
COUNTY COUNCIL**

**Gloji  
Energy**

## Healthy Lifestyle Programme for Families

A family health and wellbeing programme designed to help children achieve a healthy weight together.

 Nutrition  Movement  Mind  Sleep

Learn about food, portions, snacking, self-esteem and more...

12 week programme including 1-2-1 and group sessions.

Fun and energetic sessions. Trampolining, dodgeball and much more!

Completing weekly missions to earn rewards!



Scan the QR code to find out more information about your local group!

### What next?

If your child is aged 4 to 12 years, has a connection with Oxfordshire and measured on or above the 91st centile...

**Contact our friendly team!**

 01865 590292  [www.achieveoxfordshire.org.uk](http://www.achieveoxfordshire.org.uk)

 [glojienergy1@achieveoxfordshire.org.uk](mailto:glojienergy1@achieveoxfordshire.org.uk)

Programmes running all around Oxfordshire!

Gloji  
Energy

achieve  
OXFORDSHIRE

OXFORDSHIRE  
COUNTY COUNCIL



**FREE  
Service**  
for children aged  
**4-12 years**

If you would like Gloji Energy colleagues to come and speak at a partnership meeting, please contact

Madeleine Fowler - Child Weight Management Lead

[madeleine.fowler@achieveoxfordshire.org.uk](mailto:madeleine.fowler@achieveoxfordshire.org.uk);



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HOLIDAYS 2024



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

### PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### COCONUT TREE

One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### YO! SUSHI

From March 25th - April 12th 2024, kids eat free all day at YO! Sushi when dining with a full-paying adult (minimum £10 spend).

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

### DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### IKEA

Kids get a meal from 95p daily from 11am

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.



OXFORDSHIRE  
COUNTY COUNCIL



# Thank you



**Thank you for all the support you have given us in Oxfordshire.**



Wishing you a restful holiday.

