

# PEAK

PREVENTION EDUCATION AND KNOWLEDGE

## 2018/19 Academic Year

Open to state-maintained and state-funded (academy) primary and secondary schools under the Leicestershire County Council local authority, the PEAK Programme is an exciting new **fully-funded** public health programme delivered as part of the Leicestershire Healthy Schools Programme (LHSP) that supports you and your school in respect to substance misuse (drugs, alcohol, tobacco) or relationships. With statutory health education on the horizon, now is the right time to get involved! Sign up by contacting us at [info@PEAKprogramme.com](mailto:info@PEAKprogramme.com).

### Receive Enhanced LHSP Status in FIVE EASY STEPS

#### STEP 1 / Choose a Topic

Schools will be supported to choose a topic based on SLT input and a pupil / student survey.

#### STEP 2 / Assembly and Short Film

We will deliver an assembly to a group of your pupils / students on understanding and managing risk using an engaging and interactive game show style. Some participating schools will also be provided with the opportunity to make a short 'talking heads' film on their topic.

#### STEP 3 / Staff CPD Session

We will deliver a training session to your staff on risk-taking and the adolescent brain. This session includes practical strategies on how to support your pupils / students manage their risk-taking behaviour, and an overview of the whole-school approach using examples from the experts and other PEAK schools.

#### STEP 4 / Signposting to LHSP Training and Materials

We will signpost you to other relevant free LHSP training and resources that support the implementation of PEAK in your school. You will also receive a **free** copy of the Christopher Winter Project resource for your chosen topic (RRP £125+VAT).

#### STEP 5 / Complete a School Story

Complete a LHSP School Story template to evidence your progress through PEAK, the activities that took place and the outcomes achieved to received your Enhanced LHSP Status.



**Leicestershire  
County Council**



**Healthy Schools**

*"By your involvement in this exciting and innovative project your school is demonstrating its commitment to improving the health, wellbeing and attainment of your pupils."* Jane Roberts, Strategic Public Health Commissioner