Weekly Schools Bulletin

A resource to support schools and families throughout the COVID-19 pandemic

Audience: **Essex Schools**
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Your ECFWS Healthy Schools and Public Health Team are coordinating family friendly activities, advice and guidance for teachers and parents covering themes outlined within national guidance on Personal Social Health and Economic (PSHE) education. We will be sharing these in the coming weeks on our Facebook pages, which can be found via our website. These resources are easily adaptable at home, school or in 'virtual' classrooms. Teachers and parents are encouraged to visit our COVID-19 Pandemic Resource Hub for support and guidance during this time. We urge you to share this bulletin with your whole school community.

PSHE activities *(Ideas to support emotional and physical health)*

Title:	**Tools to support Children and Young People**
Content:	Teacher, Child Psychologist and Author Dr Tina Rae is running a series of Free CPD Coffee Time talks on a range of subjects. The latest introduces Solution Focused brief therapy and can be accessed here.

Weekly Schools PSHE Challenge

Each week we will be setting schools a challenge linked to themes within your PSHE programme to support wellbeing. Each challenge will be delivered as a question we want your pupils to consider and answer using a range of different ways eg. Podcast, poster, artwork, story, comic strip, newspaper report, mind map or power point presentation by school pupils. Teachers, parents, siblings and friends may provide support with this; alternatively the challenge can be completed independently. We are encouraging you to share with us the work being done so we can celebrate the amazing things you are doing to support pupil wellbeing at this time.

Topic	**Valuing difference**
Question	What ways are we all different to each other? What are the benefits to this and the difficulties? What skills do you use to work through any difficulties?
Activity	Draw a gingerbread person on a piece of paper, think of a friend and then write on the paper all of the ways that you are the same as them in one colour and then all of the ways that you are different to that friend in another colour. Consider: physical appearances, likes/dislikes, personality, language

Learning Objective	To consider the impact of your thoughts, words and actions on others
Learning Outcome	To value differences and to be able to identify the skills used to work through any difficulties that arise from them.
Resources Primary	Respecting differences class clips (key stage 1) Differences and similarities class clips (key stage 2)
Resources Secondary	Home learning packs from Stonewall

Did you know…
The Essex charity Outhouse East offer LGBTQ+ Awareness Sessions.

The DfE has issued a new communication regarding the implementation of Statutory PSHE requirements from September. Find out all you need to know here.

The Home Office Early Intervention Fund has funded an excellent FREE online training focusing on an Introduction to Adverse Childhood Experiences. The training takes approximately 50 minutes to complete and can be accessed here.

SAVE THE DATE – the Summer Term submission date for all your Healthy Schools Foundation and Enhanced Stage documents is 26th June. To find out how to submit, or for more information on how Healthy Schools can benefit you as a school, please contact us.

Do you need support regarding a particular child or young person?
Your School Nurse is available to support you with the Health and Wellbeing needs of any child, young person or family you may have concerns about. Please contact your local team for further information:

Mid Essex Tel: 0300 247 0014
North Essex Tel: 0300 247 0015
South Essex Tel: 0300 247 0013
West Essex Tel: 0300 247 0122

CHAT Health: Our texting service remains active and is well-resourced with highly skilled School Nurses. Young people have the opportunity to contact us directly.

Mid Essex School Nursing Service	07520 615731
South Essex School Nursing Service	07520 615732
West Essex School Nursing Service	07520 615733
North East Essex School Nursing Service	07520 615734

Checkout our website and search engine for services local to schools and your communities:

www.essexfamilywellbeing.co.uk