Weekly Schools Bulletin - Personal, Social, Health, Economic (PSHE) Education

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:	**PANTS**
Content:	To support children to stay safe and inform them on how to access help the NSPCC have free teaching resources called PANTS (the underwear rule) for schools and they also have great resources for parents/carers. PANTS is a simple way to talk to your child about staying safe rom sexual abuse, with the help of a friendly dinosaur.

Title:	**Relax Kids**
Content:	Relax Kids have developed a freely available 'Back to Calm' Pack which can be used at home or in school. Whether it is to support children who have or are preparing to return to school or to support anxiety in lock down – access the resources 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	**Keeping healthy during Covid-19**

Question	What help or advice would you give to someone to help them stay healthy this summer?
Activity	Design a poster or create a mind map or poem, or write an article for a magazine
Learning Objective	Identify different activities for body and mind that can help people stay healthy
Learning Outcome	Explain ways to keep your body and mind healthy
Resources Primary	Active families 10 minute shake up Relaxation clip Mindful movement
Resources Secondary	Active families 10 minute work out Sport England Breathing technique Anxiety hack for teens

Did you know…
PSHE Association's CEO Jonathan Baggaley has delivered a powerful conference talk which summarises to role of PSHE education in the time of COVID. The talk is available for all to view here.

Don't forget to access the statutory guidance on relationships education, relationships and sex education (RSE) and health education. The Healthy Schools Team delivered a number of workshops in the autumn and spring term aimed at supporting your school to be ready for the new curriculum that will be mandatory by Summer 2021. If your school would like support 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

Follow our Essex Healthy Schools Twitter page @EssexHealthy

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