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:	**Supporting transition and healthy relationships**
Content:	Katie, one of our School Nurses, has some helpful advice and guidance on managing transition from primary to secondary school – and the role healthy relationships plays in that. She also explains the role of the school nurse and how you can contact them.

Title:	**Spread the Happiness**
Content:	Spread the Happiness have launched their '50 Things to do this Summer' campaign, which aims to provide families with ideas about fun, free activities they can do together. Download your copy 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	**Healthy Eating – As part of National Picnic Month**
Question	What can make a healthier picnic?
Activity	Can you design a picnic party? Find out what foods are more healthy than others and the benefits of eating healthier food

Learning Objective	To learn why healthy eating is important
Learning Outcome	To identify the benefits of healthy eating
Resources Primary	Healthy Eating Sugar swaps Dental Health
Resources Secondary	Healthy Eating Food and Mood

Did you know…
ECFWS have developed a lesson plan resource to support those transitioning from primary to secondary school during the COVID Pandemic. If you haven't received your copy please contact us.

Nicola Stewart, an experienced mental health specialist and trainer, has written a blog on supporting school communities for reintegration and connection during COVID-19. She discusses the emotional impact the return to school may have on both pupils and staff and offers ideas to support this.

Brook are running another of their excellent parent workshops on Thursday 9th July. These workshops cover the Relationship and Sex education changes coming into school next academic year, what this looks like for primary school children and how you can confidently carry on those conversations at home. To reserve a space book here.

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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