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:	**Do you know someone who is feeling anxious about starting secondary school?**
Content:	Our Children's Wellbeing Practitioners have developed a fantastic video to support young people who may be feeling anxious about transitioning from primary to secondary school. If you would like any support regarding a young person feeling anxious about their upcoming transition, then please contact us.

Title:	**Conversation Starters**
Content:	Talking to young people about their mental health, or simply how they are feeling, is a great way to connect with them and ensure they feel supported. Young Minds have a great page dedicated to how you can start those, sometimes difficult, conversations.

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 e.g. 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	**Sleep**
Question	Why is sleep so important to our health and wellbeing?
Activity	Find out the benefits of sleep and how to get a good night's sleep
Learning Objective	To learn why having enough sleep and good sleeping habits are key to good health and wellbeing
Learning Outcome	To identify how sleep affects us and what good sleep hygiene is

Resources Primary	Sleep tips Year six sleep pack
Resources Secondary	Teen Sleep Why teens get tired

Did you know…

Spread the Happiness have a YouTube channel with lots of primary focused happiness tips, primary resources, classroom resources and more.

Keep Your Cool Toolbox is a new FREE interactive app that helps parents, foster carers, childminders, Early Years practitioners and teachers to access quick and effective ways to help children and teenagers to better manage their emotions. You can download the app via Google Play.

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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