

UPDATE NO. 14

19th March 2020

PRIMARY

New this week:

1. PRIMARY PSHE NETWORK MEETING

Tuesday 24th March—CANCELLED

Wednesday 6th May —TO BE REVIEWED NEARER THE TIME

2. HEALTH AT HOME

Ideas and suggestions to help support health and wellbeing if you are having to spend extended periods of time at home: [HEALTH AT HOME](#)

3. MENTAL HEALTH & CORONAVIRUS

Ideas and suggestions to help support mental health and wellbeing during the coronavirus outbreak: [MENTAL HEALTH & CORONAVIRUS](#)

4. ANNA FREUD CENTRE—SCHOOLS IN MIND

A guide and videos for supporting the mental health and wellbeing of pupils, staff and parents during periods of disruption: [SCHOOLS IN MIND](#)

5. PSHE ASSOCIATION CORONAVIRUS HUB

Guidance on talking to children about coronavirus and teaching PSHE remotely:
[PSHE ASSOCIATION CORONAVIRUS HUB](#)

6. PLACE TO BE— TALKING TO CHILDREN ABOUT CORONAVIRUS

Helpful information for parents and professionals to help with answering children's questions:
[CORONAVIRUS - ANSWERING CHILDREN'S QUESTIONS](#)

7. YOUNG MINDS

Looking after your mental health while self isolating: [YOUNG MINDS](#)

Please get in touch if you would like further information about anything in this update or to discuss support for your school. I will be available to offer support throughout the school-closure period.

Susan

School Health & Wellbeing Project Officer

07753 316916

susan.dyer@slough.gov.uk