

UPDATE NO. 14

19th March 2020

SECONDARY

New this week:

1. 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](#)

2. MENTAL HEALTH & CORONAVIRUS

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

3. 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](#)

4. PSHE ASSOCIATION CORONAVIRUS HUB

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

5. 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](#)

6. 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