

## UPDATE NO. 2

4th December 2019

## PRIMARY

New this week:

### 1. **SAVE THE DATES**

#### **Young Carers Awareness Day 2020**

30th January 2020, download your FREE resources here:

<https://carers.org/young-carers-awareness-day-2020>

#### **Children's Mental Health Week 2020**

3rd-9th February 2020, this year's theme: Find Your Brave.

Download your FREE resources here: [Children's Mental Health Week resources](#)

#### **Safer Internet Day 2020**

11th February 2020, this year's theme: Together for a Safer Internet.

Download your FREE resources here: [Safer Internet Day 2020 resources](#)

### 2. **HOW TO HAVE DIFFICULT CONVERSATIONS WITH CHILDREN**

Guidance for school staff, parents & carers from the NSPCC. Access the guidance here: [Guidance: how to have difficult conversations with children](#)

### 3. **NATIONAL ONLINE SAFETY.com**

A FREE poster of online safety tips for children.

Download your copy here:



Online Safety Tips  
for Children

### 4. **SERVICES FOR EDUCATION**

A FREE webinar, the third in the series, discussing steps to take to implement the primary Relationships & Health Education curriculum.

Access the webinar here:

<https://www.servicesforeducation.co.uk/our-offer/rse-roadmap-and-webinar-3/>

### 5. **MENTALLY HEALTHY SCHOOLS**

A FREE Winter Wellbeing Toolkit containing activities to help pupils who struggle without a routine & experience anxiety before a school holiday. Also includes resources to boost staff wellbeing over the winter break.

Download your toolkit below:

<https://www.mentallyhealthyschools.org.uk/resources/winter-wellbeing-toolkit/>

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### 6. **SCHOOL HEALTH & WELLBEING RESOURCES DIRECTORY**

Find all these resources, and more, in the School Health & Wellbeing resources directory: [School Health & Wellbeing resource directory](#)

**Please get in touch if you would like further information about anything in this update or to discuss support for your school.**

*Susan*

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