**Slough School Health & Wellbeing Project**

**UPDATE No. 4**

**16th December 2019**

**SECONDARY**

**New this week:**

 **STAFF HEALTH & WELLBEING**

Remember the Education Support Service helpline is available

 for 24/7 support over Christmas and New Year: 08000 562 561.

 Double click to download a poster for your staffroom.

 **PUT YOUR PHONE DOWN THIS CHRISTMAS!!**

National Online Safety.com have produced a fun, uplifting song about putting down our phones, and spending more time with our family this Christmas. View the video here:

 **https://www.youtube.com/watch?v=Edc08Jlm1MA&feature=youtu.be**

 **HOW TO ADDRESS GAMBLING THROUGH PSHE**

A FREE handbook for teachers. Double click to download

 your copy.

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

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