**Slough School Health & Wellbeing Project**

**UPDATE No. 5**

**8th January 2020**

**SECONDARY**

**New this week:**

 **FREE Periods Education resources and training for KS2 and KS3**

Thursday 27th February 2020, 4.00-6.00pm at St Martin’s Place, Slough.

 Includes FREE PSHE Association certified lesson plans and a FREE resource box worth £110. Double click the link to download an information flier.

 To book a place, please e mail Susan Dyer susan.dyer@slough.gov.uk

 **FREE Mental Health & Emotional Wellbeing training**

East Berkshire NHS Clinical Commissioning Group will be offering training

 during 2020. Double click the link to download an information flier. To

 receive details and updates by email cypmhtraining.eastberkshire@nhs.net

 **PREVENTING INFECTIONS DURING THE WINTER MONTHS**

 **Catch-it, Bin-it, Kill-it** campaign posters. This Public Health England campaign

 encourages hand washing to prevent the spread of infection. Ctrl click the link to

 download FREE posters for your school Catch-it, Kill-it, Bin-it resources

 **eBug, FREE resources and training** for teaching about infections, antibiotics and

 prevention at primary and secondary school. Ctrl click here to access the FREE

 resources eBug resources

 Ctrl click here to access the FREE online training eBug online training

 **LOVE LIFE**

 **FREE films and resources** aimed at children and young people with learning

 disabilities aged 11-25 to help them explore topics such as emotions, relationships and keeping safe. Ctrl click the link for more information and to access the resources

 Love Life resources

 **FREE CPD podcast** for staff about the Love Life resources and how to use them. Ctrl click the link to listen to the podcast NSPCC Podcast

 **RISE ABOVE WEBSITE**

The Public Health England website for young people aged 11 –18 with videos,

 information and advice about a variety of issues including friendship, growing up, keeping safe and getting help, bullying, sexual relationships and consent,

 emotional wellbeing and sleep. Ctrl click here to access the website

 Rise Above website for young people

 Ctrl click here to download resources and lesson plans for use in school

 Rise Above resources for schools

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 **Quick Tips 2 Get Your Life Together**

A guide written by young people with easy to access tips for young adults aged 16-25 about what keeps them healthy, happy and well. Double click

 the link to download a copy.

 **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**

School Health & Wellbeing Project Officer

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