

UPDATE NO. 7  
23rd January 2020  
SECONDARY

New this week:

**1. FREE CPD video on the CARE principle for supporting mental health**

Produced by the Anna Freud Centre the video comes with guidance notes and a poster. It is aimed at all school staff, including support staff. Ctrl click here to access the video, guidance notes and poster: [CARE principle video](#)

**2. FREE online training about emotional resilience and self harm**

This Virtual College Understanding Young Minds FREE online training is for parents and professionals about emotional resilience and self harm. Ctrl click the link below to access the training: [Understanding Young Minds training](#)

**3. FREE online training about type-1 diabetes**

This Virtual College course covers: how to manage type 1 diabetes; the implications of not managing it properly; how to spot the signs of low and high blood glucose; how to support children with type 1 diabetes.

Ctrl click here to access the training: [Type-1 diabetes awareness training](#)

**4. FREE period products for learners scheme**

A Department for Education scheme offering learners at all state-maintained schools and 16 to 19 education organisations in England access to free period products in their place of study. Ctrl click the link below for more information and to sign up for the scheme:

[DFE free period products scheme](#)

**5. FREE resources and online training to support Relationships & Sex Education teaching**

Ctrl click on the links below to access the resources and training on the Brook website:

[Brook resources](#)

[Brook online training](#)

**6. FREE PSHE resources for key stages 2,3 and 4**

Rise Above resources produced by Public Health England cover a number of PSHE topics including sleep, exam stress, transition, alcohol and smoking. Ctrl click the link below to access the resources: [Rise Above resources](#)

**7. 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

07753 316916

[susan.dyer@slough.gov.uk](mailto:susan.dyer@slough.gov.uk)