

UPDATE NO. 8

31st January 2020

PRIMARY

New this week:

**1. FREE PSHE PROGRAMME OF STUDY FOR KEY STAGES 1-4**

Available from the PSHE Association FREE to download for non-members as well as members and updated to include the 2020 statutory relationships, sex and health education requirements. It also covers economic wellbeing, careers and enterprise education. Click the link to download your copy: [PSHE Association programme of study 2020](#)

**2. NATIONAL ONLINE SAFETY.COM**

FREE guides about the social pressures children and young people feel from social media and the online world. Click on each link to download the guides.

[GUIDE: social pressures linked to appearance](#)

[GUIDE: social pressures linked to social media influencers](#)

[GUIDE: social pressures linked to friends and followers](#)

[GUIDE: social pressures linked to likes](#)

**3. TALKING TO CHILDREN & YOUNG PEOPLE ABOUT SEX AND RELATIONSHIPS**

Advice and information from Parent Info aimed at parents but also useful for educators. Click on the link to access the website:

[Parent Info advice and information about talking to children & young people](#)

**4. CHILDREN'S MENTAL HEALTH WEEK 2020**

3rd –9th February 2020, this year's theme: Find Your Brave. For FREE resources click on the link: [Children's Mental Health Week 2020 resources](#)

**5. AWARENESS DAYS — SHARING GOOD PRACTICE**

If your school has been involved in activities and initiatives linked to awareness days , we'd love to hear about it ☺ If you are happy to let us know what you have been doing please email me with further information: [susan.dyer@slough.gov.uk](mailto:susan.dyer@slough.gov.uk)

**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)