

UPDATE NO. 18

7th May 2020

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Although it is not clear when it will happen or what it will look like, back to school planning has started. It is very likely that Health & Wellbeing and PSHE will be high on the agenda for preparing and support children to return to school. Both the Primary and Secondary PSHE Networks are working to identify the likely priority areas and begin to collate resources that could be used (or adapted) to address the issues with pupils and support their return to school. The aim is to have this ready as soon as possible for circulation to all schools via the PSHE/Health & Wellbeing Leads.

In the meantime, please get in touch if you would like further information about anything in this 2 page update or to discuss support for your school or college.

Susan

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New this week

EMOTIONAL AND MENTAL WELLBEING

[HOW NOT TO GO TO SCHOOL: Free downloadable book](#)

TRAINING OFFERED BY EAST BERKSHIRE NHS

Click the link for further information and booking.

[FREE WEBINAR: Introduction to the KOOOTH Online Mental Health & Wellbeing platform for young people, 18th May, 15:00-16:00.](#)

[FREE WEBINAR: Autism Awareness, 2nd June, 09:30-11:00.](#)

[FREE WEBINAR: Supporting children and young people with their worries, anxiety, and low mood \(SECONDARY\), 5th June, 09:30-10:30](#)

[FREE WEBINAR: Supporting children and young people with their worries, anxiety, and low mood \(SECONDARY\), 12th June, 09:30-10:30](#)

[FREE WEBINAR: Supporting children and young people with their worries, anxiety, and low mood \(PRIMARY\), 19th June, 09:30-10:30](#)

[FREE WEBINAR: Autism and mental health, 19th June, 09:30-11:00.](#)

PHYSICAL ACTIVITY

[GET BERKSHIRE ACTIVE SURVEY FOR RESIDENTS AGED 16+](#)

Take Part in the Survey

BEREAVEMENT SUPPORT

[THE KEY FOR SCHOOL LEADERS: supporting pupils through bereavement](#)

[THE KEY FOR SCHOOL LEADERS: supporting staff who are grieving](#)

TEACHING PSHE REMOTELY

[GOV.UK: Case studies of remote teaching including wellbeing](#)

ONLINE SAFETY

[CHILDNET.COM: Video lessons about SMART online safety](#)

[THINK U KNOW: Online safety home activity worksheets](#)