

UPDATE NO. 20

14th May 2020

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Back to school planning has started in earnest with Health & Wellbeing and PSHE high on the agenda to prepare and support children remaining at home and those due to return to school. Both the Primary and Secondary PSHE Networks are working to identify the likely priority areas and collate resources that could be used (or adapted) to address the issues with pupils and support their return to school.

The Primary PSHE Network Back to School Planning Grid will be sent to PSHE/Health & Wellbeing Leads on **Monday 18th May.**

The Secondary version will be available as soon as possible.

In the meantime, please get in touch if you would like further information about anything in this 6 page update or to discuss support for your school or college.

Susan

School Health & Wellbeing Project Officer **07753 316916** susan.dyer@slough.gov.uk

New this week

EMOTIONAL AND MENTAL WELLBEING

SCHOOLS IN MIND (ANNA FREUD CENTRE): *Managing unexpected endings and transitions*

Information and suggested approaches to help children and young people who may be feeling a sense of loss as they face up to changes that they may not have been able to process.

PARTNERSHIP FOR CHILDREN: *FREE wellbeing activity sheets for children*

Aimed at KS1 children but easily adaptable for KS2. They can be used at home or at school and include activities on: coping with change, coping with worry, coping with loss, feelings and ways to feel better.

New activities on distraction and relaxation have just been added.

GOV.UK: *Guidance on keeping pupils motivated and engaged*

TRAINING FOR STAFF

SLOUGH BOROUGH COUNCIL EDUCATIONAL PSYCHOLOGY TEAM: *FREE webinars - The 3 Rs*

RESILIENCE - READINESS - RECOVERY

Slough Integrated Support Service has developed a number of webinars to support schools on ways to foster resiliency in children and young people. The first of these will be available from early June. See flyer below for more information.

EMERGING MINDS: *FREE webinar - Back to school after lockdown*

SCHOOLS IN MIND (ANNA FREUD CENTRE): *Recording of Schools in Mind Facebook Q&A - Managing unexpected endings and transitions*

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PHYSICAL ACTIVITY

[ACTIVE MOVEMENT: Active Recovery](#)

A plan and resources from Active Movement to help schools with the return of pupils. For more information please contact Peter Savage: peter@activemovement.co.uk

BEREAVEMENT SUPPORT

[EDUCATION SUPPORT PARTNERSHIP: Video - bereavement & its impact on education staff](#)

[IRIS CONNECT: Blog - School return, how do we talk about bereavement](#)

IMMUNISATIONS

We are looking to hear from Slough residents to understand access and attitudes towards immunisations during the COVID-19 lockdown period. Please click here to [TAKE PART IN THE SURVEY](#)

ORAL HEALTH

[NATIONAL SMILE MONTH 18th MAY—18th JUNE](#)

See below for resources produced by the Slough Healthy Smiles Team.

THANK A TEACHER DAY 20th MAY

[Do you have a STAR teacher? Do you miss seeing them every day? This Thank A Teacher Day let's take the opportunity to say thank you to all our amazing teachers and support staff, who are doing a star job each and every day.](#)

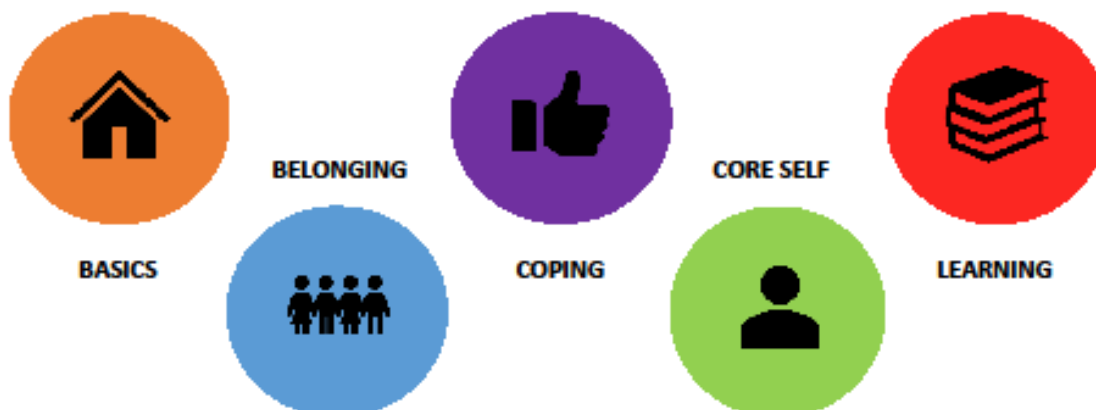




Resilience Readiness Recovery

Slough Integrated Support Service has developed a number of webinars to support schools on ways to foster resiliency in children and young people. The first of these will be available from early June.

The initial webinars will consider the negative impact of COVID-19 in each area of the resiliency framework alongside the protective factors that might already be in place for the child or young person.



Further webinars will follow covering topics such as 'Positive Transitions' and 'Supporting Recovery for the Under 5s'.

The webinars are intended as a short introduction. Each will contain a key 'take home' message for supporting pupils. There will be accompanying links to further resources and useful prompts to think about how to begin supporting young people when they return to school. Adults are encouraged to discuss the content in more detail with their link EP.

For further information please contact your EP directly or email the Integrated Support Service on ISSadmin@slough.gov.uk

National Smile Month 2020

Brush twice a day with a fluoride toothpaste, once last thing at night and at least one other time during the day!



18 May - 18 June 2020

www.smilemonth.org #SmileMonth

Use interdental brushes or floss to clean between your teeth at least once every day!



18 May - 18 June 2020

www.smilemonth.org #SmileMonth

Cut down on how much sugar you have, and how often you have it.



18 May - 18 June 2020

www.smilemonth.org #SmileMonth

Alongside regular brushing, mouthwash can be a great addition to your oral health routine.



18 May - 18 June 2020

www.smilemonth.org #SmileMonth

Visit your dental team regularly, as often as they recommend, no matter how old you are.



18 May - 18 June 2020

www.smilemonth.org #SmileMonth



#SmileMonth
www.smilemonth.org



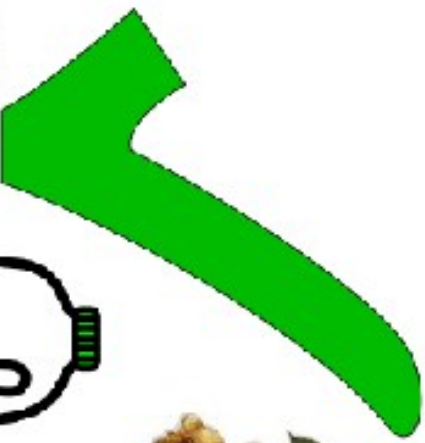
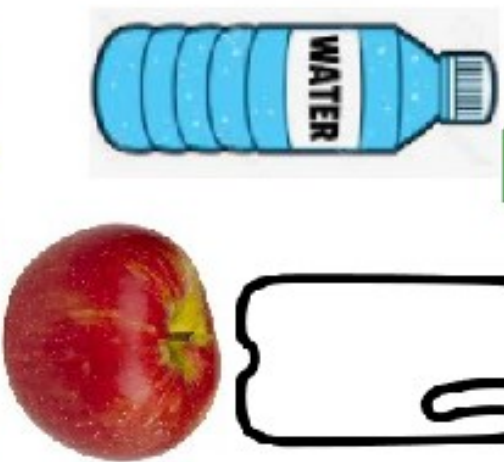
We can gain a better quality of life by looking after our oral health.

#SmileMonth | www.smilemonth.org

The benefits of great oral health go far beyond a healthy smile.

#SmileMonth
www.smilemonth.org





Healthy smiles
need
healthy choices



HMS HEALTH & WELLBEING
SLOUGH
Slough Healthy Smiles



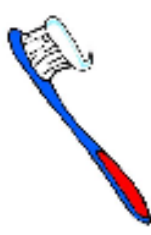
Brush your teeth twice a day for two minutes with a fluoride toothpaste.

द्विदिन दो बार दो मिनट के लिए फ्लोराइड टूथपेस्ट का उपयोग करें।

نظف أسنانك بالفرشاة مرتين في اليوم لمدة دقيقتين باستخدام معجون أسنان فلورايد.

द्विदिन दो बार दो मिनट के लिए फ्लोराइड टूथपेस्ट का उपयोग करें।

Szczotkuj zęby dwa razy dziennie przez dwie minuty przy użyciu pasty z fluorem.



دو بار دو صنت تک فلوراڈ ٹوتھ پیسٹ سے اپنے دانتوں پر فرش کریں۔

Escova os dentes duas vezes ao dia por dois minutos com pasta e dentes com fluor.

Brosse tes dents deux fois par jour pendant deux minutes avec dentrifice avec fluor.

Lavate los dientes dos veces al dia por dos minutos con fluoruro pasta de dientes.