

Please get in touch if you would like further information about anything in this **4 page** update bulletin or to discuss support for your school or college.

The resources listed are all produced by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use to ensure they are suitable for their pupils and/or staff.

*Susan*

School Health & Wellbeing Project Officer **07753 316916** [susan.dyer@slough.gov.uk](mailto:susan.dyer@slough.gov.uk)

EMOTIONAL AND MENTAL WELLBEING— staff

[BERKSHIRE HEALTHCARE WEBINAR: Self help tips for looking after our own wellbeing, 24<sup>th</sup> June, 10:30 – 11:30](#)

[BERKSHIRE HEALTHCARE WEBINAR: 5 Ways to Wellbeing, 6th July, 10:30 - 11:30](#)

[BERKSHIRE HEALTHCARE WEBINAR: Self help tips for looking after our own wellbeing, 8th July, 10:30 – 11:30](#)

[EVERY MIND MATTERS: Self care tool for teachers](#)

EMOTIONAL AND MENTAL WELLBEING— training

[GOV.UK: Materials for training staff to teach about mental wellbeing](#)

[NSPCC WEBINAR: Supporting children, young people and their families during the COVID-19 pandemic](#)

[ANNA FREUD CENTRE WEBINAR: Supporting children following traumatic events](#)

[WESSEX NHS WEBINAR: Trauma informed practice](#)

[FUTURE LEARN ONLINE LEARNING: Childhood adversity and mental health](#)

[BERKSHIRE HEALTHCARE WEBINAR: Kooth online counselling service supporting the mental health & wellbeing of young people, 11<sup>th</sup> June, 15:00 – 16:00](#)

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

[BERKSHIRE HEALTHCARE WEBINAR: Talk with children under 5 years about Covid-19, 15<sup>th</sup> June, 15:00 – 16:00](#)

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

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

EMOTIONAL AND MENTAL WELLBEING— everyone

[LOCKDOWN LESSONS: A creative writing challenge](#)

See flyer below for full details (also sent as an attachment with this bulletin).

EMOTIONAL AND MENTAL WELLBEING—pupils

[MENTALLY HEALTHY SCHOOLS \(ANNA FREUD CENTRE\): A toolkit of resources for building resilience](#)

[ANNA FREUD CENTRE: Managing the transition back to school, a guide for schools and colleges](#)

[ANNA FREUD CENTRE: Coronavirus support page for schools and colleges](#)

[ANNA FREUD CENTRE: Coronavirus support page for young people](#)

[ANNA FREUD CENTRE: Coronavirus toolkit #6 - resources for building resilience](#)

[NSPCC: Speak Out Stay Safe virtual assembly with Ant & Dec](#)

[PARTNERSHIP FOR CHILDREN: FREE wellbeing activity sheets for children](#)

New activities on bereavement, back to school and transition have just been added.

RELATIONSHIPS & SEX EDUCATION

[RSE DAY 25th JUNE 2020: Free resources for primary and secondary schools](#)

[KAPOW PRIMARY: RSE pupil skills progression guide](#)

[DEPARTMENT FOR EDUCATION: Communication on the implementation of Relationships Education, Relationships and Sex and Health Education, June 2020](#). A copy has been included below and sent as an attachment with this bulletin.

ONLINE SAFETY

[THINK U KNOW: Send me a pic](#)

3 lesson plans for 12-14 year olds about the consensual and non-consensual sending of nude images

[NATIONAL ONLINE SAFETY.COM: Guide to Microsoft Teams](#)

[E SAFETY ADVISER: Online safety videos giving students support, advice and guidance on a range of subjects](#)

PARENTING

[TRIPLE P PARENTING PROGRAMMES: staff training](#)

Slough Borough Council are offering up to 20 practitioners (professionals and/or volunteers) from local services and organisations the opportunity to undertake the Triple P Provider Training Course. Full details and an application form have been sent as an attachment with this bulletin.

ORAL HEALTH

[SLOUGH HEALTHY SMILES: Remote classroom sessions for children](#)

See flyer below for full details (also sent as an attachment with this bulletin).

[SLOUGH HEALTHY SMILES: Remote training sessions for all staff working with children](#)

Dates available: 24th June, 25th June, 1st July, 2nd July at 3.00—4.00pm. Further details in next week's bulletin.

BACK TO SCHOOL

[MANAGING COVID-19 IN CHILDCARE & EDUCATION SETTINGS: Guidance for childcare & education settings](#)

See below for a flow chart from Public Health England (also sent as an attachment with this bulletin).

[THE KEY FOR SCHOOL LEADERS: Providing high quality outdoor learning](#)

[THE KEY FOR SCHOOL LEADERS: Supporting pupils with SEND to transition back to school](#)