

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

EMOTIONAL AND MENTAL WELLBEING— staff

[PARTNERSHIP FOR CHILDREN: Mental health activities for staff - looking after your own mental health & wellbeing](#)

EMOTIONAL AND MENTAL WELLBEING— training

[FUTURE LEARN ONLINE COURSE: Supporting the social & emotional wellbeing of adolescent learners](#)

EMOTIONAL AND MENTAL WELLBEING— the curriculum

[GOV.UK: Pastoral care in the curriculum](#)

EMOTIONAL AND MENTAL WELLBEING— pupils

[KOOOTH: Online counselling for young people aged 11-18](#)

Posters accompanying this update to send to your pupils reminding them that Kooth is available if they require support now, during the summer break or if they are worried about returning to school.

RELATIONSHIPS & SEX EDUCATION—training

[BROOK LEARNING PODCAST: Sex Ed Diaries - Relationships and Sex Education in schools](#)

[FUTURE LEARN ONLINE COURSE: Relationships, Sex & Health Education - statutory requirements and effective teaching](#)

ONLINE SAFETY

[NATIONAL ONLINE SAFETY.COM: How not to become a screen zombie](#)

A guide for young people to raise their awareness around screen addiction.

ORAL HEALTH

[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. Please see flyer below for full details.

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

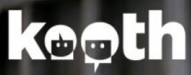
Please see flyer below for full details.

KEEPING HEALTHY & SAFE

[PUBLIC HEALTH SLOUGH: Summer preparedness and Coronavirus](#)

[PUBLIC HEALTH SLOUGH: Fun ideas to stay healthy](#)

[ROYAL LIFE SAVING SOCIETY: Water safety information](#)



We're still here

Young people can still access free, safe, online mental health support 365 days a year by logging on to Kooth.com



Chat with a professional counsellor



Read self-help articles



Join peer-to-peer forums



Worried about going back to school? Need to talk to someone?



Discussion Boards



Kooth Magazine & Help Articles



Free Counselling



Journal & Self-Help Tools

Sign up for free at [Kooth.com](https://www.kooth.com)



Lost your routine? We'll be here when you need us



Discussion Boards



Kooth Magazine & Help Articles



Free Counselling



Journal & Self-Help Tools

Sign up for free at [Kooth.com](https://www.kooth.com)



Constant news getting overwhelming? Kooth's team is here to listen



Discussion Boards



Kooth Magazine & Help Articles



Free Counselling



Journal & Self-Help Tools

Sign up for free at [Kooth.com](https://www.kooth.com)



Struggling being stuck at home? Kooth's community can help you feel supported by people like you



Discussion Boards



Kooth Magazine & Help Articles



Free Counselling



Journal & Self-Help Tools

Sign up for free at [Kooth.com](https://www.kooth.com)



Relate to the stories of over 400,000 others in our **safe, anonymous and supportive community**



Discussion Boards



Kooth Magazine & Help Articles



Free Counselling



Journal & Self-Help Tools

Sign up for free at [Kooth.com](https://www.kooth.com)



Oral Health

Training for PSHE leads and school staff

We know that children who are helped to establish good oral health habits in their early years have a better chance of keeping healthy teeth and oral health for rest of their lives. Good oral health can affect our physical and social health and improve our confidence and our willingness to participate in school/work and social activities.

Slough Healthy Smiles are working with Health and Wellbeing Slough to deliver online Oral Health information and training sessions to schools. We offer short interactive interesting oral health information sessions to small groups of children in their classroom with their teacher present.

We also offer training to staff working with children so if you and your team would like an oral health training session please contact us.

Online training sessions are offered on Wednesdays 24th June and 1st July at 3pm

Thursdays 25th June and 2nd July at 3 pm

If you would like to attend these online sessions, Slough Healthy Smiles would love to hear from you. Please email Oral.Health@oxfordhealth.nhs.uk Please state which session you are interested in: information for children/staff and/or staff training. Upon receipt of your email we will arrange a mutually convenient date/time and inform you how to access the session.

Please note: these online sessions are delivered via Microsoft teams, by participating you agree that your email will be displayed during the online session.



For other health services and health information ie on stop smoking, keeping active, children's health please see www.healthandwellbeingslough.co.uk



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