

Please get in touch if you would like further information about anything in this week's 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. All training, resources and support are FREE unless specifically stated.

Susan

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

COVID-19

NEW COVID-19 TESTING SITE IN SLOUGH

HEALTHIER SCOTLAND: Hand washing posters

eBUG: Hand hygiene posters **eBUG: Cover coughs and sneezes poster**

THE KEY: Coronavirus hygiene posters for schools

EMOTIONAL AND MENTAL WELLBEING— staff

EDUCATION SUPPORT PARTNERSHIP BLOG: The impact of Covid-19 on staff mental health & wellbeing and what support is available

MIND ED: Coronavirus staff resilience hub

EMOTIONAL AND MENTAL WELLBEING— training

CHARLIE WALLER MEMORIAL TRUST - WEBINAR SERIES: Supporting children's mental health

DEPARTMENT FOR EDUCATION - WEBINAR: Supporting returning pupils' mental wellbeing, 9th July 10:00 - 11:00

FUTURE LEARN - ONLINE COURSE: Young people and their mental health

PARTNERSHIP FOR CHILDREN - VIDEO: Helping parents and teachers talk to children about death

EMOTIONAL AND MENTAL WELLBEING—pupils

ANNA FREUD CENTRE: Coronavirus toolkit #7 - resources for managing transitions

CHARLIE WALLER MEMORIAL TRUST: Guides for schools & families

CHARLIE WALLER MEMORIAL TRUST: Supporting children returning to school

KOOTH: Live forums for young people

Please see flyers below for more details.

PARTNERSHIP FOR CHILDREN: Mental wellbeing activities for children - new activities on reflection, letting go and planning for the future

EDUCATION ENDOWMENT FOUNDATION: Improving social & emotional learning in primary schools

RELATIONSHIPS & SEX EDUCATION

DEPARTMENT FOR EDUCATION WEBINAR: RSHE for pupils with SEND, 7th July 10:00 – 12:00

PSHE ASSOCIATION: FREE home learning lessons on puberty for KS2-3

ORAL HEALTH

SLOUGH HEALTHY SMILES: Oral health education sessions for your class and remote training sessions for staff

NEW video option available please see flyer below for full details.

Wednesday 1st July – Finding Your Focus and Motivation

In this live forum, we are going to get ourselves feeling focused and motivated! Especially with current circumstances, many of us are finding it difficult to remain focused on our work, hobbies, and goals. Together, let's try to come up with some ways that we can get ourselves back on track and complete some goals!

Monday 6th July – VOC: Myth Busting: Respect

As part of our Victims of Crime (VOC) series, this live forum will be considering how we might support a friend during difficult experiences with their mental health. With current situations making it difficult to meet up and support friends in person, we will be thinking about ways we can do this from afar and different services which can help you and them to feel safe and supported.

Friday 17th July – Staying Connected in Relationships

The current situation is affecting all of our lives and part of that is our relationships with friends, family members, and partners too. We've had to adapt quickly to this new way of living and we hear you with how hard it can be. We've seen a lot of posts lately about loneliness and feeling disconnected from others, that's why in this live forum we want to talk about different ways of staying connected to those you care about.

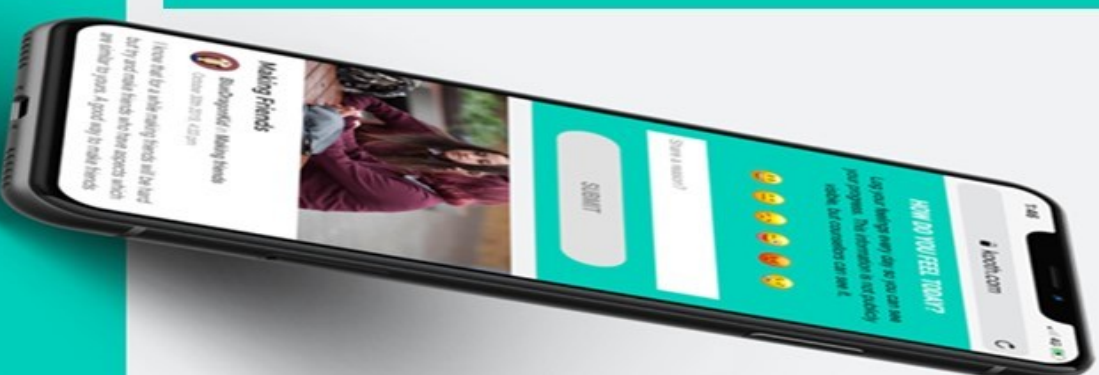
Wednesday 22nd July – Coping with Family Changes

This live forum will be all about 'Coping with Family Changes'. We understand there are ups and downs amongst families, and tonight will cover different changes in the family unit (such as bereavement, break ups, and additions to the family). We will be considering how these changes can impact us, especially during this uncertain and testing time, where we can get support and how we can help others when going through a difficult time at home. Feel free to come by whether that's to share your experiences and advice or just to learn. As always everyone is welcome!

Monday 27th July – Mindfulness & Meditation

Often we go through life without stopping to notice much, but becoming more aware of the present moment can improve your mental wellbeing. Mindfulness, put simply, is making sure that we are "right here, right now". It is a form of meditation, and a way of appreciating and experiencing the world around you. Tonight's live forum will touch on both Mindfulness and Meditation, and we will be considering the art of becoming aware of our own thoughts, feelings, and the world around us, in the hopes of using some of these skills to take a fresh look at some of those things we may be taking for granted.

Kooth July Live Forums



Kooth Live Forums: July 2020

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

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ORAL HEALTH EDUCATION SESSIONS FOR CHILDREN

ORAL HEALTH TRAINING FOR 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 offer:

❖
AN ONLINE ORAL HEALTH SESSION FOR YOUR CLASS *or*

❖
A VIDEO ORAL HEALTH SESSION FOR YOUR CLASS *plus*

❖
ONLINE ORAL HEALTH EDUCATION TRAINING FOR STAFF

❖
EVERY CHILD THAT TAKES PART WILL RECEIVE A TOOTH BRUSH PACK TO USE AT HOME.



To arrange an oral health session for your class and order your FREE toothbrush packs please email Oral.Health@oxfordhealth.nhs.uk

❖
Online staff training sessions will take place on:

Wednesday 24th June at 3pm

Wednesday 1st July at 3pm

Thursday 25th June at 3pm

Thursday 2nd July at 3 pm

To sign up for one of the online training sessions please email Oral.Health@oxfordhealth.nhs.uk

