

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](mailto:susan.dyer@slough.gov.uk)

### BAME CHILDREN & YOUNG PEOPLE

[ROYAL COLLEGE OF PAEDIATRICS AND CHILD HEALTH - ARTICLE: \*How is COVID-19 affecting children and young people in BAME communities?\*](#)

[KOOTH - DATA RELEASE: \*How Covid-19 is affecting the mental Health of young people in the BAME community\*](#)

### EMOTIONAL AND MENTAL WELLBEING— supporting pupils

[eBUG - DOWNLOADABLE BOOK: \*My back to school bubble\*](#)

[NSPCC - GUIDANCE: \*Promoting mental health & wellbeing\*](#)

[YOUNG MINDS - GUIDANCE: \*Supporting a child with grief and loss during the Covid-19 pandemic\*](#)

[YOUNG MINDS - GUIDANCE: \*Supporting a child returning to school after lockdown\*](#)

### EMOTIONAL AND MENTAL WELLBEING— training

[FUTURE LEARN - ONLINE COURSE: \*Youth mental health: helping young people with anxiety\*](#)

[FUTURE LEARN - ONLINE COURSE: \*Anxiety in children and young people during Covid-19\*](#)

[FUTURE LEARN - ONLINE COURSE: \*Understanding depression and low mood in young people\*](#)

[FUTURE LEARN - ONLINE COURSE: \*Helping young people manage low mood and depression during Covid-19\*](#)

[NSPCC - PODCAST: \*Returning to school post lockdown\*](#)

[NSPCC - PODCAST: \*The impact of Coronavirus on school staff and pupils\*](#)

[VIRTUAL COLLEGE - ONLINE COURSE: \*Talking to children and young people about resilience and self harm\*](#)

### EMOTIONAL AND MENTAL WELLBEING—pupils with SEND

[TES - SEND SHOW WEBINAR SERIES: \*Preparing for the 'new normal'\*](#)

### ONLINE SAFETY

[BBC: \*Own It website and app to help young people manage their online lives\*](#)

[NATIONAL ONLINE SAFETY.COM - GUIDE: \*What parents need to know about protecting personal data online\*](#)

### RSHE and PSHE

[PSHE ASSOCIATION - VIDEO SERIES: \*Ask a subject specialist \(can be accessed by non-members\)\*](#)