

Find all these resources, and more, in the School Health & Wellbeing resources directory and TheLink School Health & Wellbeing Project pages:

[School Health & Wellbeing Project resource directory](#)  
[THE LINK: School Health & Wellbeing Project webpages](#)

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 before use to ensure they are suitable for their pupils and/or staff. All training, resources and support are FREE unless specifically stated.

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

*Susan*

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

### WELLBEING for EDUCATION RETURN

A national programme which aims to ensure that education staff are empowered and supported to make pupils emotional and mental wellbeing a priority after lockdown and during the pandemic. This offer is intended for all state-funded education settings, including academies, special schools, pupil referral units and alternative provision.

There are two elements to the project: 1) training for education staff; 2) on-going support for schools until March 2021.

To find out more about the Wellbeing for Education Return programme and how it will be implemented in Slough, schools and education providers in Slough there will be a number of **Wellbeing for Education Return Information Webinars**:

<b>Tuesday 15th Sept 2020 @ 4pm - 4.45pm</b>	<a href="#">CLICK HERE TO BOOK: 15th September</a>
<b>Wednesday 16th Sept 2020 @ 4pm - 4.45pm</b>	<a href="#">CLICK HERE TO BOOK: 16th September</a>
<b>Thursday 17th Sept 2020 @ 4pm - 4.45pm</b>	<a href="#">CLICK HERE TO BOOK: 17th September</a>

You can also find information about the Wellbeing for Education Return programme on The Link website [HERE](#)

### HEALTH & WELLBEING SLOUGH (HWS)

See further information below or visit the Health & Wellbeing Slough website: [www.healthandwellbeingslough.co.uk](http://www.healthandwellbeingslough.co.uk)

### INFORMATION, ADVICE & SELF-HELP FOR YOUNG PEOPLE

**CHILDLINE: Website advice pages:**

<a href="#">Going Back to School after Lockdown</a>	<a href="#">Moving Schools</a>	<a href="#">Worries about Coronavirus</a>
<a href="#">Crime &amp; the Law - Gangs</a>	<a href="#">Racism and Racial Bullying</a>	<a href="#">Crime &amp; the Law - Gun and Knife Crime</a>
<a href="#">Puberty - Girls</a>	<a href="#">Puberty - Boys</a>	<a href="#">Tips for Staying Healthy</a>
<a href="#">Sexual Relationships</a>	<a href="#">Making Friends</a>	<a href="#">Friendship Problems</a>
<a href="#">Bullying on Social Media</a>		

### BACK TO SCHOOL — SUPPORT FOR PUPILS

[ANNA FREUD CENTRE: Rebuild & Recover - support for pupils](#)

[BUCKINGHAMSHIRE MIND: Workshops for pupils](#) See flyer below.

[PUBLIC HEALTH ENGLAND: Every Mind Matters – supporting the mental health of young people aged 13-18](#)

[ANNA FREUD CENTRE: Remote offer to secondary schools](#) See flyer below.

[PLACE 2 BE - ONLINE TRAINING: Mental Health Champions Foundation Programme](#)

**BACK TO SCHOOL — SUPPORT FOR SCHOOL STAFF**

[\*\*ANNA FREUD CENTRE: Rebuild & Recover - support for school staff\*\*](#)

[\*\*PARTNERSHIP FOR CHILDREN: Looking After Your Own Mental Wellbeing as Your Return to School\*\*](#)

[\*\*BUCKINGHAMSHIRE MIND: Workshops for school staff\*\*](#) See flyer below.

**BACK TO SCHOOL — SUPPORT FOR FAMILIES**

[\*\*ANNA FREUD CENTRE: Rebuild & Recover - support for parents & carers\*\*](#)

[\*\*PUBLIC HEALTH ENGLAND, LEAFLET: Returning to Primary School – what parents need to know\*\*](#)

[\*\*PUBLIC HEALTH ENGLAND, LEAFLET: Returning to Secondary School – what parents need to know\*\*](#)

[\*\*PUBLIC HEALTH ENGLAND: Every Mind Matters – supporting the mental health of parents and carers of children aged 5-18\*\*](#)

[\*\*PUBLIC HEALTH ENGLAND: Every Mind Matters campaign\*\*](#)

[\*\*PUBLIC HEALTH NORTHERN IRELAND: When will this be over? talking to children about Coronavirus\*\*](#)

**HEALTH & WELLBEING RECOVERY CURRICULUM**

[\*\*EARLY INTERVENTION FOUNDATION: Supporting children's social and emotional learning\*\*](#)

[\*\*PSHE ASSOCIATION: Back to School Support Packs KS 1-5\*\*](#)

**RELATIONSHIPS, SEX & HEALTH EDUCATION**

[\*\*DFE - WEBINAR: Relationships, Sex & Health Education for pupils with SEND\*\*](#)

[\*\*NSPCC – CPD INFORMATION: Healthy sexual development of children and young people\*\*](#)

[\*\*SEX EDUCATION FORUM: Monitoring RSE - the basics\*\*](#)

[\*\*UNIVERSITY OF EXETER – KS4 LESSON PLANS: Working out Relationships\*\*](#)

**ONLINE SAFETY**

[\*\*EDUCATION FOR A CONNECTED WORLD: 2020 update\*\*](#)

[\*\*NATIONAL ONLINE SAFETY - GUIDE: What parents need to know about 'sexting'\*\*](#)

[\*\*NATIONAL ONLINE SAFETY - GUIDE: What parents need to know about 'trolling'\*\*](#)

[\*\*TIK TOK SAFEGUARDING ALERT!\*\*](#)

[\*\*SAFEGUARDING SAFETY CARDS: Tik Tok, Instagram and other apps\*\*](#)

**INFECTION PREVENTION**

[\*\*PUBLIC HEALTH ENGLAND: Flu vaccination posters and leaflets\*\*](#)

[\*\*TRAINING FOR TEACHERS & SUPPORT STAFF: Teaching children & young people about infection & prevention\*\*](#)

See flyers below.

[\*\*INFORMATION SESSION FOR PARENTS & CARERS: The school flu vaccination programme\*\*](#)

See flyer below.

**CORONAVIRUS INFORMATION**

[\*\*#ONE SLOUGH: Become a Community Champion\*\*](#)

### Introducing Health & Wellbeing Slough (HWS) – a new 'integrated service' for local residents.

From 1 April 2020, local residents have the opportunity to access a range of new and exciting programmes and services that will improve their health and wellbeing in Slough. The new service will bring together the following interventions into a new 'integrated model' of delivery, which will include:


- **NHS Health Checks** – available at two community centres in Slough, find out your heart age in 20 minutes.
- **Children and Adult Weight Management** – 12 weeks of support available online via mobile apps or face-to-face.
- **Stop Smoking Services** – 6-12 weeks of support with a trained wellness coach as well as free nicotine replacement therapy to help you quit for good.
- **Falls Prevention** - free falls risk and frailty assessment with 12 weeks of Well Balance classes to improve your strength and balance.
- **Sedentary Behaviour Change** – home pack available with follow up support to help reduce sedentary behaviour.
- **Brief Interventions for Alcohol**
- **Brief Advice on Emotional Wellbeing**
- **Advice on Oral Health**

HWS will serve the entire family from a newborn baby to grand- and even great-grandparents!

Improved health and wellbeing mean our bodies are strong enough to fight COVID-19 if we do contract the virus.

How to contact us:

- Website: [www.healthandwellbeingslough.co.uk](http://www.healthandwellbeingslough.co.uk)
- Tel: 0800 0614734 / 01753 373646
- Email: [info.hws@nhs.net](mailto:info.hws@nhs.net)
- Social Media:  @HWellbeingSlough

 @HW\_Slough



**ANNA FREUD CENTRE—Remote support service for secondary schools**



In response to the pandemic and the enormous challenges facing schools next term, we are establishing a new **remote offer** for **secondary schools** commencing September 2020. For the first term, the service will offer support to teachers, parents and carers, and a training offer implementing peer support for pupils. It will be remotely staffed by experienced clinicians and **free** for schools.

We are looking for secondary schools who would be interested in accessing this new service. The service will be extended to a direct offer of help for pupils next year along with other interventions. Please register your interest with [Georgie.sears@annafreud.org](mailto:Georgie.sears@annafreud.org).



## Slough Schools Mental Health Workshops

Buckinghamshire Mind has been awarded funding to deliver **FREE** mental health awareness workshops across 10 schools in Slough, during the academic year commencing September 2020.

We are offering this free package to schools without a Mental Health Support Team.



If you are interested in taking part in this project or would like to find out more information, please email [alice.moody@bucksmind.org.uk](mailto:alice.moody@bucksmind.org.uk).

### Our package:

- 5x workshops (2-hours) for students, with a choice from a range of mental health awareness topics
- 'Youth Mental Health Aware' online course (4 hours)  
4 members of staff can attend, virtual training
- 2x staff workshops (2-hours) supporting staff mental wellbeing










# Teaching children about infection and prevention...


PRIMARY

... is more important than ever!

-  The new DFE Health Education curriculum has made it **compulsory** for pupils to know the following by the end of primary school:
  - About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
  - The facts and science relating to allergies, immunisation and vaccination.
-  Coronavirus has heightened everyone's awareness of viruses. **Anxiety** around this can be helped by understanding more about infection and prevention.
-  The Slough **school age flu immunisation programme** re-starts in September 2020 and it is important that as many children as possible receive the immunisations they are **entitled** to.

To support schools with this work, we are pleased to offer

**FREE** training for school staff and bespoke support  
plus

**FREE**  teaching resource packs

**SAVE THE DATE**

There will be a choice of two dates for the training:

Tuesday 22nd September 2020 @ 2:15–3:30 pm

Wednesday 21st October 2020 @ 3:00–4:15pm

(The venue or remote access details will be confirmed nearer the time.)

**TRAINING IS OPEN TO TEACHING AND SUPPORT STAFF INCLUDING OFFICE STAFF INVOLVED IN THE ADMIN SIDE OF THE IMMUNISATION PROGRAMME AT YOUR SCHOOL**




For further information and to book a place please contact Susan Dyer, School Health & Wellbeing Project Officer, **07753 316916** [susan.dyer@slough.gov.uk](mailto:susan.dyer@slough.gov.uk)



## Teaching young people about infection and prevention...


SECONDARY

... is more important than ever!

-  The new DFE Health Education curriculum has made it **compulsory** for pupils to know the following by the end of secondary school:
  - About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
  - The facts and science relating immunisation and vaccination.
-  Coronavirus has heightened everyone's awareness of viruses. **Anxiety** around this can be helped by understanding more about infection and prevention.
-  The Slough **school age immunisation programme** has re-started and it is important that as many children and young people as possible, receive the immunisations they are **entitled** to.

### To support schools with this work, we are pleased to offer

**FREE** teacher training and bespoke support  
plus

**FREE**  teaching resource packs

**SAVE THE DATE**

### The training will take place on:

**Thursday 22nd October 2020 @ 3:00—4:15pm**

(The venue or remote access details will be confirmed nearer the time.)

**TRAINING IS OPEN TO TEACHING AND SUPPORT STAFF INCLUDING OFFICE STAFF INVOLVED IN THE ADMIN SIDE OF THE IMMUNISATION PROGRAMME AT YOUR SCHOOL**




For further information and to book a place please contact Susan Dyer, School Health & Wellbeing Project Officer, **07753 316916** [susan.dyer@slough.gov.uk](mailto:susan.dyer@slough.gov.uk)



## Teaching children about infection and prevention...

PARENTS & CARERS

... is more important than ever!

-  The new Health Education curriculum has made it **compulsory** for pupils to learn about:
  - Germs, including bacteria and viruses, and how they are spread.
  - Hygiene and prevention including the importance of handwashing.
  - The facts and science relating to immunisation and vaccination.
-  Coronavirus has heightened everyone's awareness of viruses. **Anxiety** around this can be helped by understanding more about infection and prevention.
-  The Slough **school age flu immunisation programme** re-starts in September 2020 and it is important that parents and carers have all the information they need to make decisions so as many children as possible **receive** their flu immunisations. This will help relieve winter pressures on the NHS and therefore better **protect** residents against any future outbreaks of Coronavirus.

### REMOTE INFORMATION SESSION FOR PARENTS AND CARERS

We are pleased to offer this opportunity for parents and carers to find out more, ask questions and find out how they can reassure their children and reinforce important health messages at home.

**Hosted by Slough Borough Council:**

Tim Howells, Senior Programme Officer, Public Health  
Susan Dyer, School Health & Wellbeing Project Officer

**5:30pm - 6:30pm**  
**on**  
**Tuesday 29th September**

If you would like to take part in this session, please email Susan Dyer, School Health & Wellbeing Project Officer: [susan.dyer@slough.gov.uk](mailto:susan.dyer@slough.gov.uk) you will then be sent a link and joining instructions