

Slough School Health & Wellbeing Project

UPDATE NO. 29



10th September 2020

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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

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**:

Tuesday 15th Sept 2020 @ 4pm - 4.45pmCLICK HERE TO BOOK: 15th SeptemberWednesday 16th Sept 2020 @ 4pm - 4.45pmCLICK HERE TO BOOK: 16th SeptemberThursday 17th Sept 2020 @ 4pm - 4.45pmCLICK HERE TO BOOK: 17th September

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

INFORMATION, ADVICE & SELF-HELP FOR YOUNG PEOPLE CHILDLINE: Website advice pages:

Going Back to School after Lockdown **Moving Schools Worries about Coronavirus** Crime & the Law - Gangs **Racism and Racial Bullying** Crime & the Law - Gun and Knife Crime **Puberty - Girls Puberty - Boys Tips for Staying Healthy Sexual Relationships Making Friends Friendship Problems Bullying on Social Media** 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



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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-toface.
- Stop Smoking Services 6-12 weeks of support with a trained wellness coach as well as free nicotine replacement therapy to help you guit 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 greatgrandparents!

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
- Tel: 0800 0614734 / 01753 373646
- Email: <u>info.hws@nhs.net</u>
- Social Media: El @HWellbeingSlough







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 <u>Georgie.sears@annafreud.org</u>.





Buckinghamshire

Slough Schools Mental Health Workshops

Buckinghamshire Mind has been awarded funding to deliver <u>FREE</u> 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 <u>alice.moody@bucksmind.org.uk</u>.

Our package:

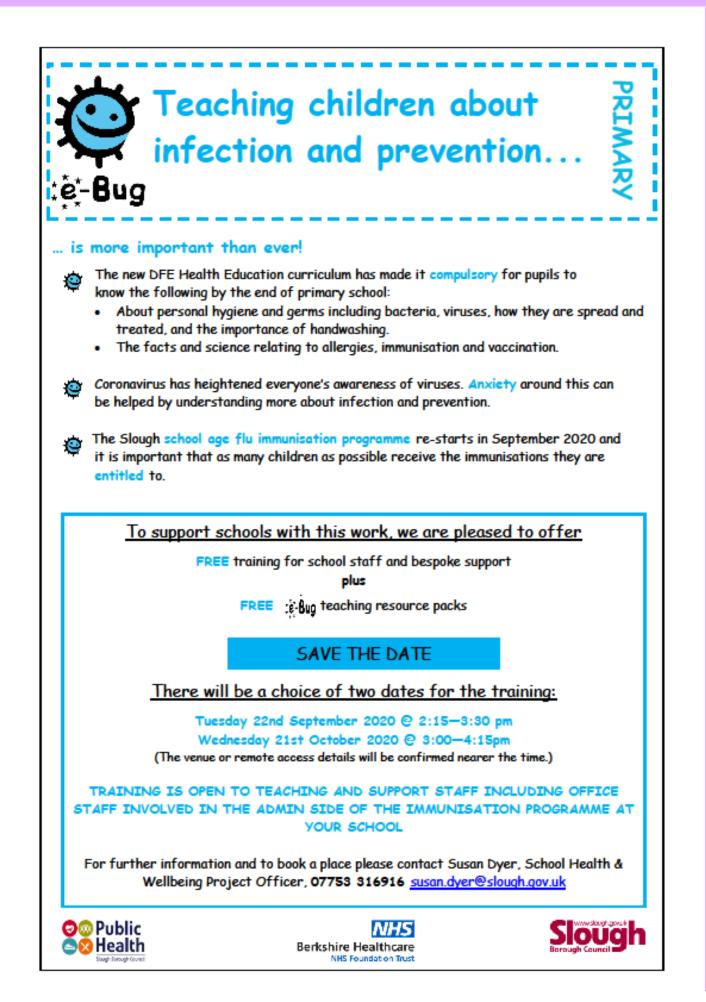
 5x workshops (2-hours) for students, with a choice from a range of mental health awareness topics

2x staff workshops (2-hours) supporting staff mental wellbeing

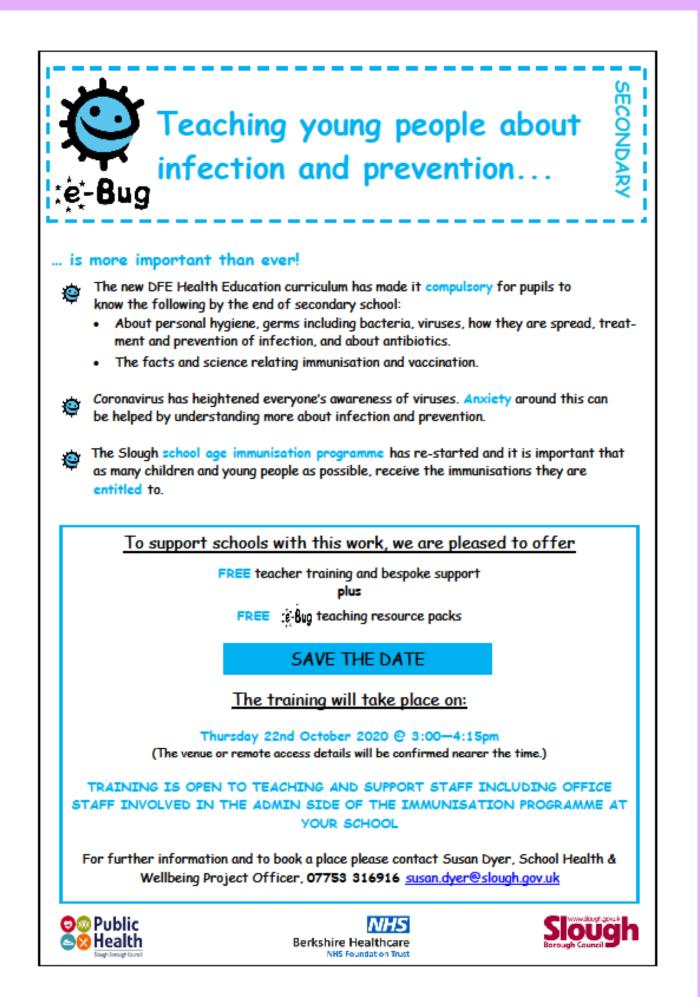
- 'Youth Mental Health Aware' online course (4 hours)
 4 members of staff can attend, virtual training
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