

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 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.

Find more information about the **Wellbeing for Education Return** programme and how it will be implemented in Slough on The Link website [HERE](#) or contact: Susan Dyer, School Health & Wellbeing Project Officer

07753 316916 susan.dyer@slough.gov.uk

SEE, HEAR, RESPOND

The **See, Hear, Respond Partnership** is a new service funded by the Department for Education and run by Barnardos. The aim is to identify and support children, young people and families who are struggling to cope with the impacts of coronavirus and provide early intervention **before** these children reach the threshold for statutory intervention. See, Hear, Respond **does not** replace your usual referral process for children who meet a statutory threshold for significant harm: such referrals must be made to your local authority safeguarding team using your usual safeguarding procedures.

Find more information about See, Hear, Respond [HERE](#)

HANDS, FACE, SPACE

The Public Health England **Hands, Face, Space** information campaign urges everyone to continue to wash their hands, cover their face and make space, to control the spread of Coronavirus and reduce infection rates. Posters and other resources are available here: [Hands, Face, Space](#)

SUPPORT FOR COLLEGE & UNIVERSITY STUDENTS

The **Charlie Waller Trust** have produced two new resources to support the mental wellbeing of college students (16+) and another for young people just starting university:

[College Students \(16+\)](#)

[University Students](#)

INFORMATION AND SUPPORT FOR PARENTS AND CARERS

[NATIONAL DEAF CHILDREN'S SOCIETY: Returning to schools after the coronavirus lockdown](#)

UPDATE NO. 30

17th September 2020

- PAGE 2 -

5 STEPS TO MENTAL HEALTH & WELLBEING: LEADING CHANGE

A webinar from the Anna Freud Centre to launch their **5 Steps to Mental Health and Wellbeing Framework**, a simple, free and interactive tool to help schools and college develop a whole setting approach on their own terms. For more information and to register please click [HERE](#)

RELATIONSHIPS, SEX & HEALTH EDUCATION

A part of the Department for Education support for schools with the implementation of compulsory Relationships, Sex and Health Education, **Regional RHSE Hubs** have been created. The Hubs are lead by selected National Teaching Schools. Slough comes under the North West London & South Central England Hub.

Primary Funded Subject Facilitator Training is now available. Please see the flyer below for more information and details of how to take part.

DRUG & ALCOHOL EDUCATION RESOURCE PACKS (KS 1-4)

The **PSHE Association** drug and alcohol have produced Drug & Alcohol Education schemes of work for key stages 1-4. The packs include lesson plans and resources for each key stage with knowledge organisers included, as well as a comprehensive teacher guidance document and a briefing on the evidence base underpinning effective drug and alcohol education. Interactive PowerPoint lesson plans are also available, for members of the Association. The packs can be downloaded [HERE](#)

BOYS IN MIND

Boys in Mind work with primary and secondary school staff to help them understand the issues around male suicide and mental health and the positive things which can be done as part of their mental health and well-being policies and practices for the whole school community. For more information please go to the Boys in Mind website [HERE](#)

To attend a unique webinar being run by a group of young people on how to include their voices when developing whole school approaches please click [HERE](#)

TEACHING CHILDREN ABOUT INFECTION & PREVENTION

A remote training webinar on **22nd September** for primary staff (teachers and support staff) covering aspects of the new compulsory Health Education Curriculum and links with Coronavirus and the school flu vaccination programme. There is a further date for primary schools, a similar training webinar aimed at secondary staff and an information session for parents and carers. Further information can be found in the flyers below.

OCCUPATIONAL THERAPY TRAINING FOR SCHOOL SEND CO-ORDINATORS

Please see flyer below for more information.

CLEAN AIR DAY 8th OCTOBER 2020

Clean Air Day is a national air quality awareness campaign which is taking place on 8th October 2020. Air quality is one of the largest environmental health risks faced today, contributing to heart and lung diseases, low birth weight and children's lung development. The Council are looking to engage with schools for Clean Air Day, to increase awareness of air quality, provide information on how to reduce exposure and reduce emissions through active travel.

Due to COVID pressures, this years' involvement will be virtual and will include: free teaching resources for KS1-3, pupil sign up to future sustainable and active travel initiatives, a newsletter on actions to reduce exposure and emission of air pollution to share with children and parents

If you would like to be involved, please contact Sophia Norfolk: Sophia.norfolk@slough.gov.uk by 25th September 2020



SENT ON BEHALF OF Danielle Calvert, CYPF East Locality Lead for CYPIT Early Years, HV/SN Bracknell, Children, Young People and Families (CYPF), Berkshire Healthcare NHS Foundation Trust

FAO: SENDCOS (ALL PHASES)

*The Children and Young People's Integrated Therapy Occupational Therapy Team have been asked to deliver **3 key training sessions to SENDCos** across Berkshire. Training will be delivered remotely by the Occupational Therapists currently supporting Slough. **SENDCos should ideally attend all 3 sessions.***

The aim is to provide an understanding of 3 key areas that impact on children and young people's (CYP) ability to develop, learn and function in their educational setting, provide simple advice and strategies that you can implement within your setting and to be clear about how we can work in partnership to support CYP who are having difficulties.

Slough SENDCo Training 1: Demystifying Sensory Processing <ul style="list-style-type: none">• What does it mean?• How does it impact children and young people's everyday learning and development• How you can help	Wed 23 September 2020- 3:30-5:00 via Microsoft Teams invitations will be sent out to all very soon
Slough SENDCo Training 2: Motor Skills and Activities of Daily Living <ul style="list-style-type: none">• Why do motor skills matter and what is motor planning?• How do difficulties in this area impact on children and young people's everyday function and self esteem• How you can help	Date and time tbd ideally in Oct/Nov 2020 via Microsoft Teams
Slough SENDCo Training 3 : Handwriting <ul style="list-style-type: none">• Essential Building Blocks for the development of handwriting• How you can help	Date and time tbd ideally in Nov/Dec 2020 via Microsoft Teams a list of resources that are required e.g. pencil grips, pencil, will be sent out in the invitation



RELATIONSHIP, SEX & HEALTH EDUCATION STATUTORY GUIDANCE

PRIMARY FUNDED SUBJECT FACILITATOR TRAINING



From September 2020 Relationships Education will be compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools, with Health Education statutory in all state-funded schools.

Following our successful bid to deliver a central programme of support to:

- improve subject knowledge
- teacher access to resources and
- build confidence

We now need to recruit 50 teachers to join us on our funded face-to-face, train-the-trainer programme to become RSHE subject facilitators. Once trained, facilitators would then be expected to train colleagues and support the implementation of the new RSHE statutory guidance into schools.

- **FREE** face-to-face training for 50 teachers (one per school): RSHE statutory guidance content, the law, inclusion, developing knowledge-rich curriculum planning, confidence to deliver training to others
- **£240** grant payable to each school for the deployment of trainee facilitators
- **FREE** Regional training: January 2021 with expert support from **National Children's Bureau Sex Education Forum**
- **FREE** local face-to-face training modules delivered throughout NWLSC region
- Access to **FREE** online resources

NAME		SCHOOL ADDRESS	
		SCHOOL URN	
CONTACT NUMBER		CONTACT EMAIL	
YOUR NWLSC AREA	BEDFORDSHIRE <input type="checkbox"/> BERKSHIRE <input type="checkbox"/> BUCKINGHAMSHIRE <input type="checkbox"/> HERTFORDSHIRE <input type="checkbox"/> NORTHAMPTONSHIRE <input type="checkbox"/> OXFORDSHIRE <input type="checkbox"/> NORTH-WEST LONDON (defined below) <input type="checkbox"/> Barnet, Bedford, Brent, Camden, City of London, Ealing, Enfield, Hammersmith and Fulham, Harrow, Hillingdon, Hounslow, Islington, Kensington and Chelsea, Luton, Milton Keynes, and Westminster.		
RELEVANT EXPERIENCE	RSHE LEAD <input type="checkbox"/> PSHE LEAD <input type="checkbox"/> ELSA <input type="checkbox"/> FAMILY SUPPORT ADVISOR/WORKER <input type="checkbox"/> NONE <input type="checkbox"/> OTHER <input type="checkbox"/> (please specify):		

PLEASE RETURN YOUR EXPRESSION OF INTEREST TO:
cpowell@uplandsprimary.org



e-Bug

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 e-Bug 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



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



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 you will then be sent a link and joining instructions