

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

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DEPARTMENT for EDUCATION—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 information [HERE](#) about the Wellbeing for Education Return programme and how it will be implemented in Slough including details of the training webinars and how to book places.

SLOUGH PRIMARY PSHE NETWORK—SAVE THE DATE

The next meeting of the Slough Primary PSHE Network will take place remotely on Wednesday 25th November at 3.30-4.45pm. Full login details and an agenda will be sent out nearer the time.

For those who have not attended the Primary PSHE Network before, they provide a networking forum for school PSHE/Health & Wellbeing Leads (or equivalent) to obtain information, share good practice and make links with colleagues in other schools and organisations. The Network also supports effective multi agency working to assist the delivery of PSHE and promotion of health and wellbeing within Slough schools.

ANNA FREUD CENTRE—5 STEPS TO MENTAL HEALTH & WELLBEING

Anna Freud Centre have produced an evidence-based framework so that schools can decide on their own approach to mental health and wellbeing in 5 simple steps. The 5 Steps to Mental Health & Wellbeing Framework is developed by mental health experts and teachers, for teachers. Schools could choose this as an alternative to the Slough Whole School Approach to Health & Wellbeing development tools. More information can be found [HERE](#)

GAMCARE—YOUNG PEOPLE'S GAMBLING SUPPORT SERVICE

GamCare's Young People's Service can support anyone aged 18 and under across the UK (including Northern Ireland) who is either 'at risk' of or experiencing harms because of gambling. This can be if they are gambling themselves, or if they are affected by someone else's gambling. More information can be found [HERE](#)

EDUCATION SUPPORT PARTNERSHIP—ABC MODEL for STRESS MANAGEMENT

This self-help model provides a quick and practical way for education staff to help regulate emotions and stop flight, fight and freeze and emotional responses like anger, frustration and irritation at times of stress.

More information can be found [HERE](#)

OFSTED—INSPECTING TEACHING OF THE PROTECTED CHARACTERISTICS IN SCHOOLS

Ofsted state that no matter what type of school they attend, it is important that all children leave with an understanding of the world they are growing up in, having learned how to live alongside, and show respect for, a diverse range of people. When Ofsted inspect schools, they assess how well they equip children to do this. This [PAGE](#) explains Ofsted's approach to evaluating how schools go about meeting their duties.

DEPARTMENT for EDUCATION—RSHE SUPPORT

The DfE have developed training packages for primary and secondary schools to deliver to their staff to prepare them for teaching the new statutory RSHE curriculum. This webpage also includes guidance for engaging with parents, teaching pupils with SEND and developing the RSHE curriculum. It also refers to the regional subject facilitator training detailed below. The DfE RSHE webpage can be found [HERE](#)

DEPARTMENT for EDUCATION—REMOTE EDUCATION WEBINARS

The DfE is offering several school-led webinars on remote education to help share good practice. This is to support schools that are looking for help to improve the quality of their remote provision. The webinars can be found [HERE](#)

REGIONAL RSHE HUB—SUBJECT FACILITATOR TRAINING

As 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 and have been appointed to deliver the RSHE subject facilitator training programmes. Slough comes under the North West London & South Central England Hub.

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

HELPING CHILDREN NAVIGATE A COMPLEX WORLD—PSHE TRAINING

This free online course from the PSHE Association and Future Learn covers the historic and international picture of PSHE education, how the subject has developed or is approached differently in different countries, safe practice principles in PSHE education, how to teach PSHE education safely for all pupils and effective lesson planning for PSHE education, including assessment. You can access the course [HERE](#)

SLOUGH SCHOOL SPORTS NETWORK (SSSN) - LIFE'S LITTLE BUGS

SSSN current partner and award winning author Tina Stubbs has rewritten her fantastic healthy habits workshops so that teachers can deliver them in school for FREE for the autumn term. The 3 workshops support pupils to understand and learn about fitness and healthy living, growth mind set and her NEW workshop Go Wild – exploring nature and outdoor activity using her wonderfully colourful bugs! Tina and her bugs aim to teach fundamental healthy habits to young children in a fun and educational way and her workshops also help deliver many elements of the NC in various subjects.

The workshops can be accessed [HERE](#)

PUBLIC HEALTH ENGLAND—SUGAR SMART WORLD

Help pupils re-set healthier eating habits with these healthy eating resources for primary schools. Activities will allow cross-curricular links with maths, English, science and health education. There are also activities for children to try at home and recipes for World Food Day on 16th October. The resources can be accessed [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 watch 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](#)

FREE ONLINE PARENTING COURSES

Bringing up children is a lot of fun, but can also have its challenges and there are times when receiving some advice would be helpful. Parents and carers living in Slough now have free access to online parenting courses backed by the NHS. The courses can be taken in English and community languages: Polish, Arabic, Hindi, Urdu, Arabic, Bulgarian and Chinese. There are also courses to help parents whose children have special educational needs. Sign up for free parenting classes [HERE](#) use the access code 'PARENTING'. Access to the courses and guides are unlimited with no expiry date, so you can return as and when you need and want to.

NSPCC—SPEAK OUT STAY SAFE PROGRAMME

Speak out Stay safe is a safeguarding programme for children aged 5 to 11 years old. It is available to all primary schools in the UK and Channel Islands. Trained NSPCC volunteers and staff deliver an assembly and workshop in a fun and interactive way with the help of our mascot, Buddy the speech bubble. Buddy wants everyone to know that all children have the right to: speak out and be heard, be safe, get help when they need it. Sign up for the free online programme [HERE](#)

STOP IT NOW! - PREVENTING HARMFUL SEXUAL BEHAVIOUR TOOLKIT

This toolkit is for parents, carers and professionals to help them be aware of the risks of harmful sexual behaviour in children and young people, so that they know what they can do to prevent it. The toolkit contains support, advice and information, plus resources and links to useful organisations. Stop It Now! Is a Lucy Faithful Foundation project. Access the toolkit [HERE](#)

ACTIVE PARK WALKS

A new interactive set of walks in 4 Slough parks: Salt Hill Park, Kennedy Park, Upton Lea Recreation Ground and Upton Court Park. Active Park Walks have been created to offer everyone an opportunity to walk and explore parklands, but can be also used by nearby schools and settings as part of learning or homework. Each park has a short walk marked out by a set of wooden posts with a QR code carrying information about the walk. Simply scan with your mobile phone and you will learn more about the location or information on activity and health or a home learning task. Each walk also has a map at the start detailing the route and some amazing facts about the benefit of completing just one lap!

Remember to follow social distancing guidelines when you are doing your walk, and don't gather in groups of more than 6 people. More information can be found [HERE](#)

CENSUS 2021 – EDUCATION RESOURCES PROGRAMMES

The census is unique and only happens once every 10 years. To support this important event and inspire the next generation, free primary and secondary education programmes are now available. These will help educate children and young people on the importance of the census and about how the information it collects helps shape the society we live in. Find out more about the primary programme [HERE](#) and the secondary programme [HERE](#)

There is also a flyer below with further information.

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



North Herts
Teaching Alliance



Department
for Education

IS YOUR SCHOOL RSHE READY?

SECONDARY FUNDED SUBJECT FACILITATOR TRAINING

Following our successful bid to deliver a central programme of support we now have the ability to start delivering **FREE** online training resources for an **unlimited number of staff** within your school in order to implement the new RSHE statutory guidance.

From Summer 2021
Relationships & Sex
Education will be
compulsory in all
secondary schools,
with Health Education
statutory in all state-
funded schools.

- ✓ Improve subject knowledge
- ✓ Provide teacher access to resources
- ✓ Plan how to implement the curriculum changes
- ✓ Build confidence

TO ACCESS THIS FREE TRAINING PLEASE EMAIL
THE FOLLOWING INFORMATION TO

admin@nhhta.info

- Name
- Role
- School
- School address
- Contact email address

FREE ACCESS TO

- Online training videos
- Resources to deliver in your school
- Optional expert one-to-one support to answer individual questions
- Ideas for developing RSHE within your school
- Curriculum audit tool

CENSUS 2021 – EDUCATION RESOURCES PROGRAMMES

Residents in Slough will be asked to complete the 2021 Census and for the first time it will mostly be completed online instead of with pen and paper.

The 220-year-old survey of all house-holds information will have to be completed in March 2021 providing a detailed snapshot of society on a single day.

The data collected helps central and local government, health authorities, and many other organisations target their resources more effectively and to plan services such as housing, education, health and transport. Businesses use the information to evaluate whether a new store would be used in a local community, voluntary organisations can rely on census information to assist the communities and their funding. Academics use the information in research and it has proved invaluable for those researching family history.

The census asks questions about individuals, their household, homes, employment, and religious beliefs. This year how homes are heated and sexuality will be new questions asked.

All information is anonymised and the actual census records are kept secure for 100 years. The information will be statistically analysed and the results published two years later.

Lots of companies use census information to help them understand their customers. For example, a supermarket chain might use census population data to help decide where to open a new store.

The census is overseen by the Office for National Statistics (ONS) and is an independent, non-ministerial agency that reports directly to Parliament. It has a strict security regime that follows government standards. This includes physical and IT security measures to protect your information, covering people, processes and technology. The statistics will not show who revealed the information.

To inspire the next generation to get involved in Census 2021, the Office for National Statistics (ONS) has developed two new, engaging education programmes for primary and secondary schools across England and Wales.

The primary school programme, Let's Count!, aims to excite and engage both children and families with the census. With maths and statistics at its core, this cross-curricular initiative provides lesson plans and interactive activities. These resources will help pupils learn about the relevance of statistics to a range of other subjects.

The secondary school programme aims to engage young people, empowering them to use their voices to encourage their families and community to complete the census. Co-created with teachers and students alike, the programme will use real-world tasks to explore how information is used and influences decisions across society. The lesson content will inspire whole-school participation and link to curriculum subjects, such as citizenship, PSHE, maths and history.

Schools in Slough can now sign up for these free education programmes.

Go to <https://census.gov.uk/media-and-campaigns/census-education-resources-programmes/> for more information on how to get involved.