

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

SCHOOL STAFF WELLBEING— #ONE SLOUGH WELLBEING WORKSHOPS

With Lockdown 2 bringing even more uncertainty for schools, it is more important than ever to look after the **wellbeing of staff**. In order to be able to support your pupils and colleagues **you must also take care of your own wellbeing**.

#OneSlough are running two **FREE virtual workshops** to support wellbeing as we go into the second lockdown. They can be accessed using the links below:

Looking After your Mental Health & Emotional Wellbeing

Thursday 12th November, 12.00-12.45pm [BOOK HERE](#)

Looking After your Immune System this Winter

Tuesday 17th November, 12.00-12.45pm [BOOK HERE](#)

SCHOOL STAFF WELLBEING—NHS MOODZONE

A **Mood Self-Assessment** and series of **mental wellbeing audio guides** on a variety of topics including low mood, anxiety control training, sleep difficulties and self confidence can be found [HERE](#)

SCHOOL STAFF WELLBEING—FURTHER INFORMATION

For further information about supporting staff wellbeing, please contact Susan Dyer, susan.dyer@slough.gov.uk or check out Resource List 5 on The Link, School Health & Wellbeing Project resources page [HERE](#)

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.

ANTI-BULLYING WEEK: 16th—20th NOVEMBER 2020

The theme for Anti-Bullying Week 2020 is: **United Against Bullying** and will start with Odd Socks Day on Monday 16th November to mark the first day of Anti-Bullying Week.

The **Anti-Bullying Alliance** have produced resource packs for primary and secondary schools that can be accessed [HERE](#)

The **Anna Freud Centre** have produced a toolkit for Anti-Bullying week [HERE](#)

AWARENESS DAYS CALENDAR 2020/21

Please see below for a list of awareness days for the year ahead. (A pdf copy will also accompany this update bulletin.)

REMOTE EDUCATION GUIDES

National Online Safety have produced guides on Remote Education for teachers, pupils and parents/carers.

The guides include advice on how to tackle a range of potential issues such as privacy, healthy screen time and making sure the appropriate systems and communication channels are in place so that children get the most out of their remote education experience. Access the guides [HERE](#)

KOOTH—ONLINE COUNSELLING and SUPPORT for YOUNG PEOPLE

Kooth offers **FREE** online counselling and other forms of support to young people aged **11-24 years**. They have produced two videos giving more information about Kooth, what is on offer and how to access support. There is a video for young people and another for practitioners working with young people. They can be accessed using the links below:

Presentation for Young People

<https://vimeo.com/470115097> Password: koothyoung2010

Presentation for Practitioners

<https://vimeo.com/470114913> Password: koothprof2010

KOOTH—SUPPORT for SCHOOLS

Kooth are keen to link with schools to support their capacity to promote children and young people's wellbeing, resilience, and recovery in response to Covid-19 and efforts to prevent the onset of mental health problems as part of the **Wellbeing for Education Return** programme.

Kooth can be offered to students as part of a school's wrap around mental health support. Students will have **free access** to a range of online wellbeing and mental health services including the opportunity to speak to a **counsellor or emotional wellbeing practitioner, magazines, discussion forums, therapeutic activities** and **podcasts** all of which are designed to support their mental health and wellbeing. Students self-refer and can access the support at a time that suits them.

Kooth can also support schools with **virtual assemblies, sign up sessions** and **workshops** covering wellbeing topics and mental health (e.g. goal setting, using a journal, anxiety & stress, bullying, young men's issues, anger management). There are also cards and posters and a range of digital resources accessible from the Kooth hub.

For further information or to discuss support for your school please contact: **Jenny Fennessy**, jfennessy@kooth.com

KOOTH—LIVE FORUMS

Live Forums offer young people an opportunity to join an online discussion about a variety of relevant topics around mental and emotional wellbeing in a safe environment. The forum is **moderated by a trained professional** during the discussion and for a period of time afterwards. A list of topics is published each month. Please see below for the list of Live Forum topics for November. (A pdf copy will also accompany this update bulletin.)

KOOTH—POSTERS

Please see below for copies of Kooth posters for November. (JPEG copies will also accompany this update bulletin.)

PREVENT TEACHING RESOURCES

The flyer below is produced by Counter Terrorism Policing Headquarters and Votes for Schools and contains links to resources covering the following topics: extremism, online radicalisation and conspiracy theories. (A pdf copy of the flyer will also accompany this update bulletin.) The resources include downloadable lesson plans with accompanying Power Point presentations for KS 2,3,4, and 5. Local Authority Prevent Education Officers are keen that all schools have access to these materials to support teaching and learning around extremism and radicalisation.

For further information, please contact:

Rabena Sharif, Prevent Education Officer, Slough Borough Council, rabena.sharif@slough.gov.uk

TAKE PART IN AN ORAL HEALTH MUSIC VIDEO

Calling all Slough parents and carers with young children!

Slough Borough Council and Slough Healthy Smiles would really like children and parents/carers to take part in a music video to encourage children to look after their teeth! The aim is to motivate young children to brush their teeth, eat healthy snacks and visit the dentist – remember parents and carers are great role models!

To get involved, parents and carers should use their phones to film a short clip of themselves and their child brushing their teeth! (All talking and noise will be muted in the final video.)

Other ideas of things to film could be:

- the child brushing their teeth, then spitting and not rinsing
- turning the tap on, brushing teeth at night time
- putting a pea sized amount of toothpaste on the child's toothbrush
- children smiling and holding their toothbrush

Please email your video clip(s) to sloughoralhealthvid@yahoo.com by **20th November** or contact Daniya.Kayani@slough.gov.uk for more information.

Slough Healthy Smiles cannot confirm that all clips will be used in the final video but, by submitting a video, the parent/carer is confirming their permission for us to use all/any of the material sent.

ACTIVE MOVEMENT—HEALTH at HOME

Active Movement's **Active Recovery programme** is an integrated wellbeing programme designed to redress children's inactivity, weight gain, lack of focus and emotional stress as well as help protect against COVID-19 – and all without burdening the school or compromising teaching time.

The programme is now being further upgraded to promote a healthy lifestyle at home for parents and adults both directly and alongside their children. Called **Health at Home**, support communication is now being prepared for launch through schools and nurseries. Please see below for a useful leaflet you may like to send out to families. (A pdf copy will also accompany this update bulletin.)

Further information can be found on the Active Movement, Health at Home page [HERE](#) or by contacting Peter Savage at Active Movement peter@activemovement.co.uk

DRUG & ALCOHOL EDUCATION PODCAST (KS 1-4)

To accompany their new Drug & Alcohol Education schemes of work for key stages 1-4, the **PSHE Association** have made available a PSHE Talks Podcast episode on substance education.

The podcast covers: current substance use trends; an analysis of how things have changed over the last twenty years; the importance of a whole-school approach to substance education; an overview of what the new PSHE Association drug and alcohol education lessons cover at each key stage, and how this links with statutory Health Education requirements.

The podcast can be accessed [HERE](#)

PSYCHOLOGICAL FIRST AID TRAINING

This free online course has been produced by Public Health England and is based on international guidance from the World Health Organisation, United Nations and partners. **Psychological First Aid (PFA)** is the globally recommended training for supporting people during emergencies and offers guidance on delivering psychosocial care in the immediate aftermath of the emergency event. This approach is referred to throughout the **Wellbeing for Education Return** programme. You can access the training [HERE](#)

Safeguarding Awareness Days 2020/21

Date 2020/21	Campaign	Agency/Author	Weblinks	Resources
14 July 2020	HBV: Day of Memory event (Shining the spotlight on HBV)	Karma Nirvana	https://kamanirvana.org.uk/	Karma Nirvana
30 July 2020	World Against Trafficking Day	United Nations End Slavery now	https://www.un.org/en/events/humantrafficking/index.shtml	
10 Sep 2020	World Suicide Awareness Day	International Association for Suicide Prevention	https://www.iasp.info/wspd2020/	https://www.iasp.info/wspd2020/wspd-brochure/
Oct 2020	National DV Awareness Month #DomesticViolenceAwarenessMonth	Break the Cycle	www.breakthecycle.org	http://www.breakthecycle.org/working-schools
10 Oct 2020	World Mental Health Day - theme for 2020: 'Mental health for all'	Mental Health Org (WHO)	https://www.mentalhealth.org.uk	https://www.time-to-change.org.uk/resources/create-download-materials
11 Oct 2020	International Day of the Girl		https://www.un.org/en/events/girlchild/	
18 Oct 2020	Anti Slavery Day	Internal campaign SSP Unseen https://www.unseenuk.org/	SBC Modern Day Slavery	Anti-Slavery
16-20 Nov 2020	Anti Bullying Week - theme for 2020: 'United against bullying'	Anti Bullying Alliance	https://www.anti-bullyingalliance.org.uk/	

Date 2020/21	Campaign	Agency/Author	Weblinks	Resources
16-22 Nov 2020	Alcohol Awareness week	Alcohol Change UK	https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week	Alcohol-awareness-week
16-22 Nov 2020	Children's Grief Awareness Week UK	Childhood Bereavement Network	http://www.childhoodbereavementnetwork.org.uk/campaigns/childrens-grief-awareness-week.aspx	childhood bereavement
19 Nov 2020	International Men's Day - theme for 2019: 'Men Leading by Example'	International Men's Day	https://ukmensday.org.uk/	
20 Nov 2020	World Children's Day	UNICEF	https://www.unicef.org/world-childrens-dayP	https://www.unicef.org/world-childrens-day
30 Jan 2021	Young Carer's Awareness Day	Carers Trust	https://carers.org/young-carers-awareness-day/introduction	
1-29 Feb 2021	LGBT History month	Young Stonewall	https://lgbtplushistorymonth.co.uk/	https://www.youngstonewall.org.uk/
1-7 Feb 2021	Children's Mental Health Week Theme: 'Express yourself'	Places2be	https://www.childrensmentalhealthweek.org.uk	https://www.kooth.com/ https://www.mind.org.uk/ https://www.annafreud.org/
06 Feb 2021	FGM Awareness Day	World Health Organisation	https://www.un.org/en/observances/female-genital-mutilation-day	https://forwarduk.org.uk/key-issues/fgm/ http://nationalfgmcentre.org.uk/ https://kamanirvana.org.uk/ NSPCC FGM Free Blearning FGM

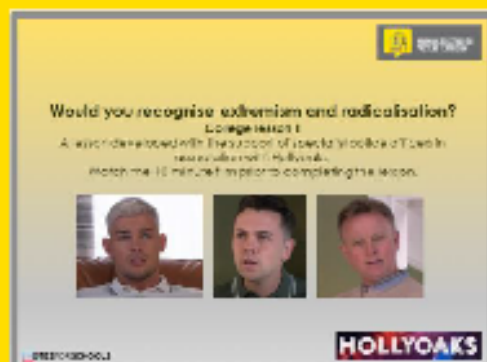
Date 2020/21	Campaign	Agency/Author	Weblinks	Resources
09 Feb 2021	Safer Internet Day - theme for 2021: 'An Internet we trust. Exploring reliability in the online world'	Safer internet day	https://www.saferinternet.org.uk/safer-internet-day/2021	https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/
1-7 March 2021	Eating Disorders Awareness Week	Beat Eating Disorders	https://www.beateatingdisorders.org.uk/edaw	https://www.beateatingdisorders.org.uk/edaw
01 March 2021	Self Harm Awareness Day (Self Injury Awareness Day)	Young Minds & Childline	https://youngminds.org.uk/get-involved/campaign-with-us/success-stories/self-harm-awareness-day/	Young minds campaign
08 March 2021	International Women's Day Theme for 2019 'Balance for better'	United Nations	https://www.internationalwomensday.com	international womens day
18 March 2021	CSE Awareness Day	NWG Exploitation Response Unit	https://www.stop-cse.org	www.stop-cse.org
18-24 May 2021	Mental Health Awareness Week (2021 focus #Speak your Mind)	Mental Health Foundation	https://www.mentalhealth.org.uk	Anna Freud Toolkit
June-July 2021	FGM/HBV Awareness campaign (prior to summer holidays)	FGM Centre Forward NSPCC Oxford against cutting Rose Clinic Virtual College Karma Nirvana		FORWARD FGM https://kamanirvana.org.uk/ NSPCC FGM Virtual College FGM

Radicalisation school lessons

CTPHQ and Votes for Schools have developed three lessons on topics chosen by the CT Youth Advisory Group.

The lessons are free and available for Primary (KS2), Secondary and College/16+
Download the resources by clicking the links.

What is extremism?



[Primary lesson](#)

[Primary lesson plan](#)

[Secondary lesson](#)

[Secondary lesson plan](#)

[College 16+ lesson](#)

[College 16+ lesson plan](#)

Online radicalisation



[Primary lesson](#)

[Primary lesson plan](#)

[Secondary lesson](#)

[Secondary lesson plan](#)

[College 16+ lesson](#)

[College 16+ lesson plan](#)

Conspiracy theories



[Primary lesson](#)

[Primary lesson plan](#)

[Secondary lesson](#)

[Secondary lesson plan](#)

[College 16+ lesson](#)

[College 16+ lesson plan](#)



Kooth November Live Forums

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

Monday 2nd November – VOC: Staying Safe On and Around Roads

Did you know that young pedestrians (aged 12-16) are some of the most vulnerable road users? Crossing the road, cycling or perhaps driving for some of you, are skills that once we learn, we often do them automatically, but do you ever stop to question whether what you're doing is safe? Come join us tonight for a chat about road safety. We'll be talking about what can put us at risk of accidents and actions we can take to help keep ourselves safe on the roads.

Wednesday 11th November – Standing Up to Bullying

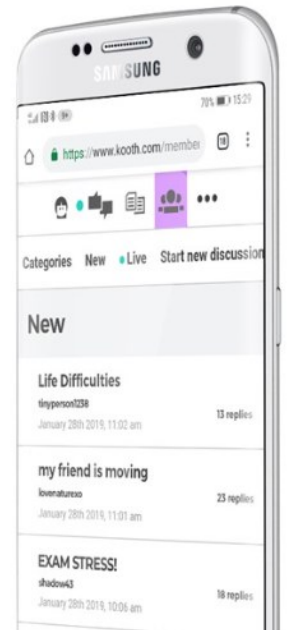
The 16th-20th November is Anti-Bullying Week 2020 and the theme this year is United Against Bullying. So in this live forum will look at different ways to stand up against bullying, where to ask for help and think of how you can support others during such a difficult time. We will be talking about different ways to get involved during Anti-Bullying Week and consider ways of trying to put a stop to bullying for good! Feel free to come by and share your experiences and ideas, get involved in the chat, or just to get some useful information. Everyone is welcome!

Friday 20th November – LGBTQ+: Celebration of Culture

If you didn't know already, Friday 20th November is Transgender Day of Remembrance! In honour of this important day, we will be talking about and celebrating LGBTQ+ culture, focusing on the events, films, music and people who have contributed to LGBTQ+ history! We're super excited for this awesome forum, and we hope you are too! Feel free to come along and join us!

Wednesday 25th November – Young Carers: Know Your Rights

Each young carer is different. Some of you might have started giving care at a very young age, while other people might have become younger carers overnight. But no matter how or when you became a young carer, you have rights! So, in this live forum we're going to be talking about what rights young carers specifically have, what they mean for you, and how you might access the additional support they provide!





We understand young carers need support too!

Have a chat with our team of friendly professionals and discover the many ways Kooth can support you.

-  Discussion Boards
-  Kooth Magazine and Helpful Articles
-  Chat with our team of friendly professionals
-  Journal and Self-Help Tools






HAS YOUR MENTAL WELLBEING BEEN IMPACTED BY COVID-19 RESTRICTIONS?


Visit Kooth for free, safe and anonymous support

Sign up at **kooth.com** today

Feel like you could use some emotional support?

No problem is too small at Kooth. Explore our mental wellbeing community for free, safe and anonymous support.





Sign up for free at **Kooth.com**

Kooth is here to help promote the importance of positive male mental health this Movember.

We're still here for you, regardless of gender or identity - providing free, safe and anonymous support all year long.



Visit **kooth.com** today

ACTIVE MOVEMENT AT HOME

For many, staying at home for long periods of time will be a very different experience. Yet being indoors for a while does not mean you cannot be active. We now know that standing and moving more but sitting less is good for you. So if you are very sporty or less physically active, it does not matter – you can make a difference to your health even at home. Active Movement is the way we do this.

SO MAKE YOUR HOME AN ACTIVE ONE TODAY!

HWS PUBLIC HEALTH
SLOUGH
2020

For more support visit publichealthslough.co.uk/campaigns/health-at-home



WHY ACTIVE MOVEMENT?

After 20 minutes sitting your body begins to shut down in lots of different ways.

This includes increases in visceral fat and blood inflammatory markers, reduction in fat-burning enzymes and muscle wastage below the waist. Standing up after 20 minutes for a couple of minutes stops these effects.

Standing and moving reduces heart disease, diabetes, cholesterol and even some cancers.

Standing and moving improves creativity, energy levels, productivity and focus

Standing up uses 0.7 calories each minute (which can add up if you stand up all the time!)



CREATE AN ACTIVE DAY

- ✓ Try to reduce the time you sit down with a few simple changes to your daily routine
- ✓ Watching TV? Stand up when the ads come on
- ✓ Reading a book? Stand up every 15 minutes
- ✓ Ringing a friend or loved one? Stand up to call
- ✓ Making a cup of tea? Walk about as it boils. Do the same when you use the microwave
- ✓ Got some stairs? Climb them once an hour
- ✓ All together? One of you should stand up at any one time
- ✓ Got a clock? Stand at 20 past, 20 to and on the hour
- ✓ Playing computer games? Stand up



ACTIVE TIDYING

Doing things around the home can be very active. Tidying up, washing dishes, making beds, vacuuming are ways of being a bit more active.



ACTIVE TOGETHER

Struggling to get going or be active? Buddy up with friends or colleagues and remind each other each day – or share the exercises to the right.



ACTIVE CHALLENGES

- ✓ Stand up for 15 minutes in one go
- ✓ Walk 1000 paces in your house in one day
- ✓ Stand and sit down 10 times in a row
- ✓ Climb 50 stairs in a day
- ✓ Morning or afternoon, do not sit down for more than 20 minutes...
- ✓ ...or visit every room in your home each hour



ACTIVE EXERCISE: SOME SIMPLE DAILY MOVEMENTS TO TRY

- ✓ Sit on a chair and then stand and sit down 20 times
- ✓ Stand with your feet shoulder-wide then squat down to your heels and stand 15 times
- ✓ Walk 200 paces in the house every day (include a walk up the stairs at the same time if you can)
- ✓ Stand with feet together then lunge forward with right leg bent, left leg straight behind you 20 times. Repeat 20 times with left leg bent, right leg straight
- ✓ Hop 15 times on each leg
- ✓ Try some seated exercises: www.nhs.uk/live-well/exercise/sitting-exercises
- ✓ Have a look at exercises for specific long term health conditions and different disabilities at: www.sportengland.org/stayinworkout#get_active_at_home

