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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

ONLINE SAFETY

Advice and Guidance for Staff and Parents/Carers

How Disappearing Messages Pose a Safety Risk to Children is an article and information video produced by the INEQE Safeguarding Group. Disappearing Messages are a newly introduced function on the WhatsApp messaging system, the article explains how the new function works, identifies the potential risks involved and suggest approaches to protecting children. The article and video can be accessed [HERE](#)

Advice and Guidance for Staff and Parents/Carers

National Online Safety have produced a **free to download online safety app** giving access to hundreds of online safety guides on topics such as: screen addiction, fake news and trolling, hacking, social media influencers, sexting, safer Black Friday shopping and the newly launched Xbox and Play Station platforms. It also gives access to an online safety training course for parents. It can be downloaded through App Store or Google Play.

Find more information about the app [HERE](#)

Advice and Guidance for Staff and Parents/Carers

What Parents Need to Know About Xbox Series X|S is a safety guide with tips for keeping children safe produced by National Online Safety. The guide provides information about the possible risks involved with the Xbox Series X and Series S. which are next-generation video game consoles recently launched by Microsoft. The guide can be accessed via the new National Online Safety app or downloaded [HERE](#)

BEING SAFE

Staff Training

Thames Valley Police are facilitating four bite-sized online training sessions on **When to Call the Police: Guidance for Schools**. Each session will be based on a different theme and will cover reporting to the police and interpreting the guidance. For more details and links to the training please see the flyer below or contact Jatinder Matharu,

Slough Borough Council Education Safeguarding Officer, jatinder.matharu@slough.gov.uk

(A pdf copy of the flyer will also accompany this bulletin.)

PUPIL MENTAL WELLBEING

Staff Training

COVID-19: Helping Young People Manage Low Mood and Depression is a free online training course from Reading University and Future Learn and aims to explore practical ways to help young people manage their mood and maintain healthy habits during the Coronavirus pandemic. The course takes 2 hours to complete and can be accessed [HERE](#)

Staff Training

East Berkshire CCG (NHS) have produced an update to their **Children and Young People's Workforce Mental Health training offer**. A copy of the updated training offer will accompany this bulletin.

Information and Awareness for Staff

Supporting Children and Young People with Anxiety is an information sheet produced by EduCare containing information about different types of anxiety, signs and indicators to look for and ways to support children if they are experiencing anxiety. Download a copy of the information sheet [HERE](#)

Information and Awareness for Staff

The EduCare (TES) Mental Wellbeing Hub for Education is free and has a collection of mental wellbeing resources to support schools' work around mental wellbeing. This includes information sheets on a variety of mental wellbeing issues, resources for pupils and resources parents and carers to help them to support their children. Sign up to the hub [HERE](#)

Teaching Resources

The Reading Agency have compiled a book list entitled **Books that Help Children Stay Safe, Calm, Connected and Hopeful**. Most of the titles are available as free downloads or video story-times. The Reading Well collection books mentioned at the end are available from Slough Libraries.

Further details and the list are available from the Reading Agency website [HERE](#)

(A pdf copy will also accompany this bulletin.)

Teaching Resources

Every Mind Matters teaching resources from Public Health England and the NHS are for year 6 and KS3 and 4 and include power point presentations, lesson plans, videos and activities. Topics include: loneliness and building connections, what to do about worry, social media, sleep, dealing with change, bullying and cyber bullying, online stress and FOMO, body image and forming positive relationships. The resources can be downloaded [HERE](#)

Self Care for Pupils

Every Mind Matters mental wellbeing videos produced by the Public Health England and the NHS for young people, giving information, advice and self care strategies. Access the videos [HERE](#)

Self Care for Pupils

Nobody is Normal information and support webpages from **Childline** provide reassurance, support and advice for young people on how to cope if they are feeling different. Access the webpages [HERE](#)

Self Care for Pupils

Something's Not Right information and advice webpages from **Childline** provide reassurance, support and advice for young people if they are worried that something is not right or if something has happened.

Access the webpages [HERE](#)

SCHOOL STAFF MENTAL WELLBEING

Guidance for School Leaders

How to support your teachers' wellbeing through a pandemic is an article for school leaders from IRIS Connect with information and suggestions about ways that leaders can support teacher wellbeing during this incredibly challenging time. Access the article [HERE](#)

Self Care for Staff

4Rs for Stress Management is a blog from Education Support outlining 4 ways that teachers and education staff can manage the many stresses that have arisen recently. Read the blog [HERE](#)

Self Care for Staff

Every Mind Matters information, advice and self care strategies from the NHS on a number of issues:

[SLEEP](#) [FEELING ANXIOUS](#) [MINDFULNESS](#) [FINDING CALM AMONGST THE CHAOS VIDEOS](#)

Further Information

For further information about supporting staff wellbeing, please check out **Resource List No. 5: Staff Wellbeing** on TheLink: School Health & Wellbeing Project resources page [HERE](#) or contact Susan Dyer, susan.dyer@slough.gov.uk

WELLBEING FOR EDUCATION RETURN

Staff Training

Recorded versions of the Wellbeing for Education Return webinars are now available for any schools who have not so far participated in the programme or for participating schools to use to cascade to the wider staff team. If you would like to access the recordings, please contact Susan Dyer, susan.dyer@slough.gov.uk

Further information about the programme can be found on TheLink: Wellbeing for Education Return webpage [HERE](#)

RELATIONSHIPS AND SEX EDUCATION

Curriculum Review and Development

RSE for Pupils with SEND is a short guide produced by the Sex Education Forum with their partners Image in Action and Mencap. It is designed as a starting point for schools wanting to review their RSE provision for pupils with SEND to ensure accessibility and quality. It includes answers to frequently asked questions, practical tips and provides signposting to further resources. The guide can be downloaded [HERE](#)

PHYSICAL ACTIVITY

Home Learning Resource

Active Self Isolation is a very useful one page infographic produced by Active Movement with tips and suggestions for keeping as active as possible during self isolation. This infographic is ideal to send to any of your pupils who are having to stay off school because they are self-isolating. Please see below for a copy of the infographic.

(A pdf copy will also accompany this bulletin.)

HEALTHY EATING

Teaching Resource

The Eat Well Guide has been updated by Public Health England for KS1 and KS2 pupils to highlight the different types of food that make up our diet, and help children learn the proportions we should eat to have a healthier and more balanced diet. Download a copy of the guide [HERE](#)

IMMUNISATIONS

If a child misses their flu vaccination at school due to the on-going effects of Covid-19 and the child is aged between 4 and 12, please contact **The Berkshire School Aged Immunisation Team** who will be able to offer an alternative appointment for the child. **Please do not contact the child's GP** as they only provide the vaccine to preschool aged children and those children who have an underlying health condition that puts them in an 'at risk' group for flu. The Immunisation Team can be contacted on 0300 365 0077 or email schoolimmunisationTeam@berkshire.nhs.uk

ORAL HEALTH

Teaching Resources

Two oral health videos featuring tv's Dr Ranj and Supertooth, one for pupils aged 3-6 and one for pupils 7 years +.

The videos can be accessed here: [AGE 3-6](#) [AGE 7+](#)

Posters

Two oral health posters to use in displays around school: Keeping your Teeth Healthy and Food and Drink for Healthy Teeth. (Copies below and also accompanying this bulletin.)

Leaflets

Top Tips for Terrific Teeth leaflets in English, Punjabi, Polish, Bengali, Arabic and Urdu.
(Zip file containing pdf copies accompanying this bulletin.)

THE CHILDREN'S COMMISSIONER FOR ENGLAND—Research Report

Some Kind of Normal is the report following research carried out in September 2020 with children in England to find out their views about returning to school and impact of the pandemic. A copy of the report can be found [HERE](#)

THE DEPARTMENT FOR EDUCATION—Report

State of the Nation 2020: Children and Young People's Wellbeing, is a report which collates published evidence on the wellbeing in children and young people over the period of March to August 2020. Access the report [HERE](#)

WHEN TO CALL THE POLICE

Guidance for schools & colleges

- Bitesize CPD Sessions -

1 hour online sessions on a range of topics for school and college staff with responsibility for behaviour management, including designated safeguarding leads (DSLs), their deputies, head teachers and senior leadership teams in schools and colleges.

Sessions will include reporting to the police and interpreting the guidance.

To join each session, click on the relevant link below just before the start time.

Harassment, Sexual Offences and Cyber Crime

1-2pm, Wednesday 9th December

[JOIN HERE](#)

Assault and Weapons

1-2pm, Friday 11th December

[JOIN HERE](#)

Drugs, County Lines, Exploitation and Intel Sharing

1-2pm, Tuesday 15th December

[JOIN HERE](#)

Theft and Criminal Damage including Arson

1-2pm, Friday 18th December

[JOIN HERE](#)

For further information please contact: Jatinder Matharu, Education Safeguarding Officer,
Slough Borough Council, jatinder.matharu@slough.gov.uk

ISOLATING AT HOME

Your child may suddenly have to stay home from school and the family to isolate. Here are lots of ways for you all to keep healthy at home during isolation.

ACTIVE MOVEMENT

HWS PUBLIC HEALTH SLOUGH

PHYSICAL ACTIVITY

- ✓ Be as active as you can
- ✓ Stand up every 20 minutes
- ✓ Walk often
- ✓ Try a virtual exercise class



SIT LESS, STAND OFTEN, MOVE MORE

- ✓ Reducing the time you are sitting is important.
- ✓ Play hide and seek around the house
- ✓ Progress to some gentle, frequent walks around the house or garden if you have one.



ACTIVE CHALLENGES

Set you and your family simple daily targets:

- ✓ Stand up together every 20 minutes
- ✓ Go for a walk of 1,000 paces around the house or garden every day (and take the stairs if you have them)
- ✓ Try a standathon. Who can stand up for the longest!
- ✓ Playing board or computer games? Making standing up part of the game (like when you throw a six)
- ✓ Make tidying up an Active Movement
- ✓ Let your child be in charge of being active for the day!



ACTIVE SCHOOLWORK

Being active helps memory, concentration and coming up with ideas.

Remind your child to:

- ✓ Stand up whilst learning important words
- ✓ Walk around whilst learning a phrase or thinking about an answer
- ✓ Stand up when reciting work
- ✓ Walk around the house for 5 minutes before doing any mock tests or exams



WORKING FROM HOME

You may have to stay at home to look after an isolating child. Add standing and moving to your work routine too.

Standing conference calls can be much more dynamic!



PROTECT THE NHS

During your isolation period you should not leave your home.

If vulnerable and needing immediate support call **01753 944198**



HANDS



SPACE



FACE

GOOD FOOD HABITS

Now is a great time to develop good food habits.

Follow them as a family or group, then you can all remind and encourage each other to eat properly - and not too much!



ACTIVE SWAPS

Make simple changes by setting yourself some Active Swap days:

- ✓ Swap sugary drinks for water
- ✓ Swap chocolate for fruit
- ✓ Swap white bread for brown
- ✓ Swap a snack for a walk or exercise
- ✓ Swap cereal for boiled eggs
- ✓ Create a fresh food day

And remember standing up or a walk after a big meal is good for your digestion.



MORE TOP TIPS

- ✓ Stand up to brush your teeth twice a day with a fluoride toothpaste
- ✓ Sleep is important:
Primary age 10-11hrs
Secondary age 9-10hrs
Adults 7-9hrs



ADDITIONAL SUPPORT

There is lots of information and ideas of how to look after your mental and physical health on the "Health at Home" website.

For more information, visit:

www.publichealthslough.co.uk/campaigns/health-at-home



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EMOTIONAL WELLBEING

If you require further emotional support check out the following support resources:

- 1) Kooth - For secondary age children
- 2) Every Mind Matters - For all ages
- 3) Public Health Slough - For all ages



Food and drink for healthy teeth



Eating healthily keeps gums and teeth **healthy**.



Foods that have sugar in can **damage** your teeth.



Sweet drinks and hot drinks with sugar can also cause **damage** to your teeth.

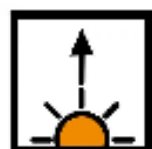


What you eat and drink between meals can cause **holes** in your teeth.

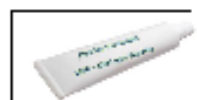
Keeping your teeth healthy



It is important to brush your teeth at least **2 times** a day to keep your teeth and gums healthy.



Brush your teeth in the **morning** and **at night** before you go to bed.



Use:

- Fluoride toothpaste
- Dental floss
- And **Interdental brushes** (which clean in between your teeth)

To keep your teeth and gums healthy.



2 Mins



Brush for at least **2 minutes**.

Your dentist can show you how to brush your teeth properly.