

RESOURCE BULLETIN

No. 36

12th July 2021

- PAGE 1 -

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

RSHE and PSHE

Relationship Safety

A set of three lesson plans and accompanying materials for KS4 and KS5 produced by the PSHE Association and Alice Ruggles Trust. The lessons promote awareness of unhealthy relationship behaviours and stalking to help protect young people from the potential risks in such situations. The lessons are offered free to schools to ensure young people learn essential safeguarding information and skills in an interactive yet safe and age-appropriate way: [Relationship Safety](#)

Anti-Bullying Alliance – Sexual Bullying

A new guidance document and free online training for schools and other education settings to support anti-sexual bullying work. The training topics include: definitions of sexual bullying; investigating and responding to sexual bullying; preventing sexual bullying.

Access the guidance document and training here: [Sexual Bullying Prevention](#)

Preventing Sexual Harassment in Schools: The Role of PSHE

A briefing from the PSHE Association on how PSHE can help address harmful sexual behaviour in schools.

Download the briefing document: [HERE](#)

Ditch the Label

A global youth charity with information to help young people aged 12-25 with issues such as mental health, racism, bullying, identity and relationships: [Ditch the Label](#)

Healthier Together – webpages for Young People

Information for young people about relationships, friendships, gender identity and sexuality:

[Healthier Together - Young People](#)

Contraception, consent, emergency contraception, pregnancy, sex and relationships, sexually transmitted infections and where to get help:

[Healthier Together - Young People](#)

Show Racism the Red Card

Show Racism the Red Card is a national charity working in schools and other educational settings throughout the UK to offer a whole range of educational training, workshops, resources and activities, all designed to educate young people and adults about the causes and the consequences of racism.

Find out more and book a session [HERE](#)

The Features of Effective, High Quality RSE

This article from the Sex Education Forum considers the features of effective, high-quality RSE provision in primary schools. Read the article here [Effective, High Quality RSE](#)

Unseen – campaign to raise awareness of County Lines

The campaign aims to raise awareness among adults about County Lines and encourage them to get advice from the Modern Slavery & Exploitation Helpline 08000 121 700 if they have concerns about a child or young person. There are some promotional materials you can download from the website here: [Unseen](#)

HEALTH EDUCATION

Healthier Together – Staying Healthy webpages for Young People

Information for young people about exercise, healthy eating, sleep, weight and vaccinations:

[Healthier Together - Young People](#)

Drugs, alcohol, acne, road safety, puberty, smoking and vaping:

[Healthier Together - Young People](#)

Oral Health Training

Slough Healthy Smiles are currently offering free online or face to face training sessions for PSHE leads and other teaching staff. These can be delivered face to face or over an online platform such as Teams or Zoom at a date and time to suit you and your team. Sessions cover how staff can engage and help to promote oral health within their role, how oral health impacts general health and wellbeing, oral hygiene advice, sugar reduction and nutrition, and how to access a local dentist.

For more information or to book a session please contact Slough Healthy Smiles at

Oral.Health@oxfordhealth.nhs.uk

Drug and Alcohol Education for pupils with SEND

KS2 – 4 lesson plans and resources, produced by the PSHE Association, suitable for pupils with SEND in both special and mainstream settings. The resources explore the facts, laws, risks and consequences associated with drug and alcohol use, as well as the dangers of household products and prescribed medications.

Download the lesson plans, resources and teacher guidance [HERE](#)

10 Minute Shake Up

New activities for primary aged children from Public Health England. Inspired by characters from Disney Frozen, Disney and Pixar Toy Story and Marvel's The Avengers, the toolkit contains fun and flexible bite-sized activities to help pupils enjoy getting active in the lead up to the summer holidays. The 10 minute activities can be used at any point in the school day to encourage pupils to get the recommended level of daily physical activity: [10 Minute Shake Up](#)

EDUCATION STAFF WELLBEING

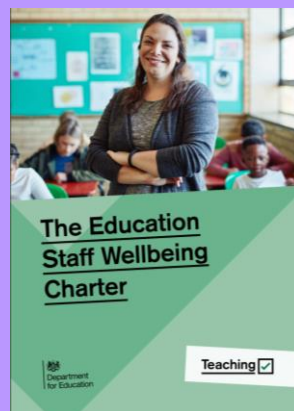
Education Staff Wellbeing Charter

The Department for Education has worked with key stakeholders in the education sector including teaching unions, Mind and Education Support, schools and trusts and Ofsted to produce an Education Staff Wellbeing Charter. It is a declaration of support for, and set of commitments to, the wellbeing and mental health of everyone working in education.

All state funded schools and colleges are invited to familiarise themselves with the charter now, and to sign up when it is available in the autumn, as a shared commitment to protect, promote and enhance the wellbeing of their staff. It is voluntary and there is no deadline to sign up. The DFE will publicise how to sign up in the autumn and suggest that schools should sign up when it is right for their organisation and when they will get the most benefit from it.

More information and a downloadable a copy of the Charter can be found here:

[Education Staff Wellbeing Charter](#)



Staff Wellbeing Audit Tool

An audit tool from Education Support aims to help schools assess what is already being done to support staff mental health and wellbeing at school and identify any gaps and areas for development.

Access the audit [HERE](#)

East Berkshire Wellbeing Service

The Wellbeing Service is available for anyone 18+ registered to a GP in east Berkshire with low level needs driven by a social or environmental determinant that is affecting their mental wellbeing. The service can help individuals with emerging life crisis providing practical, situational and social support for issues including housing, money worries, alcohol and drug misuse, gambling, student stress, sleep, stress, resilience, lack of motivation. The service provides 1 to 1 telephone support, workshops and access to an online platform.

The Wellbeing Service webpage can be found [HERE](#) Individuals can self-refer by calling **0300 365 2000 option 2** or emailing BHFTIAPTWellbeingService@berkshire.nhs.uk

ONLINE SAFETY

National Online Safety app for parents, carers and educators

A free comprehensive online safety app packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect children and young people when they're online: [National Online Safety App](#)

PUPIL MENTAL and EMOTIONAL WELLBEING

Friends in Need – Young Adults Group

Friends in Need – Young Adults Group is a friendly and welcoming peer-to-peer social support community for 17 – 25-year-olds experiencing mild-to-moderate mental health and/or loneliness, in the East Berkshire area facilitated by Buckinghamshire Mind. Young adults come together to help manage the effects of depression, anxiety, loneliness, and isolation. Young people can self-refer or be referred by a practitioner or parent/carer. Please see the flyer below for more information.



Young Adults Group

Friends in need East Berkshire
Bracknell, Slough
Windsor, Ascot &
Maidenhead

A peer support group for 17 – 25-year-olds experiencing mild-to-moderate mental health and/or loneliness, in the East Berkshire area.

Young Adults Friends in Need is a friendly and welcoming peer-to-peer social support community where young adults come together to help manage the effects of depression, anxiety, loneliness, and isolation.

Our uplifting, fun and free of charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting. Come and feel supported with others who understand how you might be feeling. Together, we help each other on our recovery journey.

Our activities are based on the **Five Ways to Wellbeing: Connected, Active, Notice, Learn, Give**. We have a mixture of virtual and face-to-face activities, as we are following Government guidelines.

If you would like more information or to join the group, please contact Ansa Khan, Team Lead, Email: ansa.khan@bucksmind.org.uk Tel: 07496 874882



Feeling bored, flat and unmotivated?

A video and article for children and young people from BBC Bitesize with reassurance and tips if they are feeling bored, flat and unmotivated: [Here are some things that can help](#)

Advice for parents, carers and school staff to help them support children and young people who are feeling bored, flat and unmotivated: [How to support](#)

Healthier Together – Staying Healthy webpages for Young People

Information for young people about body image and self-esteem, bullying, exam pressure, family breakdown, transition, sexuality and gender identity: [Healthier Together - Young People](#)

Slough Young People Talk About 5 Ways to Wellbeing

A video featuring Aik Saath's young volunteers talking about five things everyone can do to boost their mental wellbeing: [5 Ways to Wellbeing](#)

Moving Up! The Transition to Secondary School

An animation and accompanying teacher toolkit, from The Anna Freud Centre, aimed at supporting year 6 pupils this term who will be preparing to transition to secondary school and year 7 pupils in September who have recently started at secondary school. [Moving Up!](#)

Kooth Support over the Summer Holidays

Kooth are available to offer mental and emotional wellbeing support to children and young people over the summer holidays, particularly around exam results time and for pupils moving from primary to secondary school. The posters can be downloaded in various forms for printing and social media [Kooth posters](#)



Young Carers – Myth and Reality campaign

Posters to raise awareness amongst young carers about the support available to them.



[Download posters here](#)

Senior Mental Health Leads Training – funding grant opportunity

The DfE have collated all their resources for Promoting and Supporting a Whole Setting Approach to Mental Health & Wellbeing in Schools and Colleges on one webpage [HERE](#) including an opportunity for schools/colleges to apply for a funding grant for Senior Mental Health Leads training. More information and details of how to apply for a Senior Mental Health Leads training grant can be found [HERE](#)

PARENTS and CARERS

Healthier Together

The Healthier Together is a new website for parents and carers. It provides clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last. Most importantly, the resources are used not only by parents/carers but also by healthcare professionals. This means that your child is likely to receive consistently high-quality care, irrespective of which healthcare provider you take them to see, and their advice is likely to mirror that on the Healthier Together website which will reduce unnecessary variation the parental anxiety that inconsistent advice generates:

[Healthier Together](#)



New Site for Parents on Dealing with Childhood Illnesses 0-18

The site aims to empower parents, carers and young people with knowledge and easily accessible help at their fingertips.

If you are unsure if you can stay home or need to see someone for your sick child **Healthier Together can help!**

- Clear **traffic light system** for illness advice so you feel confident with the decision you make and **what you can do at home**.
- You can find help with day-to-day queries such as pregnancy, feeding, sleep and development.
- Current topics from COVID to mental health and emotional well-being.
- Brings together national resources and **Local services** available in Berkshire, Bucks, Hampshire and Surrey.
- SMS option to share with other parents and young people and can be accessed on any device; phone, tablet or computer.

GEMS – Autism and ADHD support service

GEMS offers information, support, workshops and courses to parents and carers of children with autism and ADHD within East Berkshire. They also offer a variety of workshops and activities for children from age 5 and young people up to the age of 19. Further information and contact details can be found on the GEMS website: [gems4health](#)

Poem to a Parent or Carer

A very powerful film produced by Youth Engagement Slough (YES) featuring a poem about mental wellbeing written and performed by Slough young people. Find the video here: [Poem to a Parent or Carer](#)

How to Support Your Child this Exam Results Day

Top tips from Kooth for parents and carers on how to support your child on results day. Download a copy of the brochure [HERE](#)

Summer Screen Time

To promote a better relationship with our screens and devices, the Safeguarding Hub has released a Family Activity pack. This is based on the very latest research and is full of fun and exciting ways to promote healthy screen time habits – for the whole family! It encourages and develop healthy habits is key to gaining the most from our screens while maintaining a healthy lifestyle in the offline/real world. A copy of the pack can be downloaded here [Family Screen Time Pack](#) You Tube videos about [My Screen Routine](#) and [Keeping Record](#) are also available.

Understanding your Child's Mental Health and Wellbeing

A new online parenting module that can be accessed free of charge by Slough residents using an access code. Visit www.inourplace.co.uk , create your account and apply the access code **PARENTING**

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

ourplace

NHS

DISCOVER THE COURSE HERE:
WWW.INOURPLACE.CO.UK

Online course for parents
**'UNDERSTANDING
YOUR CHILD'S
MENTAL HEALTH &
WELLBEING'**

ONLINE LEARNING
(AVAILABLE 24/7)
WORK THROUGH THE CONTENT
ANONYMOUSLY AT YOUR OWN PACE

COMPLETE PART 1
COMPLETE 'UNDERSTANDING
YOUR CHILD' - £39*
OR
'UNDERSTANDING YOUR CHILD
WITH ADDITIONAL NEEDS' - £38*
COMPLETE PART 2

*PREPAID FOR RESIDENTS ELIGIBLE FOR AN ACCESS CODE

PLEASE NOTE -CHARGES DO NOT APPLY IF THE ACCESS CODE IS USED.