

UPDATE No. 34

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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

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ONLINE SAFETY

Looking at online safety with young people with SEND—STAR SEND toolkit

A new resource from Childnet, an extensive teaching toolkit to equip, enable and empower educators with the relevant knowledge they need to support young people with Special Educational Needs and Disability (SEND) in Key Stages 3 and 4. The materials have been designed to be adaptable to the needs of different young people and their learning settings. Access the materials [HERE](#)

Online Safeguarding—What is the dark web?

Information for education staff from The Children's Society about the meaning of the dark web, how young people might use it and what to do if you have safety concerns. Access the information [HERE](#)

Digital Wellbeing Tool for KS3 Pupils

This tool from the UK Safer Internet Centre is primarily designed to be used by young people themselves to help them understand and manage their online choices and wellbeing. Guidance for parents and professionals is also included so they can support young people in using tool. Further information and the tool itself can be found [HERE](#)

Online Harm - Guides for Professionals and Parents/Carers

The Marie Collins Foundation has joined forces with the NWG Network to produce two new help guides aimed at reducing online harm. The [Online Sexual Harm Reduction Guide](#) is aimed at professionals; [How Can I Help My Child?](#) is aimed at parents and carers.

PARENTING

Communicating with Teens

Useful information, advice and guidance for parents and carers produced by Relate:

[Communicating with Teens](#)

[Help with Family Life and Parenting](#)

MENTAL HEALTH & WELLBEING

Psychological First Aid—Staff Training

Free online training developed by Public Health England, The World Health Organisation and Future Learn specifically adapted for people who care for or work with children and young people aged up to 25 who have been affected by COVID-19 (or other emergencies or individual crises).

The training takes approximately 2 hours to complete and can be accessed [HERE](#)

Mental Health in Secondary Schools—Survey

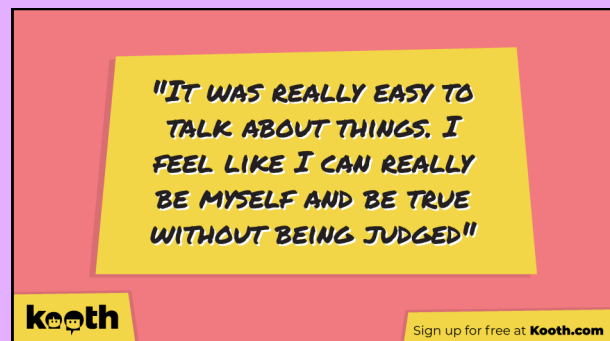
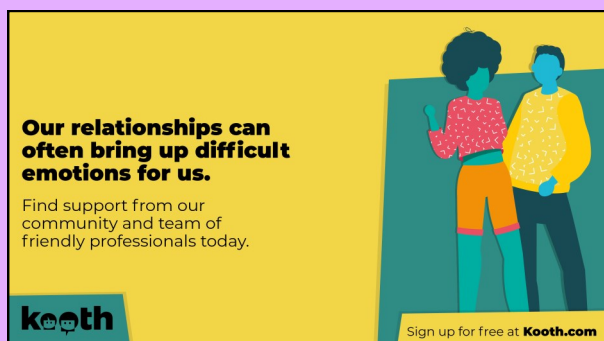
The charity Mind are undertaking a survey with secondary schools staff, pupils and parents/carers. The aim is to find out from staff: their experiences of working with children and young people throughout secondary school; and from pupils and parents/carers: to understand more about how to ensure young people experiencing mental health problems in schools can get the support they need. The surveys will take approximately 10-15 minutes to complete and **close on March 31st 2021**. To thank participants for taking part in the survey, there is the opportunity to enter into a free prize draw for the chance to win a £50 Amazon voucher. Complete the surveys here: [STAFF](#) [PUPILS & PARENTS/CARERS](#)

Little Blue Book of Sunshine

A downloadable resource for children and young people giving suggestions of things to do to feel better or where to get help if needed. It can be downloaded as a free e-book through Apple Books or Google Play. Further information can be found [HERE](#)

Kooth Posters

A selection of posters, for secondary schools, to remind your students that Kooth is available to support their self care or if they are having difficulties with their mental and emotional wellbeing. Please see below for the poster selection, pdf copies will accompany this bulletin.



RELATIONSHIPS AND SEX EDUCATION

Expect Respect—Healthy Relationships toolkit

Expect Respect is a set of resources produced by Women’s Aid to help lead sessions on healthy and unhealthy relationships for pupils aged 4-18. It contains age appropriate activities that can be used in a range of ways. The sessions are designed to be active, fun and engaging but also challenging. The toolkit can be accessed [HERE](#)

Operation Encompass—booklist and handbook

The booklist contains a range of book reviews which schools can use alongside the Operation Encompass Handbook to support the domestic abuse strand of the RSHE curriculum. Download the booklist and handbook [HERE](#)

Guidance on the Use of External Agencies for RSE Teaching

This guide produced by the Sex Education Forum aims to help schools consider how external agencies can best contribute to Relationships and Sex Education (RSE). It is also relevant to RSHE and broader PSHE education and includes checklists to check the credibility of external agencies and to quality assure their contribution to RSE. Download the guide [HERE](#)

HEALTH & WELLBEING

Camp Island—health & wellbeing app for children

Camp Island is an evidence based game designed to teach children between the ages of 5 and 10 about healthy eating, physical exercise, good hygiene, sleep and positive wellbeing in a fun and engaging format. It can be downloaded through Apple App Store or Google Play. Further information can be found [HERE](#)

Slough Oral Health Video for KS1

The aim of the video is to improve the oral health of children in the borough. It features clips from local children, parents and carers, encouraging children to brush their teeth, visit the dentist and make healthy food and drink choices. The video also lasts for exactly two minutes, so that children can watch and brush for the recommended time! The song/video will also be advertised on social media and via a digital advert from this week. You can download the video [HERE](#)

Health & Wellbeing Awareness Days— March and April calendars

Forthcoming health and wellbeing related awareness days and weeks for March and April 2021.
Pdf copies of both calendars will accompany this bulletin.

School Health & Wellbeing Project - Health & Wellbeing Awareness Days		
TOPIC	DATE(S)	RESOURCES
Eating Disorders Awareness Week	1 st -7 th March	https://www.beateatingdisorders.org.uk/edaw/
Self Injury/Harm Awareness Day	1 st March	https://youngminds.org.uk/get-involved/campaign-with-us/access-stories/self-harm-awareness-day/
University Mental Health Day	4 th March	https://www.unimentalhealthday.co.uk/
World Book Day	4 th March	NSPCC reading list including subjects ranging from keeping safe to bereavement and loss. Reading Agency list of books that help children stay safe, calm, connected and hopeful
International HPV Awareness Day	4 th March	https://www.who.int/news-room/press-releases/2019/03/04-international-hpv-awareness-day
No More Domestic Abuse Week	7 th -13 th March	https://uksaynomore.org/aboutuksaynomore/
International Women's Day	8 th March	https://www.internationalwomensday.com/
No Smoking Day	10 th March	https://campaignresources.phc.gov.uk/resources/campaigns/29-stop-smoking/resources
Neurodiversity Celebration Week	15 th -21 st March	https://www.neurodiversity-celebration-week.com/
International School Meals Day	11 th March	https://internationalschoolmealsday.com/

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School Health & Wellbeing Project - Health & Wellbeing Awareness Days		
TOPIC	DATE(S)	RESOURCES
Stress Awareness Month	1 st -30 th April	https://www.stress.org.uk/national-stress-awareness-month-2019/
National Pet Month	1 st -30 th April	https://www.nationalpetmonth.org/
World Autism Awareness Day	2 nd April	https://www.twinkl.co.uk/event/world-autism-awareness-day-2021
International Walk to Work Day	6 th April	https://getoutside.ordnancesurvey.co.uk/guides/international-walk-to-work-day/
World Health Day	7 th April	https://www.who.int/campaigns/world-health-day/2021
Community Garden Week	5 th -11 th April	https://cultivationstreet.com/
Pyjamas for PanCan Day	16 th April	https://pancreaticcanceraction.org/support-us/hand-also/pyjamas-for-pancan/
World Immunisation Week	20 th -25 th April	https://www.who.int/news-room/events/detail/2021/04/21/default-calendar/world-immunization-week-2021

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