

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.

SCHOOL HEALTH & WELLBEING PROJECT

Resource Lists

All resource lists can be found on the School Health & Wellbeing Project [Resources webpage](#)

Resource List No.1: Training and CPD

Resource List No.2: Mental Health and Wellbeing

Resource List No.3: Online Safety

Resource List No.4: RSHE and PSHE

Resource List No.5: Education Staff Wellbeing

Resource List No.6: Guidance and Policy Development

Resource List No.7: Information, Advice and Self-Care for Children and Young People

Resource List No.8: Information, Advice and Support for Parents and Carers

Resource List No.9: SEND Specific Resources

Resource List No.10: Peer-Peer Harmful Sexual Behaviour – Awareness and Prevention

Developing a Whole School Approach to Health & Wellbeing using the Slough Framework

The Slough Whole School Approach (WSA) to Health and Wellbeing framework and tools have been produced to help schools develop a whole school approach to promoting the health and wellbeing of pupils and staff. Find the tools and guidance on the School Health & Wellbeing Project [Whole School Approach webpage](#)

Health & Wellbeing Awareness Days Calendars

Monthly Health and Wellbeing Awareness Days calendars and resource packs to help with advanced planning of school events and initiatives to ensure that they follow best practice by being incorporated into the RSHE/PSHE curriculum and contribute to the whole school approach to health and wellbeing. Find the calendars and packs on the School Health & Wellbeing Project [Awareness Days webpage](#)

Education Staff Wellbeing

A dedicated [Education Staff Wellbeing webpage](#) with information, advice and guidance about school staff wellbeing including the [Education Staff Wellbeing Self-Care Guide](#) produced by the School Health & Wellbeing Project.

PSHE Networks

Further information about Slough's Primary and Secondary PSHE Networks can be found on the School Health & Wellbeing Project [PSHE Networks webpage](#)

RELATIONSHIPS EDUCATION and SEX EDUCATION

AGENDA

A resource produced by the Agenda charity and the NSPCC for educational practitioners who want to provide opportunities for young people to gain awareness of gender-based and sexual violence impacts upon their lives and the lives of others. Issues covered include: addressing gender discrimination; consent; LGBTQ+ rights; bullying; street harassment; female genital mutilation (FGM); sexual exploitation; relationship violence. Download the toolkit here: [AGENDA toolkit](#)

AGENDA (primary)

A resource produced by the Agenda charity and the NSPCC for educational practitioners who want to support children aged 7-11 to make positive relationships matter in their school and community. It contains background information for teachers and activity ideas to use as part of Relationships Education. Topics include: feelings and emotions; friendships and relationships; body image; consent; gender and sexuality; equality and equity. Download the toolkit here: [Primary AGENDA toolkit](#)

HEALTH EDUCATION

Brook – Puberty Education Resources

Lesson plans and teaching materials produced by Brook and Lil-lets for years 4 – 9.
Download the resources here: [Puberty Education teaching resources](#)

Free Period Products for School and Colleges scheme

The free period products for schools and colleges scheme is still running.
Find more information, including how to order products here:
[Period product scheme for schools and colleges in England - GOV.UK \(www.gov.uk\)](#)

Let's Get Going! – weight management and healthy lifestyle programme

A FREE healthy lifestyle programme, run by Health & Wellbeing Slough (HWS), for children in school years 3-6 and their families which aims to engage, inspire and enable children and their families to lead a healthy lifestyle. The programme covers: the benefits of healthy eating and physical activity; sugary drinks; family and food; cravings plus a range of fun exercise sessions for parents/carers and children.

Find out more here: [Let's Get Going!](#)

HWS HEALTH & WELLBEING SLOUGH

Let's Get Going!
FUN + HEALTH

Let's Get Going is back!

is your child in year 3-6? Wants to learn how fun it is to be healthy? Play great games and make new friends?

Let's Get Going (LGG) is a free 12 week healthy lifestyle programme with the aim to engage, inspire and enable children and their families to lead a healthy lifestyle. NOW AVAILABLE VIRTUALLY!

LGG is a Slough Borough Council commissioned initiative delivered as part of the Integrated Health & Wellbeing Slough service provided by Solutions4Health. The LGG club includes fun workshops and games to encourage children and families to achieve a healthy lifestyle. Topics include:

- Benefits of healthy eating and physical activity
- Sugary Drinks
- Family and Food
- Cravings and MORE!

As well as a range of fun exercise sessions FOR BOTH PARENTS & CHILDREN!

*A parent/guardian will need to accompany their child during the online session. Simply contact the team to hear more about LGG in your area!

www.healthandwellbeingslough.co.uk
0800 0614734 / 01753 373646
info.hws@nhs.net

Solutions4Health Slough

Deal Me Out – Gambling Awareness Workshops for Schools and Colleges

Deal Me Out are offering to provide in-person or remote workshops on the subjects of gambling and gaming-related harms to free of charge to all schools in Slough and the surrounding area. Deal Me Out delivers the national education and gambling harm awareness programme for Wales but have local connections so would like to offer their support to Slough schools as well.

Further information can be found in the flyer below and on their website: www.dealmeout.org



Gambling Education & Awareness Workshops

Our aim is to reduce addiction rates and gambling-related harm in the UK through education, prevention, and support.

Register now for your **FREE** workshop

hello@dealmeout.org www.dealmeout.org

STAFF WELLBEING

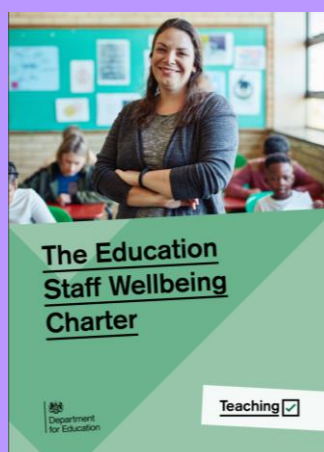
Education Staff Wellbeing Charter

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.

The charter is for education staff in England. This includes temporary and support staff. All state funded schools and colleges are invited to sign up to the charter, as a shared commitment to protect, promote and enhance the wellbeing of their staff. Sign up is voluntary and there is no deadline to sign up. It is suggested 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](#)



Ten Wellbeing Questions to Ask Your Staff

A free e-book from TES for school leaders and wellbeing leads to enable meaningful conversations about staff wellbeing. Find the e-book here: [10 ESSENTIAL WELLBEING QUESTIONS TO ASK YOUR STAFF](#)

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](#)

What's Up with WhatsApp?

Information and guidance from the INEQ Safeguarding Network for parents, carers and educators about the popular app and new features. Access the guidance here: [What's Up with WhatsApp](#)

What Parents and Carers Need to Know about Tinder

A free guide from National Online Safety for parents, carers and professionals working with children and young people about the Tinder dating app.

Download the guide here: [WHAT PARENTS AND CARERS NEED TO KNOW ABOUT TINDER](#)

PUPIL MENTAL and EMOTIONAL WELLBEING

Kooth – Online Support and Counselling for Young People aged 11-25

Kooth are available to offer mental and emotional wellbeing support to children and young people, providing a safe, secure means of accessing help via the internet and by accessing Kooth, young people can benefit from: a free, confidential, anonymous and safe way to receive support online and online counselling from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.

No referral is required, young people can register for Kooth independently at www.kooth.com

Kooth – Posters for Displaying in School

A range of posters can be downloaded in various forms for printing and social media here:

[Kooth posters](#)



CAMHS Emotional Health & Wellbeing webinar programme

Autumn 2021

A copy of the Autumn programme will accompany this bulletin and contains opportunities for staff to access training on children and young people's emotional wellbeing and mental health. Topics include: Understanding and Responding when Young People Self Harm, The Teen Brain, Resilience and Wellbeing.

CYP with Eating Disorders – Guidelines for Educational Professionals

Guidance produced by local Berkshire NHS CYP mental health commissioners and Beat the national eating disorders charity including information about recognising signs and indicators and where to access further information and support. Download the guidance here: [CYP Eating Disorders - Guidance for Professionals](#)

Anna Freud Centre – Black History Month resources

October is Black History Month. Download a resource toolkit from the Anna Freud Centre here: [Black History Month resources: Mentally Healthy Schools](#)

Childline posters

Free posters to make children and young people aware of the support available from Childline. Topics featured include: feeling isolated, feeling anxious, worries about body image and keeping worries bottled up.

Download the posters here: [CHILDLINE POSTERS](#)

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](#)

10 Ways You Can Share Kindness Online

A new one-page guide from National Online Safety which includes tips such as reaching out, thinking before commenting and recommending fun things.

Download the guide here: [10 Ways You Can Share Kindness Online](#)

Sadsville

A free book and accompanying teaching resources, endorsed by the NSPCC and Childline, for children in KS1 to help them deal with emotions, especially sadness, and in a light hearted way, open up discussions about mental wellbeing. The resources include an online version of the book, a video of the book being read by Basil Brush, an assembly presentation and lesson plans with teaching materials. Access the book and other resources here: [SADSVILLE](#)

PARENTS and CARERS

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](#)

Healthier Together

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.

[Healthier Together](http://www.frimley-healthiertogether.nhs.uk)



Healthier Together
Local advice and support to help manage and improve the health and wellbeing of babies, children, and young people
ASCOU | BRACKNELL | FARNHAM | MADDENHEAD | NORTH EAST HAMPSHIRE | SLOUGH | SURREY HEATH | WINDSOR
www.frimley-healthiertogether.nhs.uk

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.

Green Doctors – energy advice for families

Green Doctors are expert energy advisors who provide advice and support for the residents of Slough. Green Doctors would like to offer an opportunity to the parents/carers of school pupils in the Slough area to find out more about keeping warm and well during the current energy crisis by inviting parents and staff to attend online or, if a school hosts an event, in person, a talk about the Winter Energy Crisis 2021 and keeping warm and healthy at home. Also on offer will be individual Green Doctor consultations through prebooked telephone consultations. All will be made available free of charge and on an impartial basis.

Find more information on the Green Doctors website <https://london.greendoctors.org.uk/>

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
TOTALBULL APPROACH

ourplace

NHS

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

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

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.