



## Weekly Schools Bulletin

A resource to support schools and families throughout the COVID-19 pandemic

**Audience:** Essex Schools  
**Author:** Essex Child and Family Wellbeing Service  
**Issue:** 5  
**Date:** 4 May 2020

Your ECFWS Healthy Schools and Public Health Team are coordinating family friendly activities, advice and guidance for teachers and parents covering themes outlined within national guidance on Personal Social Health and Economic (PSHE) education. We will be sharing these in the coming weeks on our Facebook pages, which can be found via our [website](#). These resources are easily adaptable at home, school or in 'virtual' classrooms. Teachers and parents are encouraged to visit our [COVID-19 Pandemic Resource Hub](#) for support and guidance during this time. We urge you to share this bulletin with your whole school community.

### PSHE activities (*Ideas to support emotional and physical health*)

Title:	<b>Sunscreen and Sun Safety</b>
Content:	Sun safety is really important for all of us. The <a href="#">NHS website</a> has some great tips and guidance on how to enjoy the sunshine whilst keeping you and your loved ones safe.
Title:	<b>Online safety</b>
Content:	Are you worried about the risks that your young family may be at when navigating the online world? <a href="#">Thinkuknow</a> have some fantastic advice and resources to support you and your family to stay safe online.

### Weekly Schools PSHE Challenge

Each week we will be setting schools a challenge linked to themes within your PSHE programme to support wellbeing. Each challenge will be delivered as a question we want your pupils to consider and answer using a range of different ways eg. Podcast, poster, artwork, story, comic strip, newspaper report, mind map or power point presentation by school pupils. Teachers, parents, siblings and friends may provide support with this; alternatively the challenge can be completed independently. We are encouraging you to [share with us](#) the work being done so we can celebrate the amazing things you are doing to support pupil wellbeing at this time.

Topic	<b>Healthy/ Safe Relationships</b>
Question	What is a good friend?
Activity	Find out about how to listen to friends, how to play and work cooperatively, good ways/strategies to solve disagreements and ways to offer support to friends.
Learning Objective	To learn about the importance of playing/working/communicating and supporting friends
Learning	To be able to describe or demonstrate things we can do to help us play, work,

Outcome	communicate effectively and support friends
Resources Primary	<a href="#">Teamwork</a> <a href="#">Friendship</a>
Resources Secondary	<a href="#">Supporting Friendships</a> <a href="#">Friendship</a>

### Did you know...

The Children's Commissioner has launched local area profiles of child vulnerability. The [document](#) aims to provide a framework for which groups of children are likely to be at risk under lockdown.

The Anna Freud Centre has developed [On My Mind](#) which aims to empower young people to make informed choices about their mental health and wellbeing.

The PSHE association have launched new online [home learning](#) resources focussed on sharing information safely online.

### Do you need support regarding a particular child or young person?

Your School Nurse is available to support you with the Health and Wellbeing needs of any child, young person or family you may have concerns about. Please contact your local team for further information:

Mid Essex      Tel: 0300 247 0014  
 North Essex    Tel: 0300 247 0015  
 South Essex    Tel: 0300 247 0013  
 West Essex     Tel: 0300 247 0122

**CHAT Health:** Our texting service remains active and is well-resourced with highly skilled School Nurses. Young people have the opportunity to contact us directly.

Mid Essex School Nursing Service	07520 615731
South Essex School Nursing Service	07520 615732
West Essex School Nursing Service	07520 615733
North East Essex School Nursing Service	07520 615734

**Checkout our website** and search engine for services local to schools and your communities:

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)