



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: 10
Date: 8 June 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:	Making Decisions
Content:	Everyone finds it hard at times to make decisions. It can be a stressful time for young people who are making big decisions like what to do after they finish school. Childline are offering top tips, advice and support for young people who are feeling anxious about decision making and coping with the choices they've made. To find out more click here .

Title:	Talking to Young People about Sexual Health
Content:	Talking to Young people about sexual health and relationships can be a challenging experience. Brook has some great resources to aid any conversations you may be having, or thinking about having, with your family. They also run FREE training to parents in Essex on the changes to sex and relationships education in schools, what that means and how those conversations can be carried on at home. Visit the website for more information.

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	Managing Change
Question	What help and advice would you give to someone who is returning to school, starting a new class or going to a new school or college?
Activity	Design a poster, create a mind map or write an article for a magazine

Learning Objective	Identify changes and challenges that people might experience when starting a new class, school or college.
Learning Outcome	Explain ways to positively manage changes and challenges
Resources Primary	Moving schools Starting secondary school Embracing change and transition in uncertain times (PSHE Association Members Only)
Resources Secondary	Dealing with change Embracing change and transition in uncertain times (PSHE Association Members Only)

Did you know...

Charity [Nip in the Bud](#) has produced a short film and fact sheet to help parents and teachers deal with any potential feelings of apprehension and anxiety that children may experience on returning to school. The resources can be accessed [here](#).

Every year, during the month of June, the LGBT community celebrates in a number of ways. Stonewall have created free primary and secondary [home learning packs](#). These can also be used by teachers looking to send home work for their pupils.

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