



Weekly Schools Bulletin - Personal, Social, Health, Economic (PSHE) Education

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

Audience: Essex Schools
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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:	Charlie Waller Memorial Trust
Content:	CWMT has lots of free, downloadable resources to support children and young people's mental and emotional wellbeing at this difficult time. There are also new resources aimed at how to support children and young people who are returning to school.
Title:	Books I love about love
Content:	25th June is Relationship and Sex Education (RSE) day and this year's theme is 'books I love about love'. Parents/carers can access 10 ideas to make the most of RSE day. We love the activity that involves helping your child to write a letter to someone who is special to them outside of the home.

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	Healthy Relationships
Question	What makes a healthy friendship?
Activity	Have discussions with pupils about what makes a healthy friendship. Ask pupils to use chalks to decorate the playground with hearts and some words or phrases from their discussions. Take pictures and share on social media or your website. Include ideas on where to access help/further support.
Learning Objective	To listen and consider others ideas about healthy friendships and contribute your own ideas.

Learning Outcome	Explain where help/further support can be accessed if you are worried about a friendship/relationship.
Resources Primary	20 ideas of RSE day primary
Resources Secondary	20 ideas for RSE day secondary

Did you know...

Good quality RSE needs to happen all year round but [RSE Day](#) on 25 June is an opportunity to celebrate excellent Relationships and Sex Education that educates children and young people about healthy relationships and positive sexual health. There are lots of other agencies that can support you with this agenda, including [Outhouse East](#), [Essex Sexual Health Service](#) and [Brook](#).

Public Health England have launched an updated version of [Psychological First Aid training](#). Within this training module, you will explore the psychological impact of COVID-19 pandemic and what you can do to help other people.

Due to the coronavirus pandemic (COVID-19) the NSPCC's Speak out Stay safe assemblies and workshops are postponed until the autumn term. As an interim measure, Primary school children across the UK can watch a [special assembly](#) with Ant and Dec and David Walliams in partnership with the Department for Education.

We have created a document to support Schools to support children and young people with SEND – particularly linked to needs arising due to COVID-19. The document contains free resources, websites, information and advice that you may find useful. The document was issued alongside this bulletin, but if you would like to request a copy please [contact us](#).

Do you find this bulletin useful? Please [share your feedback](#) with us.

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

Follow our Essex Healthy Schools Twitter page @EssexHealthy



