



Weekly Schools Bulletin

A 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:	Loss
Content:	Loss of a loved one is difficult at any time, but for many COVID-19 has brought this topic to the forefront. Simon Says has developed an excellent reading list for all ages to support children and young people in understanding and dealing with loss. They also have excellent resources for teachers too.

Title:	The Small Creature
Content:	The British Heart Foundation have developed an animated short story to help bereaved children

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 Lifestyles
Question	What keeps our bodies healthy?
Activity	Find out about the benefits being active, having rest, eating healthily and looking after our teeth.

Learning Objective	To learn about the things that keep our body healthy
Learning Outcome	To identify the benefits of making healthy choices
Resources Primary	Remote learning on healthy eating Healthy Eating Sugar swaps
Resources Secondary	Remote learning on healthy eating Healthy Eating Teen Sleep Food and Mood

Did you know...

Essex Child and Family Wellbeing Service understands the incredible work schools are undertaking in order to support pupils, parents, staff and beyond during the pandemic. To recognise this we have worked with schools to develop exemplar Covid-19 Response Healthy Schools Enhanced Action plans, which are easily adaptable to reflect the particular provision and need within your school. Healthy Schools Engagement will work with you to formulate your Covid-19 School Story, in turn achieving an Enhanced Award to celebrate the work you have undertaken. To find out more about how to get your award, please [Contact Us](#).

We want to ensure that children of Key Workers know how grateful we are, and attached to this bulletin is a letter to the children we hope may cheer them up. We hope you would be able to share with all children of Key Workers in your school.

Child Bereavement UK have several short guidance films including:

- [Coronavirus – supporting bereaved children](#)
- [Supporting a bereaved child with Autistic Spectrum Disorder](#)
- [When you can't visit someone who is ill](#)

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

