



## 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:	<b>Mental Health Awareness Week</b>
Content:	Mental Health Awareness week runs from 18 <sup>th</sup> -24 <sup>th</sup> May and this year the theme is kindness. Being Kind can have a positive impact on mental health. It helps to reduce stress and improve your emotional wellbeing. ELSA Support has a great resource for all children and young people on kindness to yourself with their <a href="#">5 day challenge!</a>

Title:	<b>Acts of Kindness</b>
Content:	Being Kind is a great way to boost wellbeing for you, your family or friends. The Mental Health Foundation has some great ideas on how you can get involved in spreading <a href="#">Random Acts of Kindness!</a>

### 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>Mental Health Awareness week- Kindness</b>
Question	How can you be kind to yourself and others this week?
Activity	Do an activity that will support someone else to feel happier
Learning Objective	To learn about the different ways we can support ourselves and others to have good mental health
Learning	To identify the benefits of helping others and why it is important.

Outcome	
Resources Primary	<a href="#">Activities to encourage kindness and develop resilience</a> <a href="#">Power of Kindness calendar</a> <a href="#">Key stage 1 resource pack</a> <a href="#">Key stage 2 resource pack</a>
Resources Secondary	<a href="#">Activities to encourage kindness</a> <a href="#">How to support others during coronavirus</a> (Key stage 4)

### Did you know...

**ECFWS will be contacting all students in Year 9 from 24 May 2020. We would like your help in sharing the below message with parents of young people in this cohort. Thank You!**

Do you have a young person who is in Year 9 (Aged 13/14)?

If so, within the summer term, a member of the Essex Child and Family Wellbeing Service will be in contact with you. Together we will discuss how we can support your young person in starting to take responsibility for their own health and wellbeing, and anything we can do to support you as a family. As part of this, we will be asking to speak to your 13/14 year old directly to share any appropriate health information and ask if there is anything we can do to support them. If you have any further questions, then please [contact](#) your local Healthy Family Team.

The **Children and Young People Now** Awards 2020 close on 26th June. For more information and to nominate anyone that you feel has made a positive impact to the lives of children and young people [Click here](#).

### 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)