

Children & Young People's Health and Wellbeing Bulletin #6



3rd December 2020

Department of Education

Practical training materials for primary and secondary schools to use to train staff to teach about **physical health and fitness**:

https://www.gov.uk/government/publications/teacher-training-physical-health-and-fitness?utm_source=60f9f009-046c-4509-8fcd-25ccc15fc1ee&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Teacher training: healthy eating - Practical training materials for primary and secondary schools to use to train staff to teach about **healthy eating**:

https://www.gov.uk/government/publications/teacher-training-healthy-eating?utm_source=974cb2cd-725d-4f17-8cd1-adab89aa40d3&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Teaching about relationships, sex and health, Support and training materials for schools to help train teachers on **relationships, sex and health education**:

https://www.gov.uk/guidance/teaching-about-relationships-sex-and-health?utm_source=dd20490f-d427-4f81-95b9-2cb09576bc53&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Help pupils practise healthier habits this Christmas

Although we're sure lots of young people will be enjoying their favourite family snacks this Christmas - you can help encourage them to make healthier choices with our fun and flexible Change4Life resources.

From helping Tilly the Tooth make better dental health choices to assisting Rocky the Ranger with his sugar sums, our range of resources support the new **Relationships and Health Education curriculum** by showing young people what constitutes a healthier diet.

Our **Eatwell Guide** is a great way for teachers to demonstrate to children what proportion of food they should eat from the different food groups. You can download, print and send the guide home with pupils to provide meal inspiration to families during the holidays.

[Healthy eating](#) | [Overview](#) | [PHE School Zone](#)

Period products for schools

Awareness and uptake of this great scheme is still relatively low amongst eligible schools (41% across England). Students *do* need these products – [1 in 10](#) young girls in the UK have been **unable to access period products and this increased to [3 in 10](#) since the pandemic**.

If you're having trouble accessing the period product scheme please do get in touch with Simon from Phs: SimonBurton@phs.co.uk or give him a call: 01827 255500 option 3

<https://www.gov.uk/government/publications/period-products-in-schools-and-colleges/period-product-scheme-for-schools-and-colleges-in-england#period-pads>

Mental Health

TIME TO CHANGE Time to Talk 2021 takes place on Thursday 4 February.

The Power of Small - Time to Change Campaign

On Thursday 4 February 2021 we need your help to get children and young people across the nation talking about mental health. This Time to Talk Day we're focusing on the power of small – because a small conversation about mental health has the power to make a big difference. The coronavirus pandemic means that this Time to Talk Day might look a little different. You might not be able to get involved in the way that you usually would, but at times like this open conversations about mental health are more important than ever. Whether you get young people at your school, college or youth group talking about mental health online or in person, we have lots of resources, tools and tips to help you.

Start by signing up for our Time to Talk Day updates and ordering your free postcards and poster at the link below. We've also created a lesson/group session plan and an assembly plan to help get the conversation started. Sign up now: <https://www.time-to-change.org.uk/time-to-talk-day-2021>

A campaign to change the way people think and act about mental health problems

[Time To Change | let's end mental health discrimination \(time-to-change.org.uk\)](https://www.time-to-change.org.uk)

Better Health Every Mind Matters

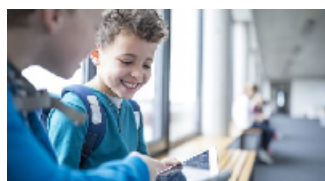
A recent national survey of children and young people showed that one in ten 11 to 22 year olds reported often or always feeling lonely.¹

Our **NHS approved *Every Mind Matters* Building connections resource** for Year 6, KS3 and KS4 aim to encourage young people to discuss loneliness and provide them with self-care techniques they can use when they're feeling lonely.

These resources include engaging peer-to-peer activities such as forming a support squad to give advice to others who might be feeling lonely, drawing diagrams to explore the different levels of connection a person can have and creating paper chains of connection.

Head to the School Zone today to download **Building connections** and discover other health and wellbeing resources to support your class.

[Mental wellbeing | Overview | PHE School Zone](#)



Schools Newsletter



November 2020

TEAM MEMBER OF THE MONTH

Hi, my name is Michelle. I am a Supervising Practitioner for Compass. I have worked in mental health for 12 years and have a degree in psychology and a post-graduate certificate as a Children and Young people Wellbeing Practitioner. I have worked in both adult and children's services as an Assistant Psychologist and following my graduate from the CYPWP course I have worked as a Mental Health and Emotional Wellbeing Practitioner within CAMHS delivering both low and higher intensity interventions. I have a real passion for improving children and young people's quality of life and reducing the lasting effects of mental health difficulties. In my spare time I enjoy keeping fit and family time. We have two lop-eared rabbits called Julian and Isabelle who are really cute.



GET IN TOUCH



01472 494 250



nelincsmhst@compass-uk.org



compass-uk.org/nelincsmhst

A health & wellbeing update from the team!

We are excited to share Compass Go... are now starting to deliver face to face interventions in schools and colleges in North East Lincolnshire! Covid-19 has not got the better of us and we continue to strive to provide wellbeing support to local children and young people. It was a tense month with the second lock down announced and all Compass Go staff returning to working from home again. The team have been busy liaising with schools and the first link sessions have been taking place with the Designated Mental Health Leads (DMHLs). We are also thrilled to say that both Educational Mental Health Practitioners (EMHPs) and Supervisors have finished attending university with only portfolio hand in dates looming for a January submission.



Links Sessions

We have been busy building relationships with Designated Mental Health School Links (DMHLs). The supervising practitioners have begun to contact schools to discuss the implementation of monthly 'link sessions.' Some of these have already started taking place and are proving to be successful.

The aim of the link sessions is to form links with the DMHLs in each school. The link sessions will be focused on embedding a whole school approach to mental health. These sessions will also promote partnership working including advice support and consultation.

Recruitment

Our team is expanding, and we are pleased to announce we have successfully recruited a new service manager. The new service manager will be starting in post in the beginning of December 2020 and we can't wait to welcome them on board.

We are also in the process of shortlisting for our five new trainee EMHPs. We have had lots of interest in these training posts and are looking forward to interviewing some exciting candidates.

The capacity of the team will also start to increase come December now that staff are finishing their studies at the University of Sheffield.

Returning to face to face support

Despite the pandemic we have managed to liaise with schools to implement a safe return to face to face intervention. This is not yet possible in all schools and colleges, but we hope that when Covid-19 infections are back under control we will be back to business as usual.

We acknowledge that some children do struggle to engage virtually. Some children do not have the means to access virtual support at all. Therefore, staying safe whilst providing face to face support is high on our agenda right now.

Covid-19 Support for parents

Following the success of our last covid-19 support for parent's webinar we have agreed to do another. Parents have reported finding the webinars very helpful in promoting their knowledge and confidence in supporting their children during these unprecedented times. This will take place on 2nd December @ 6pm-8pm. Please contact us if you would like more information.



