

Children & Young People's Health and Wellbeing Bulletin Monthly 1

18th February 2021

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

PSHE Coordinators Meeting (April & June): ask the local experts Q & A session

From the feedback from the RSE and HE survey, you have said you would like to take part in a virtual network. I want to take this opportunity to coordinate an RSE & HE network for North East Lincolnshire. This will provide an opportunity to promote and share good practice from other schools, resources, local experts guest speakers and give a chance to discuss the latest development within the RSE and HE statutory guidance.

Upcoming Dates

22ND April 2021 15:30-16:45

10th June 2021 15:30-16:45

Agenda

- Q&A opportunity with professional guest speakers
- Open discussion: are you ready for RSE & HE implementation
- RSE & HE updates

This is a session in place to benefit you as much as possible, so there is an opportunity for questions and answers. If you have any queries or would like to add anything else related to the session, please send them to us before the sessions take place

Please make your booking via Eventbrite <https://www.eventbrite.co.uk/e/pshe-coordinators-meeting-ask-the-local-experts-q-a-session-tickets-120161838293>

For further information,
call or email Laura Peggs
01472 325776 or
laura.peggs@nelincs.gov.
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Sexual Health Awareness Session

Relationships and Sex Education Statutory Guidance requires teachers to cover the theme - Intimate and Sexual Relationship, including Sexual Health. Pupils need to know all aspects of keeping healthy and safe, including sexual and reproductive health and wellbeing. Virgin Care are holding an awareness session for teachers and pastoral staff within secondary education to cover this theme.

Date Thursday 29th April 2021 15:30-17:00

Agenda

- Local data on STIs
- STIs facts and testing
- The facts about contraception and the options
- Information about the local sexual health service, including c - card scheme.

On booking, participants will need to provide their full postal address, as all new branded Virgin Care and Live Well Young People materials will be sent to that address.

The session will be online, taking place on Microsoft Teams. Once your booking has been successfully completed, please add the date to your diary as you will receive a link to join the meeting a few days before it is due to take place.

Please make your booking via Eventbrite:

<https://www.eventbrite.co.uk/e/sexual-health-awareness-tickets-138750952835>

For further information, please call or email:

Jill Ladlow (Virgin Care) 01472 330143 jill.ladlow@virgincare.co.uk

Laura Peggs (NELC) 01472 325776 laura.peggs@nelincs.gov.uk

NHS New Healthy Year Calendar to support healthier habits

The new **Our Healthy Year Calendars, for Reception and KS1 and KS2**, can support young people to build healthier habits this year.

The flexible, downloadable calendars can be used in the classroom or via remote learning to inspire pupils to eat well, move more, and be mindful of their wellbeing - wherever they are.

Our calendars are interactive and link to the PSHE and Relationships and Health Education curricula. They include fun facts, jokes and challenges such as making up a dance or seeing how many different colours of the rainbow your pupils can eat for lunch!

Download now

For Teachers

While you're helping pupils build physical activity into their daily routines this year, we want to support you to do the same. No matter how much you do, physical activity is good for your body and mind.

Find out more

SEND

“The SEND Annual Survey has been relaunched. It takes about five minutes to complete. Have your say as a child or young person or a parent or carer on the ‘[Have your say](#)’ section of the SEND Local Offer website.”

For info: this is the long link to the survey that is hyperlinked for accessibility above- <https://sendlocaloffer.nelincs.gov.uk/home/have-your-say/>

The Special Educational Needs and Disabilities (SEND) Local Offer website has launched!

The [Local Offer](#) is your main hub for special educational needs and disabilities in #NEL.

The Local Offer is updated regularly with updates from local services, links to SEND support, learning, fun and advice for SEND children and young people, their parents and carers and professionals.

Are you a professional who uses the site? A young person with creative ideas you want to see come to life? Or a parent or carer with a clear view for what support you need featuring? Be involved in co-producing the website. Contact the Local Offer Engagement Coordinator Lauren Thompson at lauren.thompson2@nelincs.gov.uk or call 01472 323337.

If you have any questions about local SEND please contact sen@nelincs.gov.uk.

[NELC SEND Local Offer | Home \(nelincs.gov.uk\)](#)

School Nursing

PHS Direct

Even though schools and colleges are closed, they can still register for free period products, fully funded by the DfE! Order yours now to stamp out stigma, put period poverty in the past, and ensure access to period products for all.

To register your school for free product, please contact PHS on either 01827 255500 (option 3), or email periodproducts@phs.co.uk

Education

Primary Futures, is a national organisation that connects primary schools with inspirational, diverse volunteers from a range of careers, who come to school to talk to children about their jobs and show how what they are learning at school can lead to an interesting, exciting future (please note this has been done virtually during the pandemic).

Children begin to form stereotypes about occupations, careers and universities from the age of six, research by the National Foundation for Educational Research has found.

Having the opportunity at primary school to meet a wide range of people doing different jobs is really important. Primary Futures in school activities:

1. feed children's curiosity
2. break down gender stereotypes
3. opens their eyes to future possibilities

We know that for children of primary age, making a connection between what they learn in the classroom and how it relates to the world of work isn't easy. Primary Futures is intended to change that. Children who can see the relationship between what they are learning and the possibilities it opens up for them in later life are likely to be far more motivated to achieve.

The following provides more information about this initiative:

1. <https://primaryfutures.org/>
2. <https://www.inspiringthefuture.org/schools-and-colleges/virtual-interactive-sessions/> a look at the virtual interactive activities available to organise through Inspiring the Future
3. <https://www.educationandemployers.org/inspiring-bradford-launched-today/> Lots of details about bringing Inspiring the Future and Primary Futures to Bradford
4. <https://icould.com/> open access online website hosting over 1,000 volunteer videos telling their careers story. Also includes the Buzz Quiz, aimed at secondary school and FE college students

For more information contact John Killeen, North of England Primary Futures
Lead johnkilleen53@outlook.com

Creative Connections Competition

Children and young people aged 11-25 are invited to creatively share their perspectives on the theme of '**reducing loneliness and isolation through creative connections**'.

You can share your perspectives on the theme through a poem, short story, letter, script, song or article if you enjoy writing. For the more artistic you might share a drawing, poster or photograph. Or for those who prefer more digital methods you could send us a podcast or short film clip.

The competition is open from 1st to 31st March 2021 and is being organised and promoted by Youth Action who are the local youth voice and social action group for young people aged 11-25 years in North East Lincolnshire they are part of the National Young Advisors network and this work is funded

through Lottery funding for the #Togetherproject The Youth Action group are working in partnership with Hammond House Publishing so that some of the work can be published. To find out more about Hammond House go to www.hammondhousepublishing.com The project aims to hear and share young people's perspectives on the theme and to connect them through creative activities.

To get us started Hammond House are delivering some taster sessions via Zoom during February half term for young people who would like to learn more about 'the secrets of story telling' 'song writing' 'writing for wellbeing' and 'script writing'

<i>Writing for Wellbeing</i>	Tuesday 16th February	11.00am - 12.30pm
<i>Secrets of Storytelling</i>	Wednesday 17 th February	11-00am - 1.00pm
<i>Song writing</i>	Thursday 18th February	19.30pm - 21.00pm
<i>Scriptwriting</i>	Friday 19th February	11.00am - 1.30pm

Places are limited for these workshops so to book your place please email Pippa.curtin@nelincs.gov.uk with your name age and the workshop(s) you are interested in and we will be in touch with availability and further information including joining instructions.

We will look at further dates and other taster workshops through March with Hammond House and other Creative people in the area so please do let us know if you are interested in finding out more about these too.

Further information will be available soon on the competition including the link to the entry form. If you have any young people who would like to register their interest and receive the further information directly to their email please ask them to send their details to pippa.curtin@nelincs.gov.uk

Mental Health and Emotional Wellbeing

Lesson plans on **Sleep and Social Media** have gone live on the School Zone, PHE's free teacher website. They are suitable for Year 6 and KS3&4 lessons both in the classroom and at home and feature content co created with both teachers and young people.

The resources will be marketed to teachers in the week commencing 25th January via email and paid social activity. They complement a wide range of other [Mental Wellbeing Resources](#) that support teachers to deliver the new RSHE statutory guidance.

Covid-19 Resource for Primary Schools



Covid-19 Resource
for Primary Schools (E

[Covid-19 Resource for Primary Schools \(Emotional Health and Wellbeing\)](#)

Covid-19 Resource for Secondary School



Covid-19 Resource
for Secondary School:

[Covid-19 Resource for Secondary Schools \(Emotional Health and Wellbeing\) \(1\)](#)

North East Lincolnshire Local Offer for Educational Settings



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Better Health -Every Mind Matters Campaign Launch

The campaign is being supported by the NHS, local authorities and a range of mental health charities, health organisations as well as other charities and commercial sector partners.

[The Every Mind Matters platform](#) has been continuously updated to support people during the COVID-19 outbreak, and has a [COVID-19 hub](#) that includes tips and support on how to deal with change, cope with money worries and job uncertainty and how to look after your mental wellbeing while staying at home. It also includes practical tips and videos from experts on dealing with [stress](#) and [anxiety](#), boosting your [mood](#), [sleeping](#) better and what you can do to help others – including advice for [parents](#) and for [children and young people](#).

Training

Modern Slavery Workshop

Modern slavery training

The UK government estimates that there are tens of thousands of people in slavery in Britain today. UK nationals make up the biggest group of potential victims and it's happening here in North East Lincolnshire.

To help tackle modern slavery and raise awareness we are providing free training for Council employees, partner agencies, statutory bodies, businesses and voluntary / charitable organisations in North East Lincolnshire.

These sessions will use real life case studies and look at the vulnerabilities of victims and explore possible interventions.

It is recommended that you will have attended one of the previous training sessions or have some knowledge of modern slavery in order to participate in these workshop sessions. . They will be online sessions and be held on Microsoft Teams. You will be sent joining instructions prior to the date booked. The sessions will last approx. 35 mins

Dates are:

Monday 22nd February at 10am – modern slavery training workshop

Tuesday 9th March at 1pm – modern slavery training workshop

To book on to an event please visit

<https://www.eventbrite.co.uk/o/north-east-lincolnshire-council-12790924070>

Please contact Victoria.henley@nelincs.gov.uk with any questions.

Modern Slavery and Human Trafficking- Humberside Police Operation Wilberforce Team

The training has a different angle as it looks at MSHT from the police perspective. Please forward the link to interested colleagues and encourage people to book onto the sessions.

<https://www.eventbrite.co.uk/e/modern-slavery-and-human-trafficking-training-by-the-op-wilberforce-team-tickets-138780788073>

The training will last approx. 1 hour and will be hosted on Microsoft Teams.

Community

Sector Support Signposting- North East Lincolnshire Partnership

<https://www.sectorsupportnel.org.uk>



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