



Physical Activity

Change4Life partners with Disney to create fun and easy ways to inspire pupils to move more with their favourite characters

Free and curriculum-linked [Physical Activity Teaching Resources](#) include:

- Active School Assemblies
- Active ideas for throughout the school day
- Best practice case studies and top tips
- Short videos
- Take home pack

Nutrition – Resources

Curriculum linked [Fun and free resources](#) for Reception, KS1 and KS2 resources developed with nutritionists and tested with teachers and pupils to help young people and their families learn what's in their food and how they can make healthier swaps including:

- Maths and English Resources
- Differentiated worksheets
- Display board printouts
- Easy recipes that can be used across the curriculum

Looking after your teeth

- [Tilly the Tooth Science Lesson Plans](#) for Years 1 to 6 are the first national dental resources for schools
- Developed in consultation with dental specialists these resources show pupils how sugar can affect teeth through a simple science experiment.

Top tips to support children and young people with their mental health



Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

[How to start a conversation with your child](#)



Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

[Help with difficult behaviour and emotions](#)



Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

[The Anna Freud Centre support guide](#)



Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

[Sleep tips for children](#)

Training Opportunities

Assessment in RSE

Bookings at: <https://www.eventbrite.co.uk/e/assessment-in-rse-tickets-166794323311>

Aims of the session:

- To consider the new RSE & HE guidance and the requirements for assessment
- To identify appropriate assessment models for different circumstances
- To consider how assessment can be used in the RSE classroom and how our practice can be improved
- To share best practice

Available Dates	Time
Wednesday 13 th October 2021	3:30pm - 4:30pm

RSE Policy Development

Bookings at: <https://www.eventbrite.co.uk/e/rse-policy-development-tickets-165103833009>

An RSE policy is a requirement for all schools to have in place. It should sit within your whole school approach to health and wellbeing and links with your school ethos, safeguarding and equal opportunities policies.

The course will cover:

- What should be in your policy
- Right to withdraw
- Engagement with parents

Available Dates	Time
Wednesday 3 rd November 2021	3:30pm - 4:30pm

Pornography in RSE

Bookings at: <https://www.eventbrite.co.uk/e/pornography-in-rse-tickets-164827675013>

Aims of the session:

- To understand what the statutory guidance says about pornography
- To gain knowledge and confidence in delivering what young people need to learn
- To be able to provide an inclusion and safe classroom practice
- To gain ideas and tips on how to handle a RSE session

Available Dates	Time
Wednesday 10 th November 2021	3:30pm - 4:30pm

Sexual Health Awareness session

Bookings at: <https://www.eventbrite.co.uk/e/sexual-health-awareness-session-tickets-168113517055>

Covered in the session:

- 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

Available Dates	Time
Thursday 7 th October 2021	3:30pm - 5:00pm

Alcohol Education Trust – SEND training

Bookings at: <https://www.eventbrite.co.uk/e/alcohol-education-trust-send-training-tickets-168436731799>

Following the training schools will:

- Be equipped with knowledge, resources, tools and strategies to empower young people to make safe choices around alcohol
- All participants will receive download information for:
 - Talk About Alcohol Teacher Manual and Guidance which incorporates six readymade Powerpoint lessons that are ready to go following the training
 - Four readymade SEND Powerpoint lessons
 - Four Talk About Alcohol conversation starter films

Available Dates	Time
Thursday 14 th October 2021	3:30pm - 4:45pm

The Schools Local Health and Wellbeing Programme

Why is health and wellbeing a priority right now?

- There has never been a better time to prioritise health and wellbeing than now.
- COVID-19 has had an enormous impact on all our daily lives. It is likely to affect children, young people and adults in many different ways i.e. directly by bereavement and illness or indirectly through job loss, reduction in available money, availability of food, increased numbers of domestic abuse and mental health issues.
- Schools need to provide a safe and supportive environment for their pupils, staff, and community.

North East Lincolnshire Council, Public Health and CCG have worked in partnership to create a school offer to support education settings to promote health and wellbeing through your settings and meet the Statutory Guidance for Relationships, Sex and Health Education.

We will be holding a webinar to showcase the local offer to you, free of charge.

Available Dates	Time
Wednesday 13 th October 2021	2:00pm – 3:00pm
Wednesday 3 rd November 2021	9:00am – 10:00am

The sessions will be online, taking place on Microsoft Teams. Once your booking has been successfully completed, 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/the-local-schools-health-and-wellbeing-programme-tickets-180020515207>

SECONDARY PSHE Coordinators Meeting: ask the local experts Q & A session

At the November meeting there will be a confirmed guest speaker from the Alcohol Trust.

Available Dates	Time
Thursday 23 rd September 2021	3:30pm - 4:30pm
Thursday 18 th November 2021	3:30pm – 4:30pm
Thursday 20 th January 2022	3:30pm – 4:30pm
Thursday 24 th March 2022	3:30pm – 4:30pm
Thursday 19 th May 2022	3:30pm – 4:30pm

The sessions will be online, taking place on Microsoft Teams. Once your booking has been successfully completed, 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/pshe-coordinators-meeting-ask-the-local-experts-q-a-session-secondary-tickets-167442678559>

Important Information & Key Dates



In order to support your students this **World Mental Health Day** (10 October), PHE created a new **Self-care resource** to help students explore what self-care techniques work for them. Our range of bite-sized activities cover topics such as *mindfulness*, *connecting with others* and *kindness*, and are supported by engaging videos and personalisable bullet journals.



School Nurse Referral Form – School nursing also has a dedicated confidential line that young people can contact for advice and support. This is manned Monday to Friday 9-5 by qualified school nurses with additional Public Health specialist qualifications. The text service is a safe and secure platform for children and young people to discuss any concerns, questions or worries they may have.

[Visit Website](#)

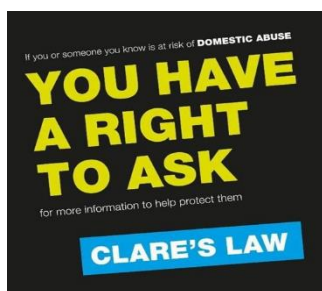


Advice and information to help keep children safe both on and offline

[Parents Protect - Internet Safety](#)



The new smoke free NHS/PHE Better Health app to download on app store or google play/google play use or advise your clients to use for support includes a new game [Quit smoking this Stoptober - Better Health - NHS \(www.nhs.uk\)](#)



25 November to 10 December 2021

The 16 Days of Action against domestic violence campaign is a time to take action to end violence against women and girls.

<https://16daysofaction.co.uk/the-campaign/>



1st - 31st October 2021

Raising awareness of ADHD, removing the stigma and highlighting the support available.

<https://adhdawarenessmonth.org>



15 October 2021

Global Handwashing Day is an annual global advocacy day dedicated to advocating for handwashing with soap as an easy, effective, and affordable way to prevent diseases and save lives. Global Handwashing Day was founded by the Global Handwashing Partnership, and is an opportunity to design, test, and replicate creative ways to encourage people to wash their hands with soap at critical times. Global Handwashing Day is celebrated every year on October 15th.

<https://globalhandwashing.org/global-handwashing-day/>



15 - 19 November 2021

The Anti-Bullying Week theme is "One Kind Word"

[Anti-Bullying Week \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk)



15 – 21 November 2021

The aim of Alcohol Awareness Week is to get people to think about alcohol – how it affects us as individuals, families, communities and society.

<https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week>



13th November 2021

Celebration of kindness in society and day to day life. Individual acts of kindness are encouraged on this day.

<https://kindnessuk.com>



15 - 21 November 2021

The UK's biggest road safety event aims to inspire schools, organisations and communities to take action on road safety.

<https://roadsafetyweek.org.uk>