

Children & Young People's Health and Wellbeing Bulletin 8#



14th January 2021

*As we return, to our school settings again with difficulties and challenges ahead.
It is essential you keep safe and look after yourselves; you are important too.*

If you feel you require wellbeing support for yourselves or family, we are here to help at the Wellbeing service, we can support with emotional, physical health, healthy eating, weight management, stop smoking support, and building confidence.

Support can be provided in a variety of ways including face to face, by telephone, email or online. The Wellbeing Service are based in GP surgeries and community venues and will aim to find the most convenient place for the client.

Self-referral can be made by calling 01472 325500.

Website: <https://livewell.nelincs.gov.uk/your-wellbeing/wellbeing-service/> (There is also an online referral form which can be accessed from this link).

<https://livewell.nelincs.gov.uk/> You can complete your own wellbeing check in

With this in our minds, Mental Health continues to have a large impact on our children and young people, we need to focus on the implementation of The RSE and HE Statutory Guidance and how we can use The Whole School Approach to help our setting move forward in a safe and effective way.

This is the 8th edition of The Children and Young People's Health and Wellbeing bulletins, these have been issued fortnight; however, we will be moving to monthly. The next issues will be February 18th. If there is something, we feel you should know, we will send out additional issue. Things are happening at a vast pace and government advice is changing quickly, we will do our very best to keep you up to date with all the latest national and local guidance.

If you would like anything covering that is not in the newsletter, please let us know and we may be able to add it to the next bulletin.

All the past issues are still available to view on the www.together4all.co.uk website under the newsletter section.

Please also, search the website for new training course and dates and all key dates for the year ahead.

Take care everyone

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

Core Messages supporting implementation of statutory Relationships Education, Relationships and Sex Education and Health Education (RSHE)

PHE School Zone

PHE provides free curriculum-linked teaching resources plus information for school leaders hosted on the School Zone website. Resources include:

- Fun flexible teaching resources for primary school from Change4Life covering nutrition and physical activity
- Every Mind Matters Mental wellbeing resources for Y6 and KS3&4 centred on youth generated videos
- Sign up to our newsletter to hear when new resources are available at <https://campaignresources.phe.gov.uk/schools>

Every Mind Matters for schools

[Every Mind Matters for schools](#) launched in September 2020 and aims to empower young people (ages 10-16) with a toolbox of self-care strategies to support their mental wellbeing and build their resilience.

- Content is co-created with teachers and tested in the classroom with students. The lesson plans are approved by the NHS and the PSHE Association.
- Lesson plans include Every Mind Matters video content co-created with young people and hosted on the [Every Mind Matters youth-facing site](#).

Change 4 Life – eating well & moving more KS1&2

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 print-outs
- 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.

Mental Health

Below link is regarding a campaign from the Mental Health Foundation, could be a useful alternative to New Year's resolutions for some.

https://www.mentalhealth.org.uk/blog/new-year-theme-for-yourself-2021?bbeml=tp-EbFsTopOv0SfkgIhAgzciA.jhNI9rT800mOv4ROBX3Jlg.r4k6MR7mdFUS_IJh-Mq1N6Q.IP26Ay7SkIEK6sA7bqZlitg

Teaching support and Schools

Net Aware brings together the NSPCC's expertise in protecting children and O2's tech know-how, we've got everything you need to help you keep your kids safe

Keeping you up to date with the latest news and advice around the apps, sites and games your kids are using. Tips on keeping them safe online during lockdown and beyond.

<https://www.net-aware.org.uk/>

Primary Futures

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, 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:

- o feed children's curiosity
- o break down gender stereotypes
- o 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.

Getting the chance to meet a wide range of people doing different jobs is particularly important for those children from disadvantaged backgrounds who have few successful role models, either at home or in their local communities.

Primary Futures helps children understand how achieving at school can lead to a satisfying, fulfilling career.

Primary Futures connects primary schools around the country for free to people from a wide range of jobs and different backgrounds via a secure online database – from apprentices to CEOs, archaeologists to zoologists.

The following can help to give context and ideas about this initiative:

- <https://www.educationandemployers.org/inspiring-bradford-launched-today/>

Lots of details about bringing Inspiring the Future and Primary Futures to Bradford

- <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

- <https://www.inspiringthefuture.org/schools-and-colleges/virtual-interactive-sessions/>

a look at the virtual interactive activities available to organise through Inspiring the Future (aimed at both secondary and primary)

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

Community

Please find attached the update Covid Fraud advice from Humberside Police.



COVID protect advice
document.docx

OPERATION ENCOMPASS

Are you concerned about a child or children in your school who are experiencing domestic abuse?

Would you like FREE advice and a professional dialogue with an Education Psychologist about how to best support them?

Call the Operation Encompass Teachers' Helpline

0204 513 9990

(Charged at local rate)

Monday to Friday 8.00am to **EXTENDED TO 1.00pm**

Funded by

Home Office

Department for Education

The poster features a blue background with a large, fluffy white teddy bear on the right side. The text is in white and yellow, providing contact information for the Operation Encompass Teachers' Helpline.

Please find above Operation Encompass Teachers' Helpline Poster which has been produced by Op Encompass.

The calls to the Helpline are answered by Child Psychologists. There is no paperwork required, no threshold and no cost.

The Helpline is funded jointly by the Home Office and Department for Education.

<https://www.operationencompass.org/>