

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



9th September 2020

COVID-19

- The Department for Education has [updated its advice](#) on face coverings for staff and children in Year 7 or above in England. Nationwide, while the government is not recommending face coverings are necessary, schools will have the discretion to require face coverings in communal areas if they believe that is right in their particular circumstances.

Mental Health and Emotional Wellbeing

- [Mentally Healthy Schools](#) – Created fortnightly coronavirus toolkits, you will find videos, practical activities, top tips, and expert advice to guide you through this challenging time. You will find a toolkit on Managing Transitions which you may find useful.
- Anna Freud - [Managing the transition back to school: a guide for schools and colleges](#)
- Kooth have created a section of group and individual activities for students, aimed at raising their emotional health and wellbeing. See the document below. Remember, Kooth is available for young people between 11-25 years and if your setting would like more information on how to promote Kooth, please contact Eleanor Gilkison on egilkison@xenzone.com



Activities Brochure
Kooth (Transitions).pd

- [Winston's Wish](#) have created online bereavement training for schools. Free online training courses to help teachers and school staff understand how to support grieving children and young people in their school.
- [Rise Above](#) have created resources to help you teach PSHE curriculum topics to Upper KS2, KS3 and KS4 pupils, with flexible lesson plans and ready-to-use PowerPoints co-created with teachers, and video content developed with 10 to 16-year-olds
- Place2Be are offering a free online training programme on children's mental health to book on click [here](#)
- North East Lincolnshire's Local Offer for Educational Settings Guide – Social, Emotional, Mental Health



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

- [Together for All](#) – We've created an area, just for you, that has a range of resources to support and develop the curriculum. There is a section to tell people what is new and been added where
- From September 2020 Relationships Education will be compulsory for all primary school-aged pupils, RSE will be compulsory for all secondary school-aged pupils and Health Education will be compulsory for all pupils in primary and secondary state funded schools.

The available courses are:

- Are you ready for RSE?
- How to teach RSE effectively
- Assessment in RSE
- Tackling difficult questions and pornography

Please click of on the document below for more information:



RE RSE HE online
sessions.pdf

- The Department for Education have released “[Guidance for full opening: schools](#)” which recommends use of e-Bug resources to support teaching children about hygiene measures. Educators could use [e-Bug](#) to [prepare for the full opening of Schools](#) in September by:
 - Completing **free e-learning** to improve knowledge and confidence to teach children and young people about microbes and how to prevent the spread of infection
 - Displaying ‘Hand hygiene’ and ‘Cover coughs and sneezes’ **posters** in bathrooms, handwashing stations, classrooms, and shared spaces
 - Sharing “My Back to School Bubble” **e-storybook** for parents/carers to read with younger children to help them understand new COVID-19 protective measures and tackle anxiety about returning to school
 - Using **lesson plans/activities** to teach about hand and respiratory hygiene in an engaging and age-appropriate way
 - All resources are free and can be accessed from [e-Bug’s COVID-19 webpage](#)

School Nursing

- The School Nursing Service will be continuing to support schools from September, all staff have the relevant PPE and will wear masks when on site if required. All schools will be allocated a Named School Nurse Link Worker and we ask that you arrange regular consultations with them to discuss children of concern, training, health promotion etc.
- The Influenza Immunisation Programme is due to commence from September – December (Reception – Year 7), Leisa Gaskell will be in touch with schools to plan these sessions.

- The Government have postponed the National Child Measurement Programme and we are still awaiting national guidance but expect we will be asked to start delivering this again in January.
- The Hearing and Vision Screening Programme for Reception children has also been postponed, however if you have any worries about a child please contact the service as we can still provide screening on a 1-1.
- General advice email: schoolnursingadvice@nelincs.gov.uk



NEL School Nursing
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