



A range of digital resources for the new childhood nutrition campaign are now available to download from the [Campaign Resource Centre](#). These include a [social media toolkit](#), digital screens and web banners. You can also now download the [Children's Healthier Eating Toolkit](#), with fun, easy to run activities to help support families to make positive changes to their diet. It's aimed at children aged 2-11 years and is perfect for use in children's centres, libraries, leisure centres, breakfast and after school clubs and other similar locations.

There is also a comprehensive schools programme, with new curriculum-linked resources available on the [School Zone](#), our dedicated website for teachers.

## FREED

Navigo has launched – FREED – First episode rapid early intervention for Eating Disorders – This is for 17.5 years to 25 years

This is an evidence based early intervention model for eating disorders, tailored to young peoples needs.

A young person can refer themselves to the service.

<https://rharianfields.co.uk/freed>





During National Walking Month in May, North-East Lincolnshire Council are offering some local primary schools the **Walk to School Week challenge** free of charge, including classroom packs and resources.

The **Walk to School Week challenge** is an annual **five-day walking challenge** for primary school pupils taking place between 16<sup>th</sup>-20<sup>th</sup> May. This year's challenge, **#PowerUp**, will engage pupils through video game-inspired design, **encouraging them to travel sustainably to school** every day of the week. Pupils will **discover the incredible benefits** of walking for individuals, communities and the planet while **receiving daily stickers** and an **end of week reward**.

To register your interest in receiving the fully funded Walk to School Week packs, please contact [Rebecca.Moss@livingstreets.org.uk](mailto:Rebecca.Moss@livingstreets.org.uk)



Flexible and accessible **NHS approved Sleep resources** were created for teachers, by teachers, to spark discussion among young people about the physical and mental benefits of sleep.

Featuring videos co-created by young people, our resources include engaging, bite-sized activities and advice on how to get a good night's sleep. Like all our resources, these lessons support Relationships Education and Health Education.

## Revised RSHE implementation guidance and new Political Impartiality in Schools guidance

On Thursday 17<sup>th</sup> February DfE has published a revised version of the RSHE implementation guidance, in parallel with publishing new guidance for schools on political impartiality. The political impartiality guidance includes sections on working with external agencies and choosing resources. To avoid duplication, DfE has taken the view to reduce the similar sections in the RSHE implementation guidance and include a link to the new guidance.

The relevant links can be found here: Revised RSHE implementation guidance: <https://www.gov.uk/guidance/plan-your-relationships-sex-and-health-curriculum>

Political Impartiality in Schools guidance: <https://www.gov.uk/government/publications/political-impartiality-in-schools>



- R;pple is a browser extension that stops people searching for harmful suicide and self-harm information and sharing support service information.
- The tool is free for Schools, Colleges, Sixth Forms and Universities.
- Here's a link to the r;pple website [R;pple Suicide Prevention \(ripplesuicideprevention.com\)](https://ripplesuicideprevention.com)
- R;pple discretely intercepting harmful searches and providing signposting to 24/7, free mental health support at a time when you are most vulnerable.

## Key Dates

### April 2022



#### Stress Awareness Month

April 2022

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures the modern stress epidemic. Find out more at: [The Stress Management Society - From Distress to De-Stress](#)



#### On your feet Britain

28 April 2022

On Your Feet Britain is a FREE and FUN way to reboot and energize your workplace habits. This year we're looking forward to seeing how every worker gets active for the #BigWiggle – wherever your desk may be. For information visit: [On Your Feet Britain \(onyourfeetday.com\)](https://onyourfeetday.com)



#### Global Intergenerational Week

25 April – 1 May 2022

Welcome to Global Intergenerational Week, a campaign connecting everyone who is passionate about everything intergenerational. In its third year, the week looks to inspire individuals, groups, organisations, local/national government and NGO's to fully embrace intergenerational practice, connecting people of all ages especially the younger and older generations.

<https://generationsworkingtogether.org/national-intergenerational-week>

### May 2022



#### Mental Health Awareness Week

9 – 15 May 2022

The week will raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it. Reducing loneliness is a major step towards a mentally healthy society.

[Mental Health Foundation announces 'loneliness' as theme for Mental Health Awareness Week 2022 | Mental Health Foundation](#)



#### National Share a Story Month

1 May – 31 May 2022

Spending just 10 minutes a day reading and sharing stories with children can make a crucial difference to their future plus it's a lovely thing to do! [Did you know May is National-Share-A-Story-Month? - World Book Day](#)





### **Deaf Awareness Week**

2 – 8 May 2022

Every day, you're likely to meet someone who is deaf or has some level of hearing loss. There are 12 million people affected in the UK, and they all face different communication challenges that can lead to frustration and loneliness. So, if you meet someone who is deaf or has hearing loss, ask them what you can do to make communication easier.

[Deaf Awareness Week | Get Involved | National Deaf Children's Society \(ndcs.org.uk\)](#)



### **National Children's Day**

15 May 2022

National Children's Day UK (NCDUK) is all about the importance of a healthy childhood, and how we need to protect the rights and freedoms of children and young people. It's a day of celebration, but it's also a great opportunity for anyone involved with children to raise awareness about projects they are running or things they care about. Get Involved – explore how to be kind.

[National Children's Day UK 2022 - HOME \(nationalchildrensdayuk.com\)](#)



### **Walk to School Week**

16 – 20 May 2022

Pupils will be encouraged to travel sustainably to school every day of the week, earning stickers as they go along, with a special reward up for grabs at the end of the week!

The #PowerUp challenge will take pupils through five, video game-inspired levels. In the process they'll learn about the social, road safety, health, environmental benefits of walking, encouraging sustainable travel habits for life.

[Walk to School Week | Living Streets](#)

[National Walking Month 2022 - Teaching Resources \(twinkl.co.uk\)](#)



## Training Dates

### **May 2022**

[PSHE Coordinators Meeting: ask the local experts Q&A session - Primary](#)

Online Microsoft Teams

15:30-16:30

Thursday, 12 May 2022

[PSHE Coordinators Meeting: ask the local experts Q&A Session - Secondary](#)

Online Microsoft Teams

15:30-16:30

Thursday, 19 May 2022

[Whole School SEND training](#)

Please see link above for courses, dates and booking instructions.