



## Weekly Schools Bulletin

A resource to support schools and families throughout the COVID-19 pandemic

**Audience:** Essex Schools  
**Author:** Essex Child and Family Wellbeing Service  
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Your ECFWS Healthy Schools and Public Health Team are coordinating family friendly activities, advice and guidance for teachers and parents covering themes outlined within national curriculum guidance on Personal Social Health and Economic (PSHE) education. We will be sharing these in the coming weeks on our Facebook pages, which can be found via our [website](#). These resources are easily adaptable at home, school or in 'virtual' classrooms. Teachers and parents are encouraged to visit our [COVID-19 Pandemic Resource Hub](#) for support and guidance during this time. We urge you to share this bulletin with your whole school community.

### PSHE activities (*Ideas to support emotional and physical health*)

Title:	<b>Digital Safety and Wellbeing Kit</b>
Content:	With the help of the leading privacy law firm Schillings, the Childrens Commissioner have produced a <a href="#">digital safety and wellbeing kit</a> for parents and a safety guide for children to help ensure they are safe, and their wellbeing is looked after while at home during the coronavirus outbreak when their screen time maybe higher than usual.

Title:	<b>Wildtime!</b>
Content:	The Wilderness Foundation has launched <a href="#">Wildtime</a> , activities to keep you and your family focussed, fit and entertained during the COVID-19 outbreak.

### Weekly Schools PSHE Challenge

Each week we will be setting schools a challenge linked to the PSHE curriculum to support wellbeing. Each challenge will be delivered as a question we want your pupils to consider and answer using a range of different ways eg. Podcast, poster, artwork, story, comic strip, newspaper report, mind map or power point presentation by school pupils. Teachers, parents, siblings and friends may provide support with this; alternatively the challenge can be completed independently. We are encouraging you to [share with us](#) the work being done so we can celebrate the amazing things you are doing to support pupil wellbeing at this time.

Topic	<b>Managing feelings and emotions</b>
Question	What can we do to help ourselves relax and stay calm?
Activity	Explore different ways/strategies to relax your body and stay calm
Learning Objective	To learn strategies to manage feelings of anxiety
Learning Outcome	Identify ways to help us feel better when we experience strong emotions

Resources Primary	<a href="#">Relaxation clip</a> <a href="#">Mindful movement</a>
Resources Secondary	<a href="#">Anxiety hack for teens</a> <a href="#">Breathing technique</a>

**Did you know...**

The British Psychological Society has released a [short paper](#) on teacher resilience during coronavirus school closures. It is designed as a reference guide and conversation starter on promoting teacher resilience.

**Do you need support regarding a particular child or young person?**

Your School Nurse is available to support you with the Health and Wellbeing needs of any child, young person or family you may have concerns about. Please contact your local team for further information:

Mid Essex      Tel: 0300 247 0014  
 North Essex    Tel: 0300 247 0015  
 South Essex    Tel: 0300 247 0013  
 West Essex     Tel: 0300 247 0122

**CHAT Health:** Our texting service remains active and is well resourced with highly skilled School Nurses. Young people have the opportunity to contact us directly.

Mid Essex School Nursing Service	07520 615731
South Essex School Nursing Service	07520 615732
West Essex School Nursing Service	07520 615733
North East Essex School Nursing Service	07520 615734

**Checkout our website** and search engine for services local to schools and your communities:

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)