



## 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 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>Water Safety</b>  |
| Content: | With warm weather, many of us rely on water based play to cool children down and provide some light entertainment. Here are some <a href="#">great tips</a> on making sure water based play is safe and fun! |

|          |  |
|----------|--|
| Title:   | <b>First Aid</b>   |
| Content: | British Red Cross have developed a <a href="#">First Aid Champions</a> , which can empower children and young people to learn vital first aid skills during lockdown. They have a home learning pathway available with both primary and secondary interactive resources. |

### Weekly Schools PSHE Challenge

Each week we will be setting schools a challenge linked to themes within your PSHE programme 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>Keeping safe - responsibilities</b>  |
| Question           | What do we do in an emergency?  |
| Activity           | Find out about what we should do in different emergency situations. Think about your actions and how you can get help from others |
| Learning Objective | To learn the skills needed in an emergency  |

|                     |  |
|---------------------|--|
| Learning Outcome    | To recognise how people react in an emergency and the importance of following basic emergency procedures             |
| Resources Primary   | <a href="#">Introducing first aid</a><br><a href="#">Child Safety week</a><br><a href="#">First aid for children</a> |
| Resources Secondary | <a href="#">First aid lesson plans and resources</a><br><a href="#">Water safety</a>                                 |

**Did you know...**

[Child Safety Week](#) (1<sup>st</sup> – 7<sup>th</sup> June 2020) is an annual campaign run by the Child Accident Prevention Trust to raise awareness of the risks of child accidents and how they can be prevented. There are free, downloadable resources, including parent packs looking at how to prevent accidents such as burns, poisoning and drowning.

The Training Effect has partnered with the University of Bath to develop a tool to collect opinions of adults and children in England and Wales linked to their experience of Lockdown, implemented due to the global COVID-19 pandemic. The survey can be accessed [here](#) and is completely anonymous. It is hoped feedback from the survey will provide insight at a local level.

**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)