



## 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*)

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|----------|--|
| Title:   | <b>Get wild at home this half-term!</b>  |
| Content: | <a href="#">Essex Wildlife Trust</a> have some interesting ideas on how we can connect with nature. Why not try making a salt dough creature or play wildlife bingo? |

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|----------|---|
| Title:   | <b>Play = social, emotional, intellectual and physical development</b>  |
| Content: | The importance of play for all ages has an even greater significance during this time. Take a look at the <a href="#">Play England</a> website and search their resources to share ideas with your pupils or to help you plan for June onwards. |

### 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.

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|----------|---|
| Topic    | <b>Play</b>   |
| Question | What are your favourite games that you like to play with your family?   |
| Activity | Play at least 5 different games over the half-term with your family. This can also be undertaken via a video call to family who do not live with you. Discuss the games that members of your family like to play and try these too. |
| Learning | To practice the skills (e.g. patience, problem solving etc.) needed in different types of   |

|                     |   |
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| Objective           | play (e.g. board games, imaginative play, physical play etc.)   |
| Learning Outcome    | To try different types of play and consider other people's ideas  |
| Resources Primary   | <a href="#">Nature play activity recipes</a><br><a href="#">Change for Life activities</a>                      |
| Resources Secondary | <a href="#">An A to Z of fun things to do without leaving the house</a><br><a href="#">Tate kids activities</a> |

### Did you know...

Whilst some school staff are working from home or working reduced hours this may be a good opportunity to complete or update their anaphylaxis training. The Anaphylaxis Campaign has developed [AllergyWise for Schools](#), a free online course completed through a 45 minute e-learning session.

The training will ensure staff are fully aware of:

- The signs and symptoms of anaphylaxis
- How to provide emergency treatment
- Implications for managing severely allergic children in school

### 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.

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|---|--------------|
| 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)