



April - July 2020

Children & Young People's Health & Wellbeing

Newsletter

The COVID-19 pandemic is a new and uncertain time for everyone and children, young people, families and professionals will all be affected in different ways. We have tried to consolidate all of the information, advice, guidance and resources we have been sent over the last couple of weeks and hope these help you in these challenging times.

Anna Freud



Self-care resource for On My Mind has many simple self-care activities which you can do at home. Written by young people to help other young people who are feeling low or anxious. The strategies should also be useful to adults.



I'm A Young Person Who Is Worried about the Coronavirus - What Advice Can You Give Me?



Supporting Schools & Colleges: A Guide To Supporting The Mental Health and Wellbeing Of Pupils and Students During Periods Of Disruption

Young Minds

Recognise that the anxiety people are feeling may come out in different ways for different people, so validating these feelings is a really helpful first step

Acknowledge how much you are carrying at the moment and how flexible staff are being in adapting to the situation

Accept that there are many things out of your control and that you can only work with what you have got – this might involve getting used to this feeling of discomfort and letting go of some of those perfectionist ideals.

Be reassured that this intensely difficult time will change and will be replaced by a different perspective

Find support to help you and your school cope in these uncertain times

Other Useful Resources



Guidance for Parents and Carers on Supporting Children and Young People's Mental Health and Wellbeing During the Coronavirus (COVID-19) Outbreak



Every Mind Matters



Looking After Your Mental Health During The Coronavirus Outbreak



Covibook – An interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: Child Friendly Explanation of Coronavirus



Coronavirus and Mental Health



Supporting Your Child During The Coronavirus Pandemic



What To Do If You're Anxious About Coronavirus



Talking To Your Child About Coronavirus and 10 Tips From Their Parents Helpline To Support Family Wellbeing

Place2Be



Guide To Helping Parents Answer Questions From Their Children and To Support Family Wellbeing



Coronavirus: wellbeing activity ideas for schools



Coronavirus: wellbeing activity ideas for families

Public Health England

Public Health England provides free, curriculum linked resources which offer ready-made PSHE lesson plans which map against the new RSE and Health Education statutory guidance



Rise Above for Schools

Rise Above for Schools focuses on building resilience and improving mental health in young people (10-16 year olds) and currently has resources available on a range of topics including:

- forming positive relationships
- dealing with change
- body image in a digital world
- puberty
- sleep

Change4Life

Public Health England also offers free, curriculum linked Change4Life resources on nutrition and physical activity for primary school children.

These include:

- Maths resources to help pupils get a better understanding of how much sugar they are consuming as part of their diet through the counting of sugar cubes
- Science experiments to show the effect sugar has on teeth
- Interactive whole school assemblies featuring Disney characters



www.together4all.co.uk

NEW One Stop Shop for All Schools Health and Wellbeing Information

We have expanded the Together for All website to include support for planning for the new Statutory requirements for Relationships Education, Relationships and Sex Education (RSE) and Health Education (Department of Education June 2019)

How Can This Help?

There are links to local and national intelligence and data on the website which will help you plan and support in RE/RSE delivery through PSHE curriculum, this should be well designed to ensure pupils needs are met and are taught the knowledge and skills they will need through life.

The website signposts you to high quality evidence based resources, lesson plans and national guidance of policy development which has been designed to help with each individual theme. This is a local lead website for schools and professionals to use with children and young people. It has a section about our fabulous local service providers with links to their contact details and how to access support.

The links with the new Ofsted framework is clear with a large focus on resilience, confidence and independence. Ofsted will also be looking at how the school is developing an age appropriate RSE education for all their pupils. We hope this website will help guide your journey.

Any information and how to access the website, please contact laura.peggs@nelincs.gov.uk

LGBT Stonewall

North East Lincolnshire Council recently joined Stonewall's Children and Young People Services (CYPS) Champions programme. This means you can now access support, training and resources from Stonewall, Britain's national lesbian, gay, bi and trans (LGBT) charity, to make educational settings more LGBT inclusive.

Stonewall's 2017 School Report shows us why we all need to be working towards creating more LGBT-inclusive education environments:

45% of LGBT pupils are bullied at school or college for who they are.

2 out of 5 LGBT pupils are never taught anything about LGBT issues.

What these statistics tell us is that the legacy of Section 28, the law that banned discussions of LGBT issues in schools, is still shaping the lives of children and young people across the country.

Stonewall was founded in response to Section 28, and we continue working to improve the lives of LGBT CYP. That's why we work with local authorities to support educational settings to become more LGBT inclusive. This is life-changing and, in some cases, life-saving work. Every child and young person deserves an education in which they see themselves and their loved ones reflected, and a learning environment where they feel accepted, safe and happy.



At Stonewall, our work won't be finished until all LGBT children and young people are accepted for who they are, without exception – at school, college and throughout their lives.

Sun Safety

Getting out in the fresh air is brilliant, it's good for our physical and emotional wellbeing. It's never too early to think about sun safety – even on cloudy days there are risks of getting sunburn.

The NHS' [advice and guidance for sun care for babies and children](#) is worth reminding ourselves of at any time of year, but especially with the summer months approaching.

Babies under six months should be kept out of direct sunlight.

During warm, sunny weather in the UK, children of all ages should:

-  Cover up with long-sleeved shirts and long trousers or skirts
-  Wear a wide-brimmed hat that covers the face, neck and ears
-  Wear sunglasses that protect against UVA and UVB rays
-  Use sunscreen (at least SPF15) and reapply it regularly throughout the day
-  Spend time in the shade, such as under a tree or umbrella, or in a sun tent (particularly during the middle of the day)

NEL Mental Health Support Teams

Compass is delighted to introduce our fantastic team of Education Mental Health Practitioners (EMHPs):



When the EMHPs are not completing their university studies, the team is working hard to plan and develop additional support services to support educational settings signed up to the trailblazer. Some of things we will be doing are:

- Providing information and advice over the phone **01472 494250** or by email nelincsmhst@compass-uk.org during normal office hours which are Monday to Thursday 9am to 5pm and Friday 9am to 4.30pm
- Sending regular bulletins with practical tips and exercises to support children, young people and staff wellbeing
- Supporting educational settings to complete a baseline audit of existing mental health and emotional wellbeing provision, culture and policy.

The baseline audit will not only help us to support your school in the long-term but it will also give us a deeper understanding of how we can support your school now during such difficult and uncertain times.

We will keep you updated on the MHSTs offer over the coming weeks, in the meantime if you have any questions please do not hesitate to get in touch.

You can also visit the help and support pages on our website; we have a dedicated page which provides a list of useful tools and resources to support children and young people's mental health and wellbeing during the current pandemic.

<https://www.compass-uk.org/help-and-support/parents-carers/parents-carers-emotions/coronavirus-mental-health-wellbeing/>

Resources

Covid-19

[Tips for Parents and Carers - PDF](#)

[PSHE and SEMH Resources Teachers March 2020 - PDF](#)

[Supporting Disabled People Through the Coronavirus Outbreak - PDF](#)

[Winston's Wish](#)

[How Are You Feeling?](#)

Cyber Prevent

Useful Links:

<https://www.thinkuknow.co.uk/>

<https://www.getsafeonline.org/>

<https://www.actionfraud.police.uk/>

Useful Videos:

[Online Radicalisation](#)

[Teenage cybercrime: Help your child make the right #CyberChoices](#)

LGBT - Stonewall

Stonewall have adapted their work to ensure LGBT inclusion doesn't slip off the curriculum during COVID-19.

Stonewall have developed a range of home learning resources which are perfect for pupils who would normally be attending mainstream or special educational settings, secondary schools or colleges:

[Free LGBT-inclusive cross-curricula resources for home learning](#)

New resources will be added to the hub each week

Whether you're just starting to think about LGBT inclusion or looking at ways to improve your current work, Stonewall is here for you. We offer practical [resources](#), including lesson packs for both mainstream and special settings. We also run a range of [training courses](#) for schools, helping them to tackle anti-LGBT language and bullying, challenge gender stereotypes, and ensure their setting is trans inclusive. Finally, we offer [training](#) for local authority officers on improving mental health and wellbeing outcomes for LGBT CYP.



KEY UPCOMING DATES:

April:

- 1st - 30th** Stress Awareness Month
- 2nd** World Autism Day
- 3rd** Walk to Work Day
- 7th** World Health Day

May:

- 1st - 31st** National Teen Self-Esteem Month
- 11th** National Vegetarian Week
- 12th** International Nurses Day
- 20th** Walk to School Week
- 16th** Mental Health Awareness Week

June:

- 1st** International Children's Day
- 1st-30th** Pride Month
- 5th** World Environment Day
- 17th** Children's Hospice Week/ Learning Disability Week
- 18th** Autistic Pride Day
- 22nd** World Wellbeing Week

July:

- 1st** Talk to Us
- 24th** Samaritans Awareness Day

Links for young people to access support:



07507331620 - Chat Health
- confidential text service
for 11-19's run by school
nurses. Offers support for
mental & sexual health

www.nelincs.gov.uk/areyouOK

www.kooth.com - Online
counselling for young people

www.happymaps.co.uk