



## 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  
**Issue:** 1.

Your ECFWS Healthy Schools and Public Health Team are coordinating family friendly activities, advice and guidance that fall in line with the PSHE curriculum. We will be sharing these across our Facebook pages in the forthcoming week. These resources are easily adaptable and may be something you want to use in school. Please share this with your whole school community.

### PSHE activities (*Ideas to calm the mind and body*)

|          |   |
|----------|---|
| Title:   | <b>Cosmic Kids</b>  |
| Content: | <p>Why not try some <a href="#">free fun stories and yoga</a> with your children?</p> <p>Children derive enormous benefits from yoga. Physically, it enhances their flexibility, <a href="#">strength</a>, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.</p>              |
| Title:   | <b>Managing Adolescent Anxiety</b>  |
| Content: | <p>Being a teen is hard, particularly with the additional worries you may be having about loved ones due to COVID-19. <a href="#">Action for Happiness</a> has some simple and effective resources that aim to help you down when you are feeling anxious. <a href="#">Headspace</a> is also a great resource for mindfulness techniques.</p> |

### Did you know...

The PSHE association have developed a [coronavirus hub](#) to support home learning. The resource contains home learning session plans, guidance for schools and parents, podcasts, CPD e-learning opportunities and more.

The Anna Freud Centre has produced guidance for schools on how to support staff wellbeing during periods of disruption. You can download [here](#).

### 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

