



## 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:** 2.

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. You can also visit, or direct families to, our [COVID-19 Pandemic Resource Hub](#) for support and guidance at this time. Please share this with your whole school community.

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

<b>Title:</b>	<b>Talking to children about their Emotional Health</b>
<b>Content:</b>	It can be hard to get your child to talk about their feelings without bombarding them with questions. Juvenile Idiopathic Arthritis at the National Rheumatoid Arthritis Society has developed <a href="#">a film</a> to help you navigate ways to talk to your child about their emotional health.

<b>Title:</b>	<b>Exercise at home</b>
<b>Content:</b>	There are lots of online resources to help you Exercise at home, to suit all ages and abilities. NHS <a href="#">10 minute shake ups</a> are one of our favourites - with lots of Disney inspired games for the family to enjoy. Sport England's Stay In, Work Out <a href="#">campaign</a> and <a href="#">Active Essex</a> have lots of other great ideas too.

### Did you know...

In light of COVID-19 and the current pressures on all of our services the ESCB website has a new dedicated [Coronavirus webpage](#), which aims to provide a single point of access for anyone needing information and resources in relation to safeguarding children and young people.

Essex Livewell Campaign has some excellent resources, tips and advice on managing conflict to maintain Healthy Relationships. Visit their [website](#) for all the information, or share the attached poster with your school community.

### 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

