



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 curriculum 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:	Safely keeping Children and Young People connected
Content:	With schools out for the foreseeable, it is inevitable the children and young people will be missing their friends. Internet Matters has some brilliant advice on how to set up virtual play dates so everyone can feel connected. For younger children it supports you to video chat, set up parent groups and more. For older children you can access all the information you need to understand apps like Houseparty and advice regarding cyber bullying.

Title:	Emerging Minds
Content:	Emerging Minds COVID-19 webinar series has been developed in collaboration with the Mental Elf. It is running a series of webinars on a range of topics focussed on children and young people's mental health and wellbeing at this time. You can access the timetable and details of how to join here .

Did you know...

Axel Scheffler, the award-winning, internationally-acclaimed illustrator of some of the most well-loved children's books (such as *The Gruffalo*) has illustrated a [digital book](#) for primary school age children. The book is free for anyone to read on screen or print out, about the coronavirus and the measures taken to control it.

The 20 – 26 April is Stalking awareness week. **Stalking** is defined as fixated, obsessive, unwanted and repeated behaviour. It may seem normal and ordinary in isolation, for example receiving a text or phone call, but when it is repeated and alongside other unwanted behaviour it may cause alarm and distress for the victim. Resources from the 2019 campaign can be used by partner agencies to support the 2020 awareness week and can be found on the SETDAB [website](#).

Adrenalin Auto-Injectors (AAI) Update:

The manufacturers of Emerade, Pharmaswiss Ceska Republik s.r.o., are recalling all unexpired Emerade 150 and 300 micrograms pre-filled syringes containing adrenalin which are used in the emergency

treatment of anaphylaxis. This recall is due to an error in one component of the auto-injector believed to cause some pre-filled syringes to fail to activate and deliver adrenaline. GPs and Pharmacies are in the process of contacting by letter those patients who have been prescribed these products, advising them to contact their doctor (via telephone, where appropriate, following COVID-19 social distancing and shielding advice) now to get replacements.

This information is cascaded widely, however not everyone is aware. If your school holds these devices either prescribed for individual pupils or obtained under the 'Spare Pens In Schools' scheme please either contact the parent if prescribed or the Pharmacy who supply the 'Spare Pen In Schools' to you to arrange an alternative.

For more information on the recall see link to [Allergy UK website](#).

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 resources 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