

St Helens School Health and Wellbeing Newsletter

Spring Term 2020

Welcome to the 2020 Spring Term St Helens School Health and Wellbeing Newsletter

This newsletter has been designed to inform schools about the health and wellbeing services and support available for young people and their families, as well as school specific programmes, campaigns, service news, updates and developments.

We hope you find this useful. If you would like to contribute to the next edition, please email Julie Dunning at juliedunning@sthelens.gov.uk

Big 6 Advice Pathways Launched

St Helens CCG has worked with GPs, Children's Community Nurses, Paediatricians and Pharmacists to develop the 'Big 6' pathways for conditions that children and young people most commonly attend A&E and the Urgent Treatment Centre with.

The Big 6 conditions are sepsis; fever; respiratory: bronchiolitis, croup and asthma; gastroenteritis; head injury; and abdominal pain.

All GPs in St Helens will have access to the Big 6 pathways which include parent information leaflets giving a red, amber and green guide to managing the above illnesses safely at home.



All information, including the parent leaflets, is available on the [St Helens CCG website](#)

Coronavirus

For the latest information and advice about coronavirus, please visit the [GOV.UK website](#)

You can also visit the NHS website www.nhs.uk/coronavirus for information

Public Health England have issued guidance for educational settings:

- [COVID-19: guidance for educational settings](#)

e-Bug has a range of fun lesson plans on hand washing and respiratory hygiene. Visit the [e-Bug website](#) for resources and information.

St Helens OK To ASK – Covid-19 Advice

Support for those who are struggling with their mental health during this difficult time <http://www.oktoaskcampaign.co.uk/covid-19/>

A list of fantastic resources, which includes boredom busting activities for those who are self isolating or feel isolated. Chatter Box includes things such as museum and aquarium virtual tours, online concerts, online learning and more.

<http://www.oktoaskcampaign.co.uk/covid-19-digital-resources/>

Supporting Young People's Mental Health During Periods of Disruption

There is much that each one of us can do to support the wellbeing of those in our lives.

We don't know whether the coronavirus situation will impact on children and young people's mental health, but we think that it may.



Anna Freud
National Centre for
Children and Families

We want to do all we can to prevent this from happening, or to minimise it. That's why we are giving this clear, simple advice to all those who are supporting children and young people - including to young people themselves.

There is much that each one of us can do to support the wellbeing of those in our lives, including children and young people who may already be vulnerable or suffering from mental health difficulties. Schools can encourage young people and parents/carers to access information, advice and guidance using the following link.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Safe2Speak Domestic Abuse Service

Due to the current situation, Safe2Speak Domestic Abuse Services have moved away from face to face support with clients and will be providing all support via telephone/email and any other safe method of communication. Torus receptions have been closed to the public and IDVA/DA Outreach staff are working from home, however all are still contactable via the same methods. For more information please go to the website www.safe2speak.co.uk

The team are still accepting new referrals and service will continue as normal, except face to face support and group work. If you identify domestic abuse, please complete the MERIT which can be found on our website with all relevant referrals forms. Refuge is staffed and operating. If you are aware of anyone seeking support call our domestic abuse services (IDVA & Outreach) on 01744 743200

If you are aware of anyone seeking emergency accommodation in relation to domestic abuse they can contact our 24 hour helpline 01925 220541. Email safe2speak@torus.co.uk
Please share with your colleagues and partner agencies.

Information for Parents and Carers

Please feel free to share with others

Change for Life

Fun ideas to help your kids stay healthy

<https://www.nhs.uk/change4life>



Childline

It can be difficult to cope when there's so much changing around us. You might be worried about schools closing, friends or relatives getting ill or what'll happen in the future.

<https://www.childline.org.uk>

childline

ONLINE, ON THE PHONE, ANYTIME

Stay safe online

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

Education ideas for parents

<https://www.bbc.co.uk/bitesize/learn>

Bitesize

<https://youngminds.org.uk/>

YOUNGmINDS

Pete's home learning kit

https://www.dropbox.com/sh/y3ni3ymgtlbrndd/AABDqPQS9fopyDIIIT9VnFlNwa?dl=0&fbclid=IwAR1y_qXgQoSIG3gn3493UujlI0KRN-12R-QByln7opkvJoPac-QQixKATc

Home learning packs from Ashfield school

https://www.ashfield.leicester.sch.uk/blue-pathway/?fbclid=IwAR1B_MRLWSjB_kwtyHOeLBZnG2kHwynPs1R_YCyoUn9mB5fU_q2S21Hs6Pg

Soundabout is offering live online inclusive music sessions

<https://www.facebook.com/SoundaboutUK/>

Ways to learn through play

<https://www.youtube.com/channel/UCpkztoFHlgP4jpJDKWNWaHA>

Ted Ed – Stay Curious

<https://ed.ted.com/>

Twinkl - free home learning booklets from EYFS through to GCSE, you can download them here:
<https://www.twinkl.co.uk/resources/extra-subjects-parents/school-closures-category-free-resources-parents/school-closures-free-resources-parents>

Oxford Owl - free e-books for ages 3-11, and range of how-to videos for maths. They also have a parents' page which explains how spelling and grammar are taught in schools. If you ever wondered what a 'fronted adverbial' was, here's your chance to find out!

<https://www.oxfordowl.co.uk/for-home/>

Discovery Education - English, Maths & Science activities for KS1 & KS2 and also a section on coding
<https://www.discoveryeducation.co.uk/free-resources>

Topmarks - a collection of educational games covering all topics

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

Have fun at home!

GoNoodle - videos designed to get kids moving.

<https://www.gonoodle.com/>

Seussville - a lot of activities, crafts and games based on the world of Dr Seuss

Children: <https://www.seussville.com/>

Parents: <https://www.seussville.com/parents/>

Thinking games - this website has links to a whole host of games designed to improve logical thinking skills

<https://allinonehomeschool.com/thinking/>

Highlights Kids - a popular US magazine for children, this site has lots of ideas for craft activities, recipes and an 'explore' section covering science questions and experiments

<https://www.highlightskids.com/>

Art for Kids Hub - this Youtube channel shows you how to draw a variety of things from animals to cartoon characters and even cars

<https://www.youtube.com/channel/UC5XMF3Inoi8R9nSI8ChOsdQ>

The Imagination Tree

Creative art and craft activities for the very youngest.

<https://theimaginationtree.com/>

The MET Office

<https://www.metoffice.gov.uk/weather/learn-about/met-office-for-schools>

RSPB - activities

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/>

Paw Print Badges – Free challenge packs and other downloads. Indoor and outdoor.

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

Kooth

Kooth has now launched in St Helens and is available for all 11-25 year olds. Kooth is a free online mental health and wellbeing support service for children and young people. Established in 2004, the service is accredited by the British Association for Counselling and Psychotherapy (BACP). Kooth has no waiting lists or thresholds. It is anonymous and open 24/7, with counsellors available for one to one 'chat' sessions from mid-day to 10pm on weekdays and from 6pm until 10pm at weekends. Children and young people can access online tools such as a goal tracker, as well as self-help articles and live moderated discussion forums. There will be an introductory letter distributed to all schools and GP practices in St Helens initially, with promotional materials made available across the borough. St Helens will also have a designated promotional officer, who will be engaging with various organisations to attend school assemblies, presentations and various other forums to explain what Kooth brings and how it can be used. The service is commissioned by the NHS and available in more than 130 clinical commissioning group areas. Kooth has strict safeguarding procedures, robust clinical oversight and is fully moderated. For more information, visit the website www.kooth.com



CATCH App

The CATCH (Common Approach to Children's Health) App is a FREE app providing local NHS-approved support and information to parents and carers of children aged 0-5. With the app you can:

- Create profiles for your children to view health articles most relevant to your child's age
- Have timely reminders to alert you to key health dates, such as childhood immunisations
- Browse and search local support, health articles and videos regularly reviewed by NHS clinicians
- Find healthcare services in your area, such as pharmacies or dentists



You can download the app for FREE from the Apple and Google Play stores. Just search for 'catch app'. You can also visit the [CATCH App website](http://www.catchapp.nhs.uk) for more information.



Part of Improving Me

A partnership of 27 NHS organisations across Cheshire and Merseyside improving the experiences of local women and children.



Public Health England School Zone

Public Health England's School Zone website provides curriculum-linked materials, exciting lesson ideas, homework tasks and whole school activities for teachers to use with KS1, KS2 and secondary school pupils.

The resources include Change4Life (encouraging healthy eating and physical activity) and Rise Above, which includes topics such as social media, sleep, transition to secondary school, exam stress, bullying and more.

Visit the [Public Health England School Zone website](#) to download the resources. You can also sign up to the School Zone newsletter for updates and to keep informed when new resources become available.

Schools in Mind

Schools in Mind is a FREE network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools. The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care. To sign up to the network, visit the [Schools in Mind website](#)



St Helens Wellbeing Service

ST HELENS
WELLBEING

Introducing the St Helens Wellbeing Service, which combines the Healthy Living Team, Smokefree St Helens and Specialist Weight Management services. The new service makes it easier for people to access all healthy living and wellbeing services through a 'one stop shop'. The service offers a number of programmes/interventions including healthy eating, social wellbeing, mental health, oral health, getting active, stopping smoking, volunteering, weight management, health checks and infant feeding.

The service would like to find out from schools what programmes/interventions you have received previously from them (when known as Healthy Living) and if you would be interested in the service delivering any particular programmes/interventions in the future. Please complete the proforma which will be sent alongside this newsletter and email to chcp.sthelens@nhs.net For more information about the service call 01744 371111

Good Childhood Inquiry

St Helens Good Childhood Inquiry moved into its second phase recently with team members from The Children's Society doing face to face consultations with young people across the borough to find out more about their well-being and life in St Helens.

In total the team have met with over 600 young people in the borough including seven primary and secondary schools and 11 different smaller groups including 2 special schools, an LGBTQ group, refugee and migrant young people, young people with learning difficulties, young carers and many more.

In these face to face sessions young people shared their thoughts on safety in the local area, their aspirations for the future, mental health, and who supports them in their lives. The conversations were fantastic and gave the team a really rich picture of what it's like to grow up in St Helens.

Young people's views from the consultation will be added to the survey findings. Over 3,000 young people took the survey representing 70% of primary schools and two thirds of secondary schools in the Borough. In the coming weeks we'll begin the process of reporting back all our findings across the borough and more information about what we have found, how you can learn more, and get involved in the next steps will be in the next edition of this newsletter.

The Children's Society

E-Bug



Junior/KS2 (7-11 year olds)

Resources include lesson plans, activities, worksheets and extension activities.

Topics include:

1. Micro-organisms: Introduction; Useful and harmful.
2. Spread of Infection: Hand; Respiratory; Food; and Farm Hygiene.
3. Prevention of Infection: The immune system; Vaccinations; and Oral Hygiene.
4. Treatment of Infection: Antibiotic Use and Medicine



Senior/KS3 (11-15 year olds)

Resources include lesson plans, activities, worksheets and extension activities.

Topics include:

1. Micro-organisms: Introduction; useful; and harmful.
2. Spread of Infection: Hand and Respiratory Hygiene; Sexual Transmission and Chlamydia.
3. Prevention of Infection: The immune system and Vaccinations
4. Treatment of Infection: Antibiotic Use and Medicine



To visit the website click on the link here: <https://e-bug.eu/>