

PSHE leads' bulletin

Issue 2: May 2020

A message from GHLL

Thank you for taking the time to read Issue 2 of the bulletin.

With the announcement by the Prime Minister on Sunday regarding Stay Alert – Control the Virus – Save Lives and the phased reopening of primary schools scheduled, I would like to remind you that the GHLL team are here to help and support you.

Firstly may we say THANK YOU to everyone who is working hard during this time to keep children and young people happy, learning, laughing, active and calm at this time of great uncertainty! We are keen to share GHLL tools and resources as best we can, to support children's wellbeing and education over this period of uncertainty. With this in mind, we have produced a range of advice and free resources for schools, as well as resources for parents/carers in your school.

Many schools have already begun preparing packs and materials for children to use at home, while a number of charities and education firms are offering free resources on their websites.

The National Literacy Trust also launched an [online zone](#) for parents looking for ideas and activities whilst their children are home due to school closures. It includes reading and writing activities, book lists, videos, competitions and reading challenges.

We hope you find these resources useful as well as ones available on the GHLL website.

If you need any advice please do not hesitate to contact us at ghll@gloucestershire.gov.uk

Stay safe

Fiona

Action for Happiness 10 Days of Happiness

As staff and parents, the COVID-19 crisis is a big challenge for our mental health.

Action for Happiness has launched a new program to boost your wellbeing in these crazy times.

10 Day of Happiness is a free online coaching program which guides you through daily actions for happier living, all based on the latest research.

[Join the program today](#)

ACTION FOR HAPPINESS

Young Minds Matter Wellbeing pack



The Young Minds Matters team has created a set of Wellbeing packs to support children, young people and parents with specific issues they may be struggling with during the Covid-19 period.

They also include packs to help teachers around how they can support the children and young people they are working with.



Should you have any further queries or have concerns about the emotional well-being of a child or young person then please do not hesitate to call the **CAMHS professionals advice line;** 01452 894272

[Click here](#) to see the resources available.

Healthy School and Mental Health Champion awards.



Due to these unprecedented times and the disruption caused, schools due Healthy School or Mental Health Champion reaccreditation this term will have a 6 month extension to submit.

Healthy School submissions will be due in December 2020 and Mental Health Champion submissions will be due January 2021.

For more information email ghll@gloucestershire.gov.uk



Sumo guide to living and learning together.
A free [practical guide](#) for teachers, parents and carers to support children during the Coronavirus.

Coronavirus (COVID-19) advice and support for parents and carers.



Whether you're working from home with your kids for the first time or supporting children with anxiety due to coronavirus, we've got tips and advice for you.

[Talking to children worried about coronavirus.](#)

[Working from home.](#)

[Lockdown and separated parents.](#)

[Arguments, conflict and family tension.](#)

[Taking care of your mental health.](#)

NSPCC

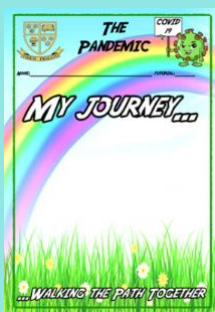
<https://www.nspcc.org.uk/>

Rainbow Journal 'My journey...walking the path together'



Ideal for upper KS2, KS3, KS4 and KS5, download this colourful journal created by the GHLL team.

The activities and supporting notes aim to give children and young people the opportunity to reflect and share some of the emotions and experiences they will have had whilst in lockdown, and may continue to experience once back at school way. The journal should be used in a group with discussion facilitated by an adult.



Each activity can be supported with more in depth curriculum input – depending on the time available.

Resources can be found [here](#).

This resource has been tailored to suit KS1 as well. [Click here](#) to view.

Coming soon

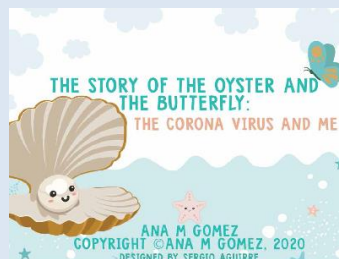
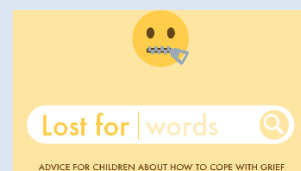
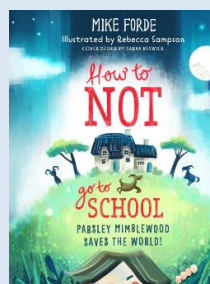
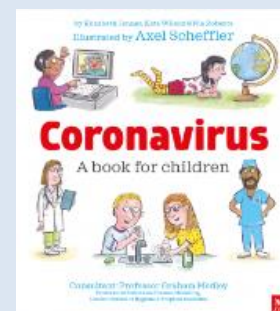
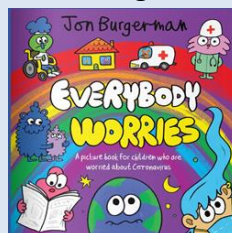
Coping with COVID-19 back in school.



GHLL are in the process of creating a new web page of resources, links and ideas for helping schools to return following the lockdown. Keep an eye on the [website](#) for more content.

Reading books to support your child through Coronavirus

Click the images below to open the book.



Updates to the GHLL website



Visit the COVID-19 tab on the GHLL website to see all the latest guidance both nationally and locally.

Links to further support on offer can also be [found here](#).

Meaningful May 2020

[Action for Happiness](#) has focused on being Meaningful in May. Here are their daily actions to respond to this crisis with a sense of purpose and meaning.

Have a go and remember KEEP CALM. STAY WISE. BE KIND.



ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe				1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger



ACTION FOR HAPPINESS

www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Health and Wellbeing Website Support



[On Your Mind Glos](#)

[TIC +](#)

[Young Minds](#)

[E-bug](#)

[Winston's Wish](#)

[Gloucestershire Suicide Prevention Partnership](#)

[Action for Happiness](#)

Who to contact for support regarding PSHE curriculum design



Your GHLL Lead Teacher is still working at this time so please do reach out to them if you need support.

Alternatively email us at

GHLL@gloucestershire.gov.uk

or call 01452 427208

Secondary schools will be receiving an audit via their GHLL leads for investigating a school's coverage of the RSE content. [RSE audit document](#).

[Click here](#) for more guidance on RSHE implementation during the school closures and to review the [roadmap to statutory RSE](#).

Get the whole school involved

Try this lockdown 500 words idea to inspire some creative writing. Winning entries could be posted on your school website.

Lockdown

Life has changed a lot in the last 8 weeks: people are slowing down, being kinder; showing their appreciation for the NHS; shopping for neighbours; appreciating the little things a bit more and, in Gloucester, someone has even set up a book exchange in a wardrobe in their garden!

With at least 2 more weeks to go, we'd like to know how you've adapted to this new way of life/what you think we should keep from this unprecedented time.

Taking part is simple: write 500 words (no more) on the topic of 'lockdown'. You can write a story or a piece of non-fiction, the choice is yours. You will need to type your entry and email it to your teacher by Friday 19th June

There will be a prize for the best boy and girl's work in each year group.



What can I write about?
Here are some ideas:

- Write about what it was like to live through this time - how did you adapt?
- Write about how you think life should change in the future - do you think we should be kinder, travel less, consume less?
- Write a story about a fictional character living through lockdown...

